



# International Women and Girls Week

**4-10 March 2024**

Tower Hamlets Council with partners is proud to host a week long programme of community sports and physical activities sessions for females aged 5 to 50+ in celebration of International Women's Week 2024.

Activities include tournaments for football, mini tennis, badminton, and basketball, and activities such as aerobics, body conditioning, cycling, swimming, circuits, pilates, self-defence and more.



For more information and bookings please contact the Sports and Physical Activities Team at:

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

or [Pauline.Stewart@towerhamlets.gov.uk](mailto:Pauline.Stewart@towerhamlets.gov.uk)

## Council - Sports & Physical Activities

### PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue	Price
Mon 4	<b>Yoga/Pilates/Dance Aerobic</b>  <b>Salsa</b>  Over 14's - Female only	4-5pm  5-6pm	Bernie Cameron Community Centre 32 Merchant Street Bow London E3 4LX  Nearest tube: Mile End Station. Hammersmith, District and Central line Buses on Burdet Road: 277, D6, D7 and 323 Buses on Bow Road: 25, 425, 205	FREE
Tue 5	<b>Girls 11+ GYM</b>	4-5pm	Urban Adventure Base	FREE
Wed 6	<b>Women 18+ Self Defence/Boxercise</b>	1-2pm	Whitechapel Sports Centre	FREE
	<b>Women Badminton</b>	1-3pm	Mile End Park Leisure Centre	FREE
	<b>Handball</b>	4-5pm	Poplar Baths	FREE
	<b>Basketball Tournament 14yrs+</b>	5.30-9.30pm	Whitechapel Leisure Centre	£45 PER TEAM
Thu 7	<b>Women 18+ Self Defence</b>	6-7pm	The Maryam Centre	FREE
	<b>Badminton Tournament 16yrs+</b>	6-9pm	Poplar Baths	FREE
Fri 8	<b>Swim for Women 16+ BETTER Booking</b>	6-8pm	Mile End Park Leisure Centre	£3
Sat 9	<b>Limehouse Laces F.C Junior's and Veteran's Football Tournament</b>	9am-12noon	Stepney Green Astro turf	FREE
	<b>International Women's Day</b>	11am-6pm	Whitechapel Town Hall	FREE
Sun 10	<b>Tower Hamlets Cycling Club – Family Ride (Mum &amp; Daughter)</b>	10am-12pm 12-2pm	Mile End Stadium	FREE



Booking info: <https://forms.office.com/e/MSP6UZrWkz>

For more information and bookings please contact the Sports and Physical Activities Team at [www.towerhamlets.gov.uk/sports](http://www.towerhamlets.gov.uk/sports) or [Pauline.Stewart@towerhamlets.gov.uk](mailto:Pauline.Stewart@towerhamlets.gov.uk)



# International Women's Day

at Whitechapel Town Hall  
160 Whitechapel Road, E1 IBJ

**Saturday 9 March 2024, 11am-6pm**

Free community event to be held at the new town hall celebrating women and girls from all cultures and backgrounds and the positive contributions they make in the community.

Brought to you by Tower Hamlets Council and partners, we are proud to host a programme of community activities to celebrate cultural health, wellbeing and togetherness. Immerse yourself in a day celebrating women's excellence through physical activity, music, traditional dancers, inspirational speakers, health information and advice. By attending you will also be supporting a variety of and small businesses run by women.



Free entry. All you need to do is register:  
<https://forms.office.com/e/Vnp2566B9C>

For more information, please contact the Sports and Physical Activities Team at [www.towerhamlets.gov.uk/sports](http://www.towerhamlets.gov.uk/sports) or [Pauline.Stewart@towerhamlets.gov.uk](mailto:Pauline.Stewart@towerhamlets.gov.uk)

