

Keeping those hopping memories alive



For generations of East Enders, September will always be remembered as the month when thousands of families would leave London and make their way to Kent for a working holiday picking hops for the beer industry.

To keep these memories alive and to celebrate an East End tradition, in 2007 we decided to hold an annual hop festival.

This year's event, which was kindly sponsored by Olli Construction, was the 5th hop festival and each year, the party goes from strength to strength and is one of the highlights of the THCH events calendar.

Residents and guests were able to enjoy an afternoon's sing-a-long and dance together with traditional East End food - pie and mash and jellied eels.

Running in conjunction with the festival was a photographic exhibition including a special commemorative booklet produced using images supplied by local residents.

The booklet is available to



download from our website, or you can request a copy by calling Rene Poole on 020 7780 3070.

You can also view a video montage of the day via our Facebook page.

If you have any old hopping related photos that you would like to be included in next



years' exhibition, we would love to hear from you.

Please contact Rene on the number provided earlier or email your photos to irene.poole@thch.org.uk

What's inside

Meetings Update

Brief overview of recent resident meetings

Battle of Cable Street

Special events mark the 75th anniversary

Satellite Dishes

Check with us before you install a dish

Breast Cancer Awareness

THCH event to mark launch of Breast Cancer Awareness Month

FREE Fire Safety Guide



Your guide delivered free with this month's issue

Financial Exclusion

Contact details for financial advice groups

Black History Month

Details of THCH's 2 week long exhibition

Bethnal Green ARB

A new date for September's meeting

Bengali History Week

Details of a week's worth of events celebrating Bengali history

Meet the Board

Profile of one of THCH's Board Directors or co-opted committee members

You said / We did

Find out the latest example of THCH listening to your suggestions

Join us on
Facebook

facebook

Meetings Update

Leaseholder Steering Group

19 July 2011

Members received feedback on the special Mansford & Avebury East Estate leaseholder meeting before re-electing Mike Meir as a Leaseholder Board Director until September 2014.

The service charge's report for quarter 1 was circulated and discussed together with the minor, planned and cyclical works progress report.

A number of issues relating to what could or could be charged were raised and it was agreed a further report was required.

Members requested a report on the effectiveness of CCTV to be brought to a future LSG meeting.

Bethnal Green Area Resident Board

20 July 2011

Members agreed the minutes of the last ARB meeting with minor amendments.

Responses to a number of issues raised at previous meetings were provided.

Members then discussed the Community Facilities policy, raising a number of issues regarding the centres and user groups.

Performance reports were circulated and suggestions for further Community Development events made, namely events tied into the Olympics and Queen's Jubilee celebrations in 2012.

Members then discussed budgets specific to the Bethnal Green area before raising a number of issues / concerns that they would like the Housing Office to look in to and resolve.

Previous minutes are available online at www.thch.org.uk

Communal space gets a make over



Spitalfields residents whose homes overlook the communal space behind Hobsons Place can now look out onto freshly laid grass after THCH arranged for Aspire Community Works to re-turf the area.

We want to hear your suggestions

Did you know that THCH has a Resident Suggestion Scheme?

The scheme is open to all of our residents who have an idea or suggestion regarding the service that we provide that, if agreed and adopted, would make a beneficial improvement to the way in which we operate.

All suggestion will be considered by our Senior Management Team.

If your idea is adopted, we will pay you £25.

Forms are available from all of our offices or you can email your suggestion to thch@thch.org.uk putting 'Resident Suggestion Scheme' as the email title.

Satellite Dishes

Residents are reminded that they must obtain THCH permission before installing a satellite dish.

If permission is not obtained, we may remove the dish and recharge you for its removal.

Please speak to your Housing Officer for details about our Satellite Dishes Policy or visit our website to download a copy.

Marking the 75th anniversary of the Battle of Cable Street

October marks the 75th anniversary of when East Enders rose up and defeated Sir Oswald Mosley's fascist movement in the famous Battle of Cable Street.



Battle of Cable Street Mural in Cable Street

To mark the occasion, when up to 250,000 East Enders joined forces and played a major role in defeating fascism in the UK, a series of special events will take place throughout October.

On 2 October, there will be a march and rally starting at 11:30am at Aldgate East Station and ending behind St George's Town Hall, Cable Street.

Other events include guided walk, screenings, debates, music and plays.

Most events are free but some screenings will charge.

For a full list of events taking place to mark this historic occasion, please visit www.battleofcablestreet.org

Honey from the heart of the East End



Shadwell & Wapping's Community Housing Office Manager, Sirajul Islam, paid a visit to the roof of the East London Mosque in Whitechapel last month to check on the Mosque's bees and see the honey they have produced.

Sirajul, pictured above holding one of the honeycomb trays, heard that the bees had produced 20 jars of honey so far this year.

THCH would like to hear from residents who would like to form a bee keeping club - if you are interested, please telephone Rene Poole on 020 7780 3070.

