



Neighbours in the Know

News for friends of Tower Hamlets Friends & Neighbours. Befriending older people in Tower Hamlets since 1947.

This is the large print edition. It works on paper and on screen. Please pass it on to anyone who might enjoy it.

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Welcome to our October issue. There is plenty to read this month — local events, money you might be missing out on, a scam to watch for, and of course our word search. Put the kettle on and enjoy.



Community Safety Survey

Tower Hamlets Friends & Neighbours is taking part in a community safety survey to understand how safe older people feel across the borough. We want to hear from you — about your neighbourhood, public transport, and your home. Your answers are completely private.

Every response makes a difference and helps us make the case for better support and safer streets.

Your befriender will bring the questionnaire on their next visit.

You do not need to do anything in advance — just have a chat. They will help you fill it in if you would like some support.

Questions? Call us on 0203 007 9120.



Our drop-ins this month

We have two get-togethers this month and we would love to see you at either or both.

Monday 19 October — The Muslim Centre

Join us at the Muslim Centre for a relaxed get-together. If you live in the west of the borough, this one is close to you. Come along, meet friendly faces, and have a chat. No need to book.

When

Monday 19 October, 1pm to 3pm

Tuesday 20 October — The Bernie Cameron

This month's theme is memories of Covid. What did those years mean to you? Come and share your story and hear others. All welcome — no need to book.

When

Tuesday 20 October, 12.30pm to 2pm

Being dropped off by a carer?

Scan the QR code on arrival for free parking nearby.

Missed out this time?

Call us on 0203 007 9120 and we will add your name to the list for future events.

WHAT'S ON

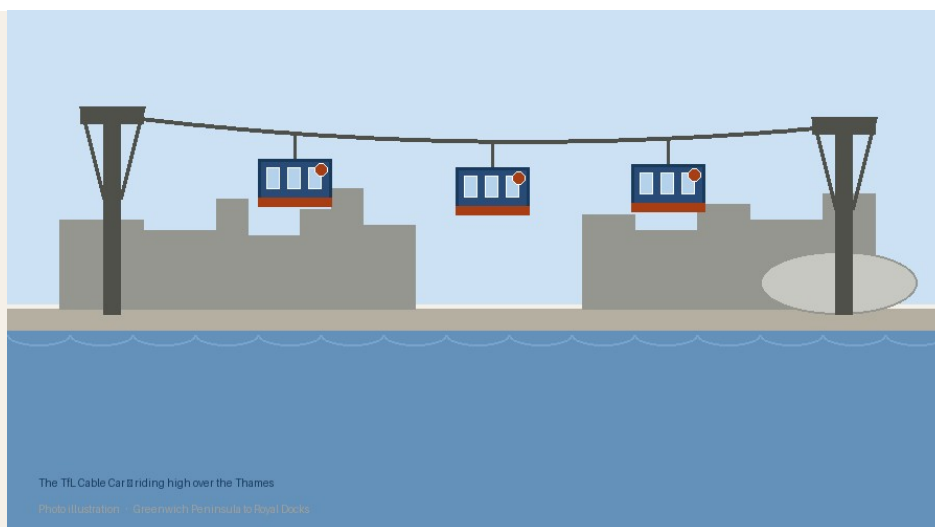
Befriending Week — Free Events (2–6 November)

Befriending Week is a special time to celebrate volunteers and the connections they make. This year there is a free event in London — and we would love you to be part of it.



Cable Car Rides

Ride the TfL Cable Cars over the Thames and enjoy breath-taking views of London while connecting with new people. Each free ticket includes a hot drink and a round trip. A wonderful way to celebrate your befrienders and their matches.



When	Monday 2 to Friday 6 November
Where	TfL Cable Cars, Greenwich Peninsula
Cost	Free — includes hot drink and round trip
Book	eventbrite.co.uk/e/free-befriending-week-london-cable-car-tickets-2002566215458

Want to come along? Just let your befriender know — they will help you book and can come with you.

WHAT'S ON

Wellbeing for Over 60s — Free 6-Week Course

Are you feeling alone, undervalued or low in confidence? This free course — run by Globe Community Project with Mind and Age UK — can help you rediscover your value and enjoy this phase of your life.

Over six weeks you will meet people, boost your self-esteem, develop new skills, feel valued and listened to, and focus on the positives in life.

