

tower hamlets



can do  
community grants

change  
4 life

Eat well Move more Live longer

# What Can You Do With £500?

Do you have an idea that  
will help children, families  
and local communities be  
more active and/or eat  
healthier foods?

Deadline:  
Sunday 24th June 2012



## 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). So far, over 240 grants have been awarded across Tower Hamlets.

**What can the grant pay for?** Your project must show that it supports members of your local community to be more physically active or to eat well and maintain a healthy weight. You must coordinate the project on a voluntary basis.

**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.

**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:

**Osmani Trust  
(LAPs 1 and 2)**

58 Underwood Road,  
E1 5AW

**Alema Akthar**

Email: [cando@osmanitrust.org](mailto:cando@osmanitrust.org)

tel: 0207 247 8080

mob: 07960 035835



**Stifford Centre  
(LAPs 3 and 4)**

2-6 Cressy Place, E1 3JG

**Afzal Mahmood  
& Selma Piro**

Email: [info@stifford.org.uk](mailto:info@stifford.org.uk)

tel: 020 7790 3632

mob: 07956 413417 (Afzal)



**Bromley-by-Bow Centre  
(LAPs 5 and 6)**

St Leonards Street,  
E3 3BT

**Riarna Pinnock**

Email: [riarna.p@bbbc.org.uk](mailto:riarna.p@bbbc.org.uk)

mob: 07507 556923



**Island House  
(LAPs 7 and 8)**

Roserton Street,  
Isle of Dogs, E14 3PG

**Cathy Weir**

Email: [cando@island-house.org](mailto:cando@island-house.org)

tel: 0207 531 0312

mob: 07407 629784



**When is the closing date? Sunday 24th June 2012**