Date	Event	Time	Venue	Price
Mon 4	<b>Body Conditioning</b>	9.30-10.30am	Whitechapel Sports Centre	£3.00
	<b>Legs, Bums &amp; Tums</b>	6-7pm	Whitechapel Sports Centre	£3.00
	<b>Virus Classes</b>		Whitechapel Sports Centre	£3.00
Tue 5	<b>Pilates</b>	10am – 11am	Poplar Baths Leisure Centre	£3.00
	<b>Group Cycle</b>	6.45pm – 7.45pm	Poplar Baths Leisure Centre	£3.00
	<b>Virtual Classes</b>	Numerous times	Poplar Baths Leisure Centre	£3.00
	<b>Swim for Women</b>	12.30pm - 1.15pm	Poplar Baths Leisure Centre	£3.00
	<b>Legs, Bums &amp; Tums</b>	10am - 11am	Tiller Leisure Centre	£3.00
Wed 6	<b>Aerobics Basics</b>	10.30-11.30am	John Orwell Sports Centre	£3.00
	<b>Body Conditioning</b>	12noon-1pm	Mile End Leisure Centre	£3.00
	<b>Step Aerobics</b>	6-7pm	Whitechapel Leisure Centre	£3.00
	<b>Football</b>	6-7pm	Poplar Baths Leisure Centre	£3.00
	<b>Aqua Aerobics</b>	6.30pm-7.30pm	Poplar Baths Leisure Centre	£3.00
	<b>Swim for Women &amp; Girls</b>	6.30pm-7.30pm	Poplar Baths Leisure Centre	£3.00
	<b>Back to Netball</b>	6.30pm-7.30pm	Poplar Baths Leisure Centre	£3.00
Thu 7	<b>Aqua Aerobics</b>	9.15am – 10.00am	Tiller Leisure Centre	£3.00
	<b>Body Conditioning</b>	6.00pm – 7.00pm	Mile End Leisure Centre	£3.00
Fri 8	<b>Swim for Women</b>	6.00-8.00pm	Mile End Leisure Centre	£3.00

**Central Foundation**  
**PROGRAMME OF ACTIVITIES**

Date	Event	Time	Venue
Mon to Fri (all year)	<p><b>Women Only Gym Sessions</b></p> <p>International Women's Week Promotion - Membership £7 for one Month's Access (Usual price £10)</p> <p>Cross Trainers, Exercise Bikes, Running Machines, Weight Machines, Free Weights, plus more!</p>	5pm to 7:30pm	<p>Central Foundation Girls School Sport Centre, Harley Grove, E3 2AE.</p> <p>Bow Road (5 mins walk)            Bow Church (8 mins walk)            Mile End (8 mins walk)</p>
Every Wed	<p><b>YOGA and Fitness Classes</b></p> <p>Free For Gym Members!</p>	5:30pm to 6:30pm	<p>Central Foundation Girls School Sport Centre, Harley Grove, E3 2AE.</p> <p>Bow Road (5 mins walk)            Bow Church (8 mins walk)            Mile End (8 mins walk)</p>

Contact / booking info: [sportscentre@central.towerhamlets.sch.uk](mailto:sportscentre@central.towerhamlets.sch.uk)

To find out more, visit Central Foundation Girls Sports Centre and speak with a member of our staff team.

## Trapped in Zone One

### PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Wed 6	<b>Move &amp; Stretch</b>  Free weekly fitness session for women, Aged 18+, offering a combination of Pilates and stretching.	10am-12noon	Wellington Way Health Centre, 1A Wellington Way, London, E3 4NE  Station: Bow Road

Register: <https://www.trappedinzoneone.com/projects/move-and-stretch>

Email: [hello@trappedinzoneone.com](mailto:hello@trappedinzoneone.com)

WhatsApp: **07870 590402**

## Sporting Foundation

### PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Thu 7	<b>Female football</b>	5.30-7.30pm	Central Foundation Girls School London E3 2BS

Contact: [rougie@sportingfoundation.com](mailto:rougie@sportingfoundation.com) / **07984 859030**

**Poplar Harca Feldy**  
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Mon 4	<b>Zumba</b>	6 – 7pm	Feldy, 18 Aberfeldy Square E14 OXA Transport: Bus 309
Tue 5	<b>Pump it up: Dance Exercise with Nuffield Health</b>	5.45 – 6.45pm	Feldy, 18 Aberfeldy Square E14 OXA Transport: Bus 309
Wed 6	<b>Move &amp; Stretch with Laura</b>	12-2pm	Feldy, 18 Aberfeldy Square E14 OXA Transport: Bus 309
	<b>Pump it up: Stretch with Nicole Bunning</b>	6 – 7pm	
Thu 14	<b>Women in Focus International Women's Day event</b>	4 – 8pm	Feldy, 18 Aberfeldy Square E14 OXA Transport: Bus 309

Booking info: **020 7515 6794**  
**feldy@poplarharca.co.uk**

**Women Inclusive Team**  
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 8	<b>International Women's Day Theme: Women in Tech</b>  There will be keynote speakers, stalls, Somali dancing as well as food and refreshments.	10am-12noon	Mayfield House 202 Cambridge Heath Road London E2 9LJ  Transport Buses: D6, 106,254, 388,8, 309 Station: Bethnal Green