THCH mark Breast Cancer Awareness Month



October is Breast Cancer Awareness Month and THCH will be holding a launch event on Thursday, 6 October at the Tarling East Community Centre, Martha Street, Shadwell.

Screening saves lives and the early detection of breast cancer improves the chances of a full recovery.

Our event, which takes place between 11am and 3pm and includes lunch will be aimed at increasing awareness of the importance of regular screening and of checking with health professionals should you have any concerns or queries.

To book your place at the launch, please telephone Shamim Hossain on 020 7780 3070 or email shamim.hossain@thch.org.uk

What's so important about Vitamin D?

You might have heard from friends or family telling you that they are taking Vitamin D tablets and encouraging you to do the same.

What's so important about Vitamin D?

Vitamin D is an important fat-soluble vitamin that is necessary for the human body. Vitamin D helps an individual stay healthy and aids in absorption of other nutrients.

Vitamin D is often added to foods and is also available in supplement form.

The body is able to make Vitamin D itself when the skin is exposed to the ultraviolet rays of sunlight.

While excessive exposure to sun can be dangerous, a little can actually be beneficial.

Vitamin D Necessary for Calcium Absorption

Without Vitamin D, the body



is unable to properly absorb calcium within the gut.

Vitamin D and calcium are partners in helping to keep bones strong and healthy, and needed by children to ensure bones grow properly.

Vitamin D Reduces the Risk of Osteoporosis

Osteoporosis is a condition in which the bones of the body become weak and thin and that causes bones to break easily.

Not having enough Vitamin D in the body could contribute to the development of osteoporosis through a drop in calcium absorption.

Reducing Risk of Certain Cancers with Adequate Vitamin D Intake

Adequate amounts of Vitamin D in the body may reduce the risk of an individual developing colon cancer.

Vitamin D appears to have a protective characteristic in regards to the cancer. It is also suspected Vitamin D can reduce the risk of an individual developing prostate or breast cancers.

Sun exposure is perhaps the most important source of Vitamin D because exposure to sunlight provides most humans with their recommended requirement of Vitamin D.

For individuals with limited sun exposure, a Vitamin D supplement might be necessary.

Anyone with concerns about a lack of Vitamin D in their diet should speak to their GP.

Bengali History Week

The second Bengali History Week will take place during 3 to 9 October and will cover many different topics regarding the rich history of Bangladesh and the Indian states of West Bengal and Assam.

Events are free but booking is essential.

For a full list of events taking place, please visit www.bricklanecircle.org

New date for Bethnal Green ARB

September's Area Resident Board meeting for Bethnal Green has been put back one week and will now take place on 28 September.

The meeting starts at 6:30pm and will be held at Zander Court Club Room, Nelson Gardens, E2.

Are you suffering from Financial Exclusion?

Financial Exclusion happens when people do not have access to affordable financial products, such as bank accounts or the skills and knowledge to manage their finances or best use financial products.

Financial Exclusion may mean you pay more for financial products, such as loans / credit cards or have limited access to money saving schemes, mortgages, insurance products etc.

Studies show the following groups are most likely to be affected:

- households with low income
- single parents
- over 60s
- homeless people

It is estimated that 60% of Social Housing tenants are

affected by Financial Exclusion.

Listed below are some of the groups that provide help and assistance to residents living in Tower Hamlets:

Free Legal Advice Centre

Toynbee Hall
28 Commercial Street, E1
Drop-in service
Tuesday's 6-8pm

Citizens Advice Bureau

32 Greatorex Street, E1
020 7247 1050

Legal Advice Centre

104 Roman Road, E2
020 8980 4205

My Money Centre

Toynbee Hall
28 Commercial Street, E1
020 7392 2959
(appointment only)

Nationally, there are a number of other services that are free to access:

Illegal Money Lending Team

0300 555 2222
www.stoploansharks.gov.uk

Consumer Credit Counselling Service

0800 138 1111
www.cccs.co.uk

National Debtline

0808 808 4000
www.nationaldebtline.co.uk

Community Legal Advice

0845 345 4345
www.communitylegaladvice.org.uk

National Money Advice Service

0300 500 500
www.moneyadviceservice.org.uk

Alleyway to stay open

We recently asked residents surrounding Southwood Smith House their opinions on closing the alleyway between Southwood Smith House and William Rathbone House.

The majority of comments we received were against the closure and therefore, the alleyway will remain open.

Black History Exhibition

To mark Black History Month in October, THCH will be holding an exhibition at our Head Office from 17 to 28 October.

Exhibits have been kindly donated by THCH staff, friends and residents. For more information, please call Rene Poole on 020 7780 3070.

Meet the Board

Sharon Sheen has served on the Board since September 2006. Sharon is the Senior Manager for Risk in the Corporate Real Estate business within Lloyds Banking Group. Prior to that, Sharon was a Relationship Director for the Social Housing Team for HBOS for 10 years.