Starting Wed 28 Oct · Open House E3 4DA

Starting Tue 3 Nov · Age UK Newham E15 1HP

Run 1

Wed 28 Oct — Open House, 13 Whitethorn Street E3 4DA 10am–12.30pm

Run 2

Tue 3 Nov — Age UK Newham, 107–109 The Grove E15 1HP 10am–12.30pm

To sign up contact Ahmed:

07740 54 6966 · ahmed@globecommunityproject.org
· Space is limited.

WHAT'S ON

Let's Talk About Diabetes

A free community event in the north-west of the borough. Come along, share your views on what support people need, and enjoy a hot lunch.

North West Tower Hamlets
Diabetes Community Engagement Event
Your health • Your views • A healthier future

Let's talk about diabetes and what matters to you!

For North West Tower Hamlets residents only
This event is for people who live in the North West of Tower Hamlets.

Date & Time
Wednesday 14 October
9:45am to 12:00 noon
Hot lunch provided after the event

Venue
Brady Arts Centre
196 Hanbury Street
London E1 5HU

Who can attend?
Everyone is welcome, including:
✓ People living with Type 2 diabetes
✓ People at risk of developing diabetes
✓ Family members and carers
✓ Local residents
✓ VCS organisations working in the Northwest of the borough

Why come?
Your views will help local health and care services understand:
✓ What support residents need
✓ What barriers people face
✓ How services can be improved
✓ What would help people stay healthy

YOUR VOICE MATTERS
Help us create better diabetes support for the North West Tower Hamlets community.
Come along, get involved, and make a difference.

For more information, please contact:
Sam Crosby
Mobile: 07377998670

When	Wednesday 14 October, 9.45am to 12 noon
Where	Brady Arts Centre, 196 Hanbury Street, London E1 5HU
Cost	Free — hot lunch provided
Contact	Sam Crosby · 07377 998 670

WHAT'S ON

Free Digestive Health & Wellbeing Workshop

A friendly free session for people aged 45 and over about looking after your digestive health and how NHS bowel screening can save lives. Those eligible can request a free screening kit on the day.



NHS

FREE WORKSHOP!

COMMUNITY DIGESTIVE HEALTH & WELL-BEING WORKSHOP

A friendly session to help you look after your digestive health and learn how NHS bowel screening can save lives.

For people aged 45 and over

WHAT YOU'LL LEARN

- Healthy habits for your digestive system
- Signs of bowel cancer to look out for
- How NHS bowel screening works
- Why early detection saves lives
- Get your questions answered

GOOD NEWS!

Those eligible can request a **FREE** screening kit on the day.

WHO IS THIS WORKSHOP FOR?

INDIVIDUALS AGED 45 AND OVER

Interested in learning more about digestive health and bowel screening?

Register your interest by email.

Once 10 or more individuals have registered their interest, we'll arrange a **FREE** workshop.

COMMUNITY GROUPS & ORGANISATIONS

Do you coordinate a community group, faith-based group or voluntary organisation?

We can deliver this **FREE** workshop for your existing group at your venue.

Contact us to discuss a suitable date.

HOW IT WORKS

FOR INDIVIDUALS (45+)

- 1 Register your interest by email
- 2 We'll keep in touch and build a local list of interested people
- 3 Once 10 or more individuals have registered, we'll arrange a **FREE** workshop

FOR COMMUNITY GROUPS & ORGANISATIONS

Get in touch to arrange a **FREE** workshop for your existing group.

Get in touch today!

Email Leena or Rubia on huh-tr.bowelhealth@nhs.net

We look forward to working with you and your community.

Looking after your digestive health today could save your life tomorrow.

Cost Free

Book Email Leena or Rubia: huh-tr.bowelhealth@nhs.net

Not online?

Call us on 0203 007 9120 and we can help you get in touch.

WHAT'S ON

Research Café — Health & Social Care

Want to know more about health and social care research and how you can get involved? Come along, meet researchers, ask questions, and stay for a free lunch. No experience needed.

NIHR Research Engagement Network

RESEARCH CAFE
Tuesday 20 October
11.30am - 1.00pm

Bromley By Bow Centre
St Leonard's St,
London, E3 3BT

The Centre is in easy walking distance to Bromley By Bow Underground station and bus routes D8 and 488.