Contact: **Safia Jama MBE**  
**safaj@wit.org.uk**  
**020 7790 2650 / 07984 854 191**

## Numbi Arts

### PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue	Price
Wed 6	<b>International Women's Day Ramla Ali Sister Club RUN CLUB</b>  Ladies Only Every Wednesday	6pm	Mile End Leisure Centre/ Stadium Rhodeswell Road, London, E14 7TW Transport: Buses: D6, 277 Station: Mile End	

Booking info: **Kinsi Abdullah**  
[kinsi@numbi.org](mailto:kinsi@numbi.org)

## Safer Communities

### PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 8	<b>International Women's Sports Activity/Football Event</b>  A range of sporting activities which will include using a football for females only. No previous sporting experience is required. There will be free food and prizes to be won!	2-4pm	Stepney Green astro pitch London E1 3NG  Transport: Buses: 339, 309 Station: Mile End or Stepney Green

Contact: [Joshuah.codjoe@towerhamlets.gov.uk](mailto:Joshuah.codjoe@towerhamlets.gov.uk)



## Young Tower Hamlets PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 8	<p><b>Happy International Women's Day (Young Womens Event)</b></p> <p>Open to young people age 11-19 years.</p> <p>Celebrating all things women. Food, Drinks, Music Friday, Chill Out and Games, Discussions, Work Shops.</p>	3.30-8pm	<p>Columbia Road Youth Centre 27 Columbia Road, Bethnal Green, London E2 7QB</p> <p>Transport:</p> <p>Bus: 78</p> <p>Overground Train</p> <p>Station: Hoxton Underground: Liverpool Street, Old Street, Shoreditch, or Bethnal Green</p>

Booking info: **Janine Palm**  
**07745 738429**

## Khawlahs Warriors Sports Club PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 8	<p><b>Khawlahs Women's Basketball Tournament</b></p> <p><b>5- 6 teams</b> <b>£25 entry fee per team</b></p>	6-9pm	<p>Central Foundation Girls' School 25-33 Bow Road, London, E3 2AE</p>

Contact: **Rougie: 079 8485 9030**  
**Khawlahswarriorssportsclub@outlook.com**

Newark Youth London will deliver a week of sports, healthy eating and cultural activities for women and girls in Tower Hamlets to celebrate International Women's Day.

There will be taster sessions in basketball, badminton, boxing, martial arts and football.

There will be taster activities:

- **Running Club** – A session to help local women and girls have a go - running/ jogging for the first-time lead by an experienced female runner who would take you running in the park/outdoor setting.
- **Bike Day** – Teach women and girls to ride a bike for the first time. Information on biking and road safety, what to look out for buying bikes and help with repairs and punctures.
- **Day trip** to outdoor activity centre so women and girls can try out outdoor pursuits such as kayaking, high ropes, etc.

For more information and bookings please contact:  
Minara Uddin - [Minara.uddin@newark.org.uk](mailto:Minara.uddin@newark.org.uk) or  
Newark Youth London - [info@newark.org.uk](mailto:info@newark.org.uk)



Date	Event	Time	Venue	Price
Sat 2	<b>IWW Celebration</b> Indoor sports, games, competitions, yoga, wellbeing session (massage, pampering, nails, threading), raffles	11-4pm	Locksley Community Centre Dora Street London E14 7TP	Free for women and girls
Mon 4	<b>Cycling at Mile End</b>	11am-1pm	TH Cycling Club Mile End Stadium Rhodeswell Road London E14 7TW	Free for women and girls
Tue 5	<b>Cycling at Mile End</b>	11am-1pm	TH Cycling Club Mile End Stadium Rhodeswell Road London E14 7TW	Free for women and girls
Wed 6	<b>Yoga for Women and girls</b>	10am-12pm	Redcoat Community Centre 256 Stepney Way London E1 3DW	Free for women and girls
	<b>Girls taster sports sessions</b> (football, basketball, boxing) and celebration event	3-6pm	Haileybury Youth Centre Ben Jonson Road London E1 3FQ	Free for girls 11-19

Booking info: [Minara.uddin@newark.org.uk](mailto:Minara.uddin@newark.org.uk)  
[Shally.amin@newark.org.uk](mailto:Shally.amin@newark.org.uk)

