

ICF Community Assets List:

If you are a resident or community group looking to apply for ICF funding, you may be interested in working in partnership with one of the organisations below. They may be able to provide:

- Volunteers
- Free resources, services or workshops
- Premises for events or training
- Support as partners for more ambitious or innovative projects

GoodGym

Group of local volunteers who complete physical tasks for community groups (i.e. litter picking, planting, painting).

<https://www.goodgym.org/request-a-task>

St Margaret's House

Arts and well-being charity looking to work together with residents on projects that foster stronger connections within communities. Currently working in partnership with a TRA in Bethnal Green to devise, rehearse and perform an ICF funded community play, and looking for similar projects with other resident groups.

Contact community.partnerships@thh.org.uk for an e-introduction.

Royal College of Physiology/Pathology/Bowel Cancer UK/QuitRight TH/Kidney Research UK

Health promotion networks of volunteer science professionals, available to run free stalls/talks/workshops for local residents. They can provide advice on how to reduce risk factors and identify symptoms, and have family-friendly interactive activities. Bengali speakers available.

Contact community.partnerships@thh.org.uk for an e-introduction.

Queen Mary University London – Public Engagement Team

Keen to work with local groups to conduct community research projects or to provide volunteers for events.

Contact publicengagement@qmul.ac.uk

MyTime Active

Sports professionals and nutritionists available to run free workshops/provide healthy food options at events.

Contact community.partnerships@thh.org.uk for an e-introduction.

The Young Foundation

Organisation supporting community action and enterprise, currently working with resident groups in the North-West of Tower Hamlets to deliver community-led ESOL classes and events.

Contact community.partnerships@thh.org.uk for an e-introduction.

Cycle Confident

Providers of free bike maintenance workshops at events, as well as year-round 1-1 cycling tuition.

contact@cycleconfident.com

Fareshare

An organisation that connects community groups to surplus food from Tesco and Waitrose: free baked good, fruit and veg, dried goods are available on a weekly basis.

<https://fareshare.org.uk/getting-food/fareshare-go-support/>

Shaw Trust/Go Train

Free CV workshops, public speaking classes, and other training for residents.

Contact community.partnerships@thh.org.uk for an e-introduction.

Ability Bow

Free group workshops around health and wellbeing, or facilitation of sports activities with a focus on those with physical disabilities or mental health needs.

Contact positivesteps@abilitybow.org

You may also be able to reach more residents and increase the scope of your event/project by **partnering with another Tenants and Residents Association**. For the list of current THH TRAs please use [this link](#).