Committees: Finance & Development Committee

What's on at our Community Centres

Each month, this section will list *some of the activities* taking place from one of our Community Centres. For full details, please call 020 7780 3076/3095 or see our website.

Focus on...

Tarling East Community Centre (Large Hall)
63 Martha Street, London, E1 2PA

Monday

11:00am - noon
Woman's Aerobic Sessions

7:00pm - 9:00pm
Men's Boxing Group

Tuesday

10:00am - noon
Early Years Network Mother and Toddlers Group

12:30pm - 1:30pm
Zumba Class

4:00pm - 7:00pm
The Rooted Forum's Girls Group

Wednesday

10:30am - 12:30pm
Over 50s Exercise Class

Thursday

7:00pm - 9:00pm
Adults Martial Arts Class

Friday
7:00pm - 9:00pm
The Rooted Forum's Non Contact Boxing Class

Saturday

1:00pm - 3:00pm
Somail Education Mother Tongue Class

Sunday

10:00am - noon
Adults Martial Arts Class

2:00pm - 4:00pm
Soul Fire Theatre's Drumming Sessions

You Said / We Did

You said could THCH tidy up the grassed area behind Hobsons Place?

We agreed and arranged for Aspire Community Works to re-turf the area (see page 2)

Prize Winners

Repairs Satisfaction Survey Winner

Mr Rashid from Hobsons Place

Always return your satisfaction slip to stand a chance of winning £50

Translations

Update can be requested in Bengali, Somali, Braille, Large Print and on Audio Tape by calling our Policy & Communications Manager on 020 7780 3070.

বাংলা ও সোমালী ভাষায়, ব্রেইল (ব্রহ্মসীপি), বড় ছাপায় এবং অডিও টেপে (শুনার ক্যাসেটে) 'আপডেট'(Update) বা সমস্ত উপযোগী করণ পেতে হলে 020 7780 3070 ফোন নাম্বারে আমাদের পলিসি এন্ড কমিউনিকেশন ম্যানেজার এর সাথে যোগাযোগ করুন।

Daabacaadda 'Update' waxaa lagu codsan karaa af Bengaali, Soomaali, farta Braille ee dadka indhaha la', Far Waaweyn iyo Cajalad Dhegeysi marka Maamulaha Siyaasadda iyo Waxdaxirirka (Policy & Communications Manager) laga soo waco 020 7780 3070

Contacting THCH

Head Office

285 Commercial Road
Stepney, London, E1 2PS
Tel: 020 7780 3070
Fax: 020 7780 9739
Minicom: 020 7780 2750

Bethnal Green Community Housing Office

Unit 4, 1 Teesdale Street
London, E2 6GF
Tel: 020 7749 9830
Fax: 020 7613 1432
Minicom: 020 7749 9831

Spitalfields Community Housing Office

47 Hobsons Place
Woodseer St, London, E1 5HH
Tel: 020 7655 0380
Fax: 020 7247 9337
Minicom: 020 7655 0385

Shadwell & Wapping Community Housing Office

54 Bigland Street
Shadwell, London, E1 2ND
Tel: 020 7791 9790
Fax: 020 7791 0861
Minicom: 020 7709 8573

Email: thch@thch.org.uk
Web: www.thch.org.uk

October's Meetings

Please call 020 7780 3070 for information about these meetings or to discuss transportation for elderly or disabled residents.

12 October 6:00pm

Spitals ARB

47 Hobsons Place
Woodseer Street, E1 5HH

18 October 6:30pm

Leaseholder Steering Group

285 Commercial Road
Stepney, E1 2PS

19 October 6:30pm

Bethnal Green ARB

Zander Court Club Room
Nelson Gardens, E2

27 October 6:30pm

Joint Area Resident Board

285 Commercial Road
Stepney, E1 2PS

SNT Numbers

Safer Neighbourhood Teams Telephone Numbers

Bethnal Green North

020 8721 2851

Bethnal Green South

020 8721 2849

Shadwell

020 8649 3524

Spitalfields & Banglatown

020 8721 2042

St Katharine's & Wapping

020 8721 2854

Weavers

020 8721 2043

Whitechapel

020 8649 3520

Useful Contacts

Emergency Call Out Service

020 7364 7070

Noise Nuisance

020 7364 5007

Bulk Rubbish Collection

020 7364 5004

Crime Stoppers

0800 555 111

LBTH

020 7364 5000

LBTH Recycling Team

020 7364 5004

Choice Based Lettings

Bidding Line

0845 270 2400

Citizens Advice Bureau

020 7247 1050

Car Parking Partnership

Ticket Payment Line

08712 277 275

Car Parking Partnership

Tow Away Line

020 8803 2741

National Domestic Violence

Line

0808 2000 247

Contacting Update

Contributions from residents are always welcome. Please contact Andy Coleborn by:

Email - andy.coleborn@thch.org.uk

Tel - 020 7780 3087



printed by access Tel: 020 7613 0045