

Harford Community Projects



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What is Communities Keeping Well?

The Communities Keeping Well programme is working with eight communities in Tower Hamlets to prevent type 2 diabetes, coronary heart disease and respiratory disease. Over two years, residents will come together through a series of community events to design and lead activities to support a healthier life.

As well as making these neighbourhoods healthier places to live, it's an opportunity for residents to get their voices heard on health and community life, become health champions and help each other out.

Communities Keeping Well are your GPs, the council's Public Health team, local voluntary sector organisations and residents working together.

Community Voting Day

Neighbourhood projects funded by Communities Keeping Well were selected by local residents at a Community Voting Day.

Local volunteer project leaders had a chance to pitch their projects Dragon's Den style. Projects with the most votes got funded. Projects were able to bid for up to £2,000.

This booklet provides a summary of the projects that were funded.

Harford Gardening Club



PROJECT LEADER

Nargis Sultana

WHO BENEFITS?

Predominantly Bangladeshi women in Harford area.

PROJECT DESCRIPTION

Making residents aware of planting their own fruit and vegetables as a healthier alternative to super markets. How to plant and grow seasonal fruits and vegetables and educate the community on healthy eating.

START DATE: March 2025

FUNDING AMOUNT: £1,990

Nature Crafting at Stepney City Farm



PROJECT LEADER

Siobhan O'Garro

WHO BENEFITS?

This project will benefit approximately 60 existing volunteers at Stepney City Farm, 20 at each workshop.

PROJECT DESCRIPTION

A volunteer led food hub, running from the old surgery in Barkantine, providing free food to residents, including house bound residents and individuals that are homeless. This hub allows people to take food when costs of living is getting more expensive.

START DATE: April 2025

FUNDING AMOUNT: £1,350

Community Connections: Holiday Day Trips



PROJECT LEADER

Anwara Begum Khan

WHO BENEFITS?

Around 20 -30 local mothers and children who struggle to access opportunities, enabling them to explore new environments.

PROJECT DESCRIPTION

Living with young children can be hard and very isolating. This project will enhance the quality of life for single and elderly mothers as well as children who don't have the opportunity to go out and explore. They may be struggling financially or emotionally but this will give them the opportunity to connect with others and build their confidence whilst exploring London and beyond.

START DATE: March 2025

FUNDING AMOUNT: £1,980

Minara Parents Social Club



PROJECT LEADER

Saleha Rashid

WHO BENEFITS?

The project aims to engage 40 families including women in the local community, parents with social anxiety, parents with SEND children, single parent families.

PROJECT DESCRIPTION

The aim is to tackle mental health and wellbeing of residents in the local community and provide a comfortable place where they can discuss personal issues, gain support and information on how to access services covered by the NHS and within the borough. We will provide coffee mornings and gatherings to help attendees feel welcome.

START DATE: January 2025

FUNDING AMOUNT: £2,000

Creative Planters



PROJECT LEADER

Gladys Grant

WHO BENEFITS?

Older residents aged over 50, around 25 in total, 5 per sessions. The sessions will bring people together indoors for creative dry gardening.

PROJECT DESCRIPTION

Twice a month five older residents will come together to take part in dry creative planting, creating their own mini indoor gardens which are easy to manage and look after. The aim is to bring older socially isolated residents together to do something creative and work on their mental wellbeing and creativity. It's also designed to help those people who used to love to garden but maybe no longer can manage physically outside. They will get to take home a wellbeing garden and help them build more relationships locally.

START DATE: January 2025

FUNDING AMOUNT: £1,768

Let's Get Moving



PROJECT LEADER

Shaymaa Mohammed

WHO BENEFITS?

Up to 10 women and 20 children between the ages of 8 - 14.

PROJECT DESCRIPTION

Exercise and fitness classes led by a professional combining group discussions which explore difficulties/ challenges/ barriers to fitness and health and wellbeing. Education and awareness of the importance of exercise and how to stay fit. Provide five exercises and education along with group discussion sessions to women.

