

Tower Hamlets

LinkAge Plus

Neighbours In Poplar – Bengali Older Adults

This is a bringing together of older Bengali women on a weekly basis. The women live on Council Estates, many in overcrowded flats. These are women who have spent over 20 years in this country without acquiring any English, and are now very marginalized and vulnerable.

Neighbours In Poplar – Bengali Older Adults

Objective

The Club is intended to enable these 'forgotten' women to become part of their community and be less excluded.

Activity

We meet in a 'safe' place, often assisted by daughters or daughter-in-laws.

Achievements against objectives

It has certainly assisted the 'inclusion' agenda.

They have been exposed to health professionals covering very important topics such as Diabetes (to which the Asian community is very susceptible), Diet, Stroke and Heart problems. They have had Police input on domestic violence which is also very prevalent in this community. They have exercise and art classes and have a gardening club. A number now go swimming regularly, on a different day - a real health benefit. Many are attending English lessons for the first time. The exposure to Benefit advice is also very important.

Wider achievements

Some daughter-in-laws who were very controlled within their marriage have experienced a softening, such as one man who has allowed his wife to join the group, overcoming concerns about the 'Western' influence the group would have on his wife. The benefits to mental and physical health are evident.

Many of the women have been very grateful for the opportunity to get out of their homes for a short while on a regular basis.

Resources

Hire of Hall - £40 per session

Coach Hire to Tiller Road: Leisure Centre - £30 per session. (swimming)

Exercise Tutor: £30 per session.

Art Workshops: £30.00 per workshop

Sewing class: £20 per session.

The Basic English Class is provided by a Polish Volunteer.

Benefit Advisor: £20 per session

Key lesson learned

Bengali women were far more interested in fun exercise and were beginning to realise the importance of keeping fit. Mothers – in- law often have a completely different understanding of child rearing than the younger generation – especially if the latter were born in the country. We were able to ease relationships and understanding between the different generations – a work which will continue.

Further information

Contact: Amanda Molyneux at Fit.com.

Ref to website: www.splashcd.com

Related documents

See website above.

