

Appendix II: Overview of existing day support provision in Tower Hamlets

Day service	Target user group	Capacity per day	Average daily attendance 2019-20	% of capacity	Active registered users Pre-COVID	Building owner	In-house or commissioned	Contract end date (if commissioned)
Russia Lane	Dementia	25	13.6	54.8%	25	Council owns freehold	In-house	n/a
Pritchard's Road day centre	Mental health	62	8	13%	52	Council owns freehold	In-house	n/a
Riverside day centre	Older people	30	11	37%	19	Council holds long lease	In-house	n/a
PD Day Opportunities	Physical disability	15	6.5	41%	17	Council owns freehold	In-house	n/a
Create	Learning disability	25	22	87%	49	Council owns freehold	In-house	n/a
Sundial Centre	Older people	30	12.8	42.8%	34	Not Council	Commissioned	Dec 2021
Sonali Gardens weekend	Older people (Bangladeshi community)	12	8.5	70.5%	99	Not Council	Commissioned	Dec 2021
Sonali Gardens weekday		40	31.9	79.8%				

Targeted day support with wider, 'universal' access include the following (please note this is not an exhaustive list):

Day support	Target user group	In-house or commissioned	Description
5 x LinkAge Plus Centres	Older people	Commissioned	Five centres at Age UK East London (Appian Court), Neighbours in Poplar (St. Matthias Community Centre), Sundial Centre, Sonali Gardens, Toynbee Hall. Aimed at residents aimed 50 years or older. Includes information, advice, social activities and fitness sessions.
Working Well Trust	Mental health	Commissioned	Supported employment opportunities to those most distant from the work market. Social enterprise approach which empowers people to 'help themselves and the community'.
Mind Community Connecting Service	Mental health	Commissioned	Specialist sessional workers/social enterprises to deliver activities which deliver against the 5 ways of wellbeing such as physical health, yoga, arts or cooking. Strengths-based model of coproduction which recognises service users as equal partners in the delivery of activities giving priority to activities and groups led by service users.
Recovery	Mental health	Commissioned	Covering three academic terms a year, the

College			contract delivers an educational model of courses which cover the areas relevant to mental wellbeing and recovery such as 'discover yourself', 'understanding health', 'life skills' and 'getting involved'.
Hestia 1:1 support	Mental health	Commissioned	1:1 and peer support service to enable those most severely disabled by their mental health conditions to access the community and other services which will improve their mental health.
Alzheimer's Society	Mental health	Commissioned	Support services and 'Dementia Cafes'.
Look Ahead and Outward Outreach	Mental health	Commissioned	Outreach 1:1 support for people with enduring mental health needs.
Tower Project Jobs, Enterprise and Training service	Learning disability and autism	Commissioned	Information, advice and support into employment. Includes a number of social enterprises that provide supported work placement and paid employment opportunities for local disabled people and a stepping-stone to mainstream employment.
Caxton Hall	Older people	Commissioned (LCF)	A dynamic activity centre led by older people.
Friends at Home	Older people	Commissioned (LCF)	Matching housebound older people with volunteer befrienders.
Older Peoples Befriending Project	Older people	Commissioned (LCF)	Befriending and advocacy, one-to-one support at home, organising small group outings locally.
Vietnamese and Chinese Lunch and Social Club	Older people	Commissioned (LCF)	Healthy lunches and social and health promotion activities for people aged 50 or over from the Vietnamese and Chinese community in Tower Hamlets.
'Feeling Good!' Wellbeing Project	Older people	Commissioned (LCF)	Nutritious lunches and opportunities for indoor sport, IT learning, singing, art, intergenerational activities.
Tower Hamlets LGBT Support	Older people	Commissioned (LCF)	Support to enhance peer networks, lessen isolation and provide mental health crisis prevention support. Two facilitated support groups.
Wellbeing Centre Toynbee Hall	Older people	Commissioned (LCF)	Holistic relational support to older people aged 50 or over. Build stronger networks of information sharing and peer support between users and those not accessing services.
Stifford Centre Limited	All	Commissioned (LCF)	Free membership health club with over 20 difference classes and groups.
ICM Foundation CIC	Learning disability	Commissioned (LCF)	20 people with learning disabilities work with ICM Foundation to design and deliver 5000 accessible newspapers on the theme of health and wellbeing, 3 times each year.
Limehouse Project	Older people	Commissioned (LCF)	DigitIES workshops to prevent digital exclusion in older adults
Newham New Deal Partnership	Older people	Commissioned (LCF)	Learning in groups to build the confidence of people aged 50 or over to go online using tablet devices.
Wapping Bangladeshi Association	Older people	Commissioned (LCF)	ICT and internet training for socially isolated BME older adults aged 55 and over who are not computer literate and are digitally excluded.

Bromley-by-Bow Centre Creative Communities	All	Commissioned (LCF)	Community-based programme to increase the participation and readiness for employment in the creative sector of at least 180 people from under-represented communities.
8 x services for older people	Older people	Small grants programme	8 services – including Lunch Clubs, coffee mornings, information and advice – for older people funded through the small grants programme.
Bow Haven	Mental health	n/a	Mental health charity with a range of co-produced and peer led mental health support groups.
Carer Centre Tower Hamlets	Carers	Commissioned	Carer needs assessments, information, advice, activities, peer support, retreats, mindfulness.
Respite and carer relief	Carers	Commissioned	Range of respite provision outside the home and carer relief (e.g. homecare) in the home
Ability Bow	PD		Supporting people with disabilities or long-term health conditions to do exercise