START DATE: February 2025

FUNDING AMOUNT: £2,000

Angel Rajnee Massage for Wellbeing



PROJECT LEADER

Mrs Nurjahan Bibi

WHO BENEFITS?

Local women who suffer from long-term health conditions such as poor circulation, diabetes and arthritis, twice a month.

PROJECT DESCRIPTION

The aim is to offer massages to women to help with their medical conditions but are either unable to travel to sessions or can't afford them. There are so many benefits on a personal level but also on mental health and overall wellbeing. Many women who have a family and don't get time to focus on themselves; by providing a short massage twice a month, they can have some time to look after their own wellbeing.

START DATE: January 2025

FUNDING AMOUNT: £1,996

Connect and Crochet



PROJECT LEADER

Samsun Nehar

WHO BENEFITS?

About 20-25 local women who want to meet up to crochet together, to learn or somebody who has been doing it for years and wants to share their knowledge.

PROJECT DESCRIPTION

An extension of a current craft group in which residents try various different crafts, with many showing an interest in crochet and knitting sessions. They started to learn and found that it helped them tremendously. Many reported it helping with conditions such as arthritis as it helped get blood circulating in their finger and kept them moving. It also helps with mental health, reducing loneliness, building community with people of different backgrounds and teaching each other new skills.

START DATE: January 2025

FUNDING AMOUNT: £1,960.20

Women's Health & Lifestyle Sessions



PROJECT LEADER

Saima Begum

WHO BENEFITS?

Elderly women who are socially isolated, women from low income backgrounds and women with chronic health conditions including BAME women who may be at higher risk for conditions such as diabetes, hypertension and heart disease.

PROJECT DESCRIPTION

Weekly healthy coffee mornings where women can gather in a social session to discuss health living topics, share personal experiences and enjoy nutritious breakfast snacks with tea and coffee. Weekly exercise sessions (Zumba, stretching, flexibility, aerobics and light body weight exercises) combining fitness coaching and Youtube workouts on the projector – fun and inclusive classes for all fitness levels to promote physical health, improve strength and boost energy.

START DATE: January 2025

FUNDING AMOUNT: £2,000

Healthy Harford Kitchen



PROJECT LEADER

Karina Marques dos Reis

WHO BENEFITS?

Families, women and children - about 15 women and 20 children.

PROJECT DESCRIPTION

Ten healthy eating and cooking workshops with a qualified nutritionist. Parents and children will learn about healthy and balanced meals, for their age group. They'll learn about the harms of high sugar and highly processed foods and how to prepare 10 different healthy meals to support their pathway to eating better and leading healthier lives.

START DATE: February 2025

FUNDING AMOUNT: £2,000

Women's Walking Fitness Group



PROJECT LEADER

Ferduse Begum & Nargis Sultana

WHO BENEFITS?

Local Bangladeshi women but open to all women within the local area. This is an extension of the current walking group with 18 – 20 women each week, extending to around 30 women.

PROJECT DESCRIPTION

The women will be given watch pedometers to record the amount of steps at the walk and during the week to increase the amount of walking and physical exercise they're doing. We'll also provide them with bibs so they can be easily identified within the Park Run as walkers and part of the group. We also want to go to a local café once a month after the Park Run to celebrate their achievements and build on social connections.

START DATE: January 2025

FUNDING AMOUNT: £1,895

Get Fit



PROJECT LEADER

Saleha Rashid

WHO BENEFITS?

Local homeschooled children in the community, roughly 30 per session.

PROJECT DESCRIPTION

There is a lack of space and opportunity for children in the to part take in multi sports activities in the homeschooling community. The project will deliver multi-sports and fitness, football, basketball, badminton, cricket and tennis.

START DATE: January 2025

FUNDING AMOUNT: £1,990

More information

Learn more about Communities Keeping Well or get involved:

