

## Tower Hamlets Healthy Borough Programme

The *Tower Hamlets Healthy Borough Programme* is piloting new environmental approaches to make it easier for children and families to be more physically active and eat more healthily wherever they live, work, travel, play or learn.

The long-term goal is to help everyone to maintain a healthy weight throughout their lives which will reduce the risk of diseases such as diabetes, cardiovascular disease and cancer.

The Healthy Borough Programme is based in the Tower Hamlets Partnership and brings together NHS Tower Hamlets, the local authority, voluntary and community organisations, the private sector and local people.

Tower Hamlets is the only London borough to be awarded 'healthy town' status and there are eight other 'healthy towns' nationally. It is part of the Government's national Change 4 Life initiative.

For further information on the Healthy Borough Programme contact the programme on 020 7364 3184 or [www.onetowerhamlets.net](http://www.onetowerhamlets.net)



Tower Hamlets Partnership



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tower hamlets



can do  
community grants

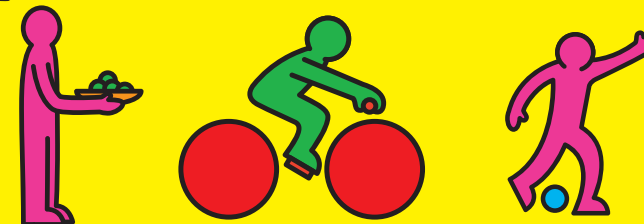
change  
4 life  
Eat well Move more Live longer

# Can Do Grants Up to £500

Deadlines: 1 June 2010  
and 17 September 2010

- Are you involved in your Tower Hamlets community?
- Do you have an idea that will help children, families and local communities be more active and/or eat healthier foods?
- Would you or your group like to help Tower Hamlets become a healthy borough?

**FIND OUT MORE INSIDE**



[www.onetowerhamlets.net](http://www.onetowerhamlets.net)



Tower Hamlets Partnership



Tower Hamlets is one of nine designated 'Healthy Towns' in the United Kingdom and we have been given new funding up to March 2011 to run our own 'Healthy Borough Programme'. As part of this initiative we have grants available to help local communities take forward ideas that will help Tower Hamlets to become a healthier place.

We want to make it easier for children, families and the wider community to be more physically active, eat well and maintain a healthy weight throughout their lives.

In our Healthy Borough Programme we have three key cross-cutting strands:

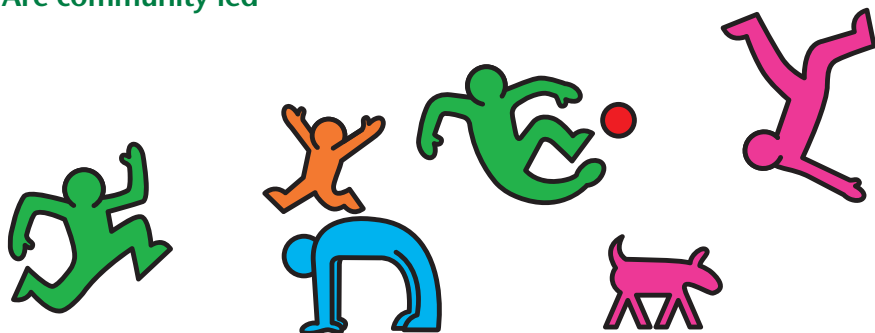
- Active travel
- Active lives
- Healthy food

Over 80 grants of £500 were allocated in the first year of Can Do Community Grants in 2009 and they are already making a difference in Tower Hamlets.

**If you have an idea why not apply?**

To be eligible projects must show that they:

- Support one or more of the Healthy Borough Programme strands above;
- Are community led



## Can Do Community Grants

**What are they?** These are small grants of up to £500 available to individual community members or informal community groups. (This funding is **not** available to large organisations).

**How do I apply?** To apply for the grant you will need to contact the **Community Development Worker**, based in the appropriate Local Area Partnership (LAP) and ask for an application form.

**Who are the Community Development Workers?** The **Community Development Workers** are funded by the Healthy Borough Programme to support you with your project ideas.

**What support can I get with the application form?** **Community Development Workers** can help you work on a project application and will be happy to arrange a time to meet with you. Here are their contact details:

**Bromley-by-Bow Centre**  
(LAPs 5 and 6)  
St Leonards Street,  
E3 3BT  
cando@bbbc.org.uk  
**Genefer Victorin**  
tel: 020 8709 9706  
mob: 07890 697 836



**Island House**  
(LAPs 7 and 8)  
Roserton Street, Isle of  
Dogs, E14 3PG  
cando@island-house.org.uk  
**Rachel Redfearn**  
tel: 07507 261 652



**Osmani Trust**  
(LAPs 1 and 2)  
Vallance Road, E1 5AB  
cando@osmanitrust.org  
**Azad Hussain**  
tel: 020 7247 8080  
mob: 07749 751 961



**Stifford Centre**  
(LAPs 3 and 4)  
2-6 Cressy Place, E1 3JG  
cando@stifford.org.uk  
**Afzal Mahmood**  
tel: 020 7790 3632  
mob: 07956 413 417



**When are the closing dates?** There are two closing dates and these are:  
**1 June 2010 and 17 September 2010.**