LBTH Residents 16 Days of Activism against Gender-Based Violence Programme of Activities

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| DATE | TIME | EVENT | ACTIVITY LEAD AND SIGN-UP DETAILS | COST OF EVENT |
| Thursday 25 November | 6:30pm  -  8:00pm | **The Alternative Jack the Ripper Tour** | Beyond the Streets  [A Hidden History of Women in the East End: Alternative Jack the Ripper Tour Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.co.uk/e/a-hidden-history-of-women-in-the-east-end-alternative-jack-the-ripper-tour-tickets-133337454917) | Open  (Cost £7- £10) |
| Friday 26 November | 10:00am  -  1:00pm | **VAWG and Hate Crime One Stop Shop**  As a victim of VAWG or hate crime you can:   * Receive legal advice on Family Law, Immigration, Housing and Criminal law * Speak to Police to learn what options are available to you * Find out what local support is available | Whitechapel Ideas Store  321 Whitechapel Road  London  E1 1BU  For enquiries contact:  [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) | FREE |
|  | 1:00pm  -  4:00pm | **Gender-Based Violence Sermon at East London Mosque with White Ribbon and Solace stall**    Men can pledge to never commit or remain silent about male violence against women by wearing a white ribbon available at the stall | East London Mosque  Solace  82-92 Whitechapel Rd,  London  E1 1JQ  Watch the sermon after the event through the East London Mosque website: [www.eastlondonmosque.org.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.eastlondonmosque.org.uk%2F&data=04%7C01%7CStacey.Bradburne%40towerhamlets.gov.uk%7C39cdd2b0b8e940c89bf608d9995c8d0a%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637709445076878165%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=W5LUzPOzyLTrZ7LILOreGJ4AE9s0BysFXeDS1qFi8UI%3D&reserved=0) | FREE |
| Saturday 27 November | 11:00 am –  11:45am | **How to Apply for Non-Molestation Orders through the National Centre for Domestic Violence** | National Centre for Domestic Violence  [Click here to join Zoom Meeting](https://us02web.zoom.us/j/4227201711?pwd=czdwWmkvaWVxSXFSOW15cmNVWFBOQT09)  Meeting ID: 422 720 1711  Passcode: 12345 | FREE |
| Monday 29 November | 10:00am  -  11:00am | **How Domestic Abuse Victims can make a Homelessness Application to Tower Hamlets**  **(Session in Sylheti)** | LBTH Housing Team  [Click here to join the meeting](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZWVlODJlYWQtNjI2NC00OWVkLTliNmUtMjI0ZjU5YzYzMzY3%40thread.v2/0?context=%7b%22Tid%22%3a%223c0aec87-f983-418f-b3dc-d35db83fb5d2%22%2c%22Oid%22%3a%222ac46423-8d33-4890-9821-3e996317b62f%22%7d) | FREE |
|  | 12:00pm  -  12:45pm | **How to Apply for Non-Molestation Orders through the National Centre for Domestic Violence** | National Centre for Domestic Violence  [Click here to join Zoom Meeting](https://us02web.zoom.us/j/4227201711?pwd=czdwWmkvaWVxSXFSOW15cmNVWFBOQT09)  Meeting ID: 422 720 1711  Passcode: 12345 | FREE |
| Saturday 4 December | 11:00am –  12:00pm | **Girls Self-Defence Class (virtual session, aged 14+)**  **Girls and women only**  All participants should wear comfortable clothing.  The female instructor will show girls and young women self-defence techniques and inform attendees of other safety mechanisms such as alarmed key rings. | Dominque Ambrose  LBTH Sports and Development Team  Sign-up by clicking this link:  [https://teams.live.com/meet/94506745163847](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.live.com%2Fmeet%2F94506745163847&data=04%7C01%7CStacey.Bradburne%40towerhamlets.gov.uk%7C22b90bea6abd42aad8c208d992374fbb%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637701588517126220%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=p61H%2B4W3Fncw1YMzKLwPYuDQJJcMbusB89mdyolcgrw%3D&reserved=0) | FREE |
| Tuesday 7 December | 6:00pm  -  7:00pm | **Pilates (virtual session, women-only, aged 16+)**  This session is a gentle session to help improve flexibility, increase muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks. Pilates involves deep breathing to calm the mind, reduce stress and help with maintaining clarity of focus as well as good posture. Deep breathing also cleanses the body of toxins through the lymphatic system. | Christine Coker  LBTH Sports and Development Team  [Join Zoom Meeting here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus02web.zoom.us%2Fj%2F85237478173%3Fpwd%3DeEJ0blNSU3BVM2FtQjlHeHhLNWZCdz09&data=04%7C01%7CStacey.Bradburne%40towerhamlets.gov.uk%7Ca0d5bebcb6c643dafd8208d984275638%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637686126741607507%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=koKPToxvcPJWDUF2UBOLN4%2Bym9%2BOhjKsmunDMb1gtKY%3D&reserved=0)  Meeting ID: 852 3747 8173 Passcode: 362449 | FREE |
| Wednesday 8 December | 10:00am  -  1:00pm | **VAWG and Hate Crime One Stop Shop**  As a victim of VAWG or hate crime you can:   * Receive legal advice on Family Law, Immigration, Housing and Criminal law * Speak to Police to learn what options are available to you * Find out what local support is available for victims | Chrisp Street Ideas Store  1 Vesey Path  East India Dock Road  London  E14 6BT  For enquiries contact:  [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) | FREE |
| Thursday 9 December | 1:00pm  –  2:00pm | **Self-Defence Class (virtual session, women-only, aged 16+)**  All participants should wear comfortable clothing.  The instructor will show women self-defence techniques and inform attendees of other safety mechanisms such as alarmed key rings. | LBTH Sports and Development Team  Dominique Ambrose  Sign up by clicking this link:  [https://teams.live.com/meet/94814990153941](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.live.com%2Fmeet%2F94814990153941&data=04%7C01%7CStacey.Bradburne%40towerhamlets.gov.uk%7C22b90bea6abd42aad8c208d992374fbb%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637701588517126220%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7M59QZe8cSROVdUf8U59lumNjwq6P4Hdd8CdBQ8%2B5wk%3D&reserved=0) | FREE |