Do you want to know more about health and social care research?
What is Health and Social Care Research and How Can I Get Involved
Hear about local Health and Social Care research, talk to researchers find out how to get involved. Then join us for lunch.

This is a free event, but we need you to register so we get the catering correct.
Register via our QR Code or URL

<https://tinyurl.com/dnraawxp>
or email:
info@compostlondon.org.uk

NIHR National Institute for Health and Care Research
   **NHS** Barts Health

When

Tuesday 20 October, 11.30am–1pm · Bromley By Bow Centre, E3 3BT

Cost

Free — please register: tinyurl.com/dnraawxp or info@compostlondon.org.uk

Not online? Call us on 0203 007 9120 and we can help you register.

Tower Hamlets Friends & Neighbours supports National Hate Crime Awareness Week 2026

Since 1947 we have been befriending isolated older people in Tower Hamlets. The people we support come from every community in the borough, with different faiths, languages and histories. What they have in common is that their world has grown smaller, and hate makes it smaller still.

Hate does not stop when people get older. Older people are abused on the street, on the bus, at their front door and online because of their race, faith, disability, sexuality or gender identity. When you live alone, one incident can stop you going out at all.

Much of this is never reported. Our befrienders are often the first people to hear about it, sometimes weeks later and over a cup of tea.

We commit to listening, believing what people tell us, helping them report if they choose to, and continuing to visit afterwards.

We ask police, councils and partners to do three things:

- Make reporting work for older people: by phone, face to face, and in community languages.
- Recognise how isolation increases harm.
- Invest in the community organisations older people already trust.

Everyone should be able to grow old without fear in their own neighbourhood.

If something has happened to you, you can report a hate crime:

By phone: 101 (non-emergency) or 999 (emergency)

Online: report-it.org.uk

Not sure if it counts? Report it anyway. Your befriender can also help you decide what to do.

£ Pension Credit — are you missing out?

Pension Credit Week of Action runs 12–16 October. Many people who are entitled never claim it because they think they are not eligible. Here are some common myths:

- Own your home? You may still be eligible — home ownership is not taken into account.
- Have savings? The first £10,000 of savings is ignored.
- Already get your State Pension? Pension Credit is paid on top of it.
- Think it comes automatically? It does not — you need to apply.

Check if you are eligible:

gov.uk/pension-credit

Or call 0800 99 1234 (free, Mon–Fri 8am–6pm)

Not able to call yourself? Ring us on 0203 007 9120 and we can help.

Stop smoking this October

October is the perfect time to take the first step. Stopping for 28 days makes you five times more likely to quit for good. Free local support is available:

- The RISE programme: a personalised 8–12 week plan with experienced advisors and free nicotine replacement therapy. Ask at your GP surgery.
- The Smoke Free app: expert guidance, progress tracking and community support — free to download.

Not online?

Call us on 0203 007 9120 and we can help you find support.

TAKE A BREAK



Colour me in — autumn leaves & acorns

Pick up your pencils, pens or paints and add some autumn colour.
There are no rules!

Colour me in



Use pencils, pens or paint! There are no rules!

MONEY MATTERS

Struggling with your rent? There is help.

Tower Hamlets Council has introduced a temporary Rent Hardship Fund. Eligible tenants can receive a payment covering their rent increase for six months — around £174 for the average tenant.

You may be eligible if you:

- Are a secure council tenant who pays your own rent
- Have a household income of £60,000 or less
- Have savings of no more than £6,000

Apply as soon as possible — funding is limited.

Apply online at towerhamlets.gov.uk or call 020 7364 5015.

SCAM WATCH

How to spot a police impersonation scam

Scammers pose as police officers and call out of the blue, claiming a fraud case is under investigation or that a relative is in custody. The aim is always to get you to hand over cash or personal details.

- Never hand over cash or details to someone who calls you unexpectedly.
- A real police officer will never ask you to move money to a "safe account."
- If something feels wrong, hang up. Call 999 or 101.

THFN will never call you asking for money, bank details or a passcode. If something feels wrong, hang up and call us on 0203 007 9120.

WHAT'S ON

Free Patients & Family Day — Joint Pain or Arthritis?

NHS Barts Biomedical Research Centre is holding a free day in Whitechapel for people living with joint pain, arthritis or other conditions. Meet the team, hear from experts, enjoy tea, snacks and a halal lunch. All family members are welcome.