## Venue information

<p><b>Mile End Park Leisure Centre</b> 190 Burdett Road London E3 4HL</p> <p><b>Mile End Stadium</b> Rhodeswell Road London E14 7TW</p> <p><b>Transport:</b> Buses: D6, 277 Station: Mile End</p>	<p><b>Urban Adventure Base</b> 150 Burdett Road, London, E3 4JT</p> <p><b>Transport:</b> Buses: 25, 277, D6, D7 Station: Mile End</p>	<p><b>John Orwell Sports Centre</b> Tench St, St Katharine's and Wapping London, E1W 2QD</p> <p><b>Transport:</b> Buses: 100 and D3 Station: Wapping, Shadwell DLR: Shadwell</p>
<p><b>Tiller Leisure Centre</b> Tiller Road, Docklands, London, E14 8PX</p> <p><b>Transport:</b> Buses: D3, D6 and D8 Station: Cross Harbour DLR</p>	<p><b>Feldy</b> 18 Aberfeldy Square London E14 OXA</p> <p><b>Transport: Bus 309</b></p>	<p><b>Stepney Green Astro Turf</b> Stepney Green, London, E1 3NG</p> <p><b>Transport:</b> Buses: 339,309 Station: Mile End or Stepney Green</p>
<p><b>The Maryam Centre,</b> 45 Fieldgate Street, London, E1 1JU</p> <p>3rd floor sessions 2nd floor register</p> <p><b>Transport:</b> Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p><b>Newark Youth London</b> Whitechapel Centre, Myrdle St, London, E1 1HL</p> <p><b>Transport:</b> Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p><b>East End Homes</b> Bernie Cameron Community Centre 32 Merchant Street ,Bow London E3 4LX</p> <p><b>Transport:</b> Station: Mile End Buses:277, D6, D7, 323, 25, 425, 205</p>
<p><b>Central Foundation Girls School</b> Harley Grove, London E3 2AE.</p> <p>Bow Road (5 mins walk) Bow Church (8 mins walk) Mile End (8 mins walk)</p>	<p><b>Mayfield House</b> 202 Cambridge Heath Road London London E2 9LJ</p> <p><b>Transport:</b> Buses: D6, 106,254, 388,8, 309 Station: Bethnal Green</p>	<p><b>Columbia Road Youth Centre</b> 27 Columbia Road, Bethnal Green, London E2 7QB</p> <p><b>Transport:</b> Bus: 78 Station: Hoxton, Liverpool Street, Old Street, Shoreditch, or Bethnal Green</p>
<p><b>Whitechapel Town Hall</b> 160 Whitechapel Road E1 1BJ</p> <p><b>Transport:</b> Bus: 25, 205, 106, 254, D3 Station: Whitechapel</p>		

# Tournaments entry forms

On the following pages



To Register use the QR Code.  
Please contact the Sports and Physical Activities Team at:  
[www.towerhamlets.gov.uk/sports](http://www.towerhamlets.gov.uk/sports)  
or [Pauline.Stewart@towerhamlets.gov.uk](mailto:Pauline.Stewart@towerhamlets.gov.uk)



International Women and Girls Week

# Badminton tournament

**Thursday 7 March 2024, 6.00-9.00pm**

**Doubles. Entry: Free**

Poplar Baths,  
East India Dock Road,  
London, E14 0ED

Transport:  
Buses: 15, 309, 108  
Station: All Saints (DLR)

Return of entry form and information please contact Pauline Stewart, Physical Activity Officer: [Pauline.stewart@towerhamlets.gov.uk](mailto:Pauline.stewart@towerhamlets.gov.uk)

\*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

**Player name 1:**

**Player name 2:**

**Team name:**

**Email and contact number:**

**BETTER**  
the feel good place

**TOWER HAMLETS  
TROJANS**



International Women and Girls Week

# Basketball tournament

**Wednesday 6 March 2024, 5.30-9.30pm**

Whitechapel Sports Centre  
55 Durward St  
E1 5BA

Players must be 14 years+  
Entry Fee: £45 per team  
(6-10 players)

All entry forms and payment must be received by closing date 23rd February 2024. Payment by BACS. Please contact PaulineStewart, Physical Activity Officer, for payment details: [Pauline.stewart@towerhamlets.gov.uk](mailto:Pauline.stewart@towerhamlets.gov.uk)

\*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

**Team name:**

**Email and contact number:**

Entry Closing date: 23 February 2024

Booking info: <https://forms.office.com/e/MSP6UZrWkz>