When	Saturday 14 November, 10am to 3pm
Where	Old Library, Garrod Building, Turner Street, Whitechapel, E1 2AD
Cost	Free — halal lunch provided
Book	Text 07961 788311 or bartshealth.brc.ppie@nhs.net by 4 November

Not online?

Call us on 0203 007 9120 and we can help you register.

TAKE A BREAK

The October word search

All ten words come from this newsletter. They run across, down or diagonally — never backwards. Pop the kettle on first.

B	W	X	Z	R	V	W	P	E	G	J	G	B	S	X
E	R	B	X	K	B	D	B	S	P	Q	Q	F	B	V
F	Q	C	F	C	T	C	E	V	H	M	D	S	H	O
R	C	A	S	T	B	T	C	M	N	V	S	S	Q	L
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AGEING

BEFRIEND

COMMUNITY

DEMENTIA

DIABETES

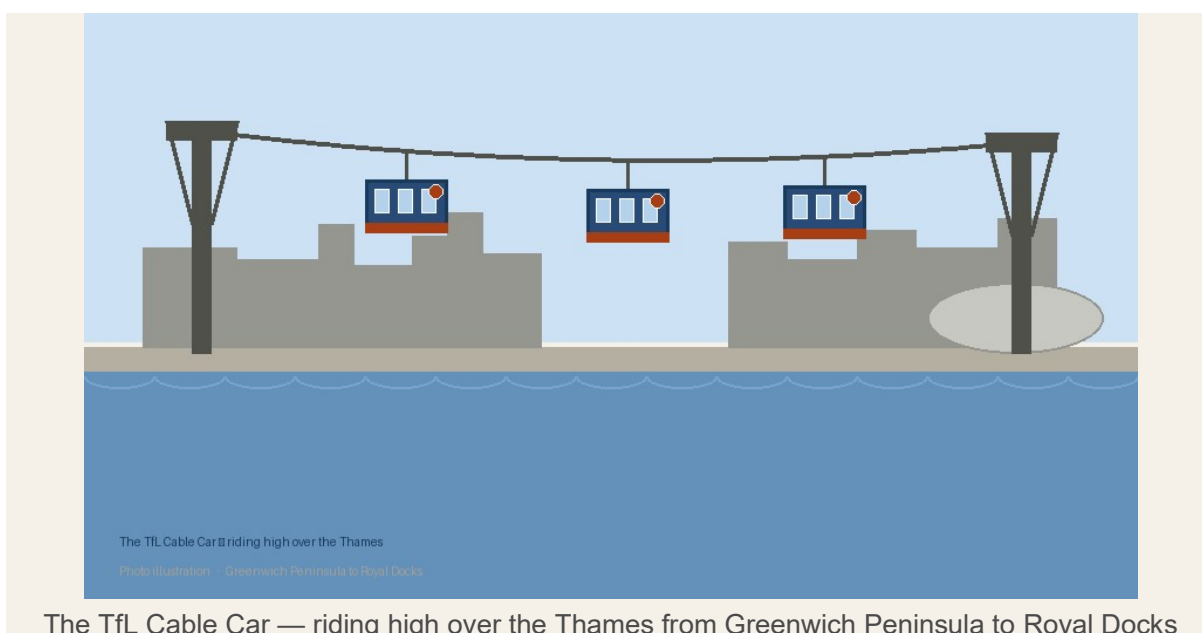
FRAILITY

NEIGHBOURS

RESEARCH

VOLUNTEER

WELLBEING



Would you like to be in the next issue?

We would love to hear from you. If you have a poem, a memory, a thought, or something that has made you smile recently — we would like to share it in the next newsletter.

It does not have to be long. A few sentences is perfect. It could be:

- A poem — about anything at all
- A memory — a place, a person, a moment in time
- A thought — something that has been on your mind

Just tell your befriender and they will pass it on to us. We will be in touch to let you know if we use it.

Get in touch

Phone: 0203 007 9120

Email: admin@thfn.org.uk

Web: www.thfn.org.uk

Tower Hamlets Friends & Neighbours, St Margaret's House, 21 Old Ford Road, London E2 9PL

Would you like this newsletter in another format? Just ask.

Registered charity no. 1099403

