

Tower Hamlets

Area profile

The logo for London Sport is a white shield-shaped emblem with a dark blue outline. It is positioned on the right side of the slide, partially overlapping a dark blue graphic element that resembles a stylized line or path. The text "LONDON SPORT" is written in a bold, red, sans-serif font across the center of the shield.

**LONDON
SPORT**



About Us

Physical inactivity is responsible for 1 in 6 premature deaths.

That's why London Sport wants every Londoner to live longer, healthier and happier lives through being active.

Our focus is on children and adults in the most deprived communities who face the greatest challenges of inequality.

Collaborating with those that share our vision, we can help every community in London find their way to move more.

Purpose of profile



Local Area Profile: Tower Hamlets

Introduction

The purpose of this profile is to bring together a variety of key datasets, as well as London Sport knowledge of an area, to provide an overview of the population and understand the demographic, social, and economic characteristics of the area.

Physical activity and sport has the ability to change lives. The simple act of being active for 30 minutes a day has proven physical and mental health benefits and contributes to every stage of our development, both as individuals and as a society. These include:



Individual development

Boosts academic achievement and school behaviour



Economic development

The annual value of health benefits that sport participation bring is worth c. £1.7 billion



Physical wellbeing

Helps maintain healthy weight and reduces obesity



Social integration

Helps socially excluded people feel part of a community and increases their belonging



Mental wellbeing

Reduces anxiety, stress and depression

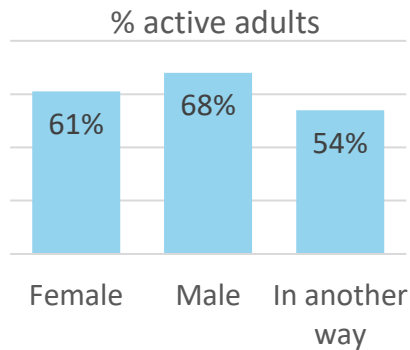
Local Area Profile

Understanding those less likely to be active

From the latest Active Lives data, in London we know that certain demographic characteristics are less likely to be active (completing the recommended Chief Medical Officer guidelines of at least 150 minutes a week):

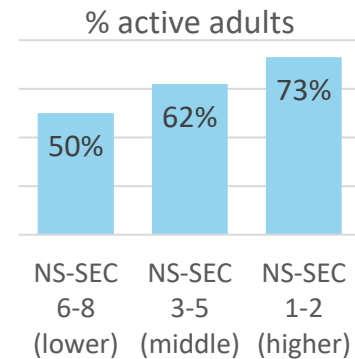
Gender

Females are less likely to be active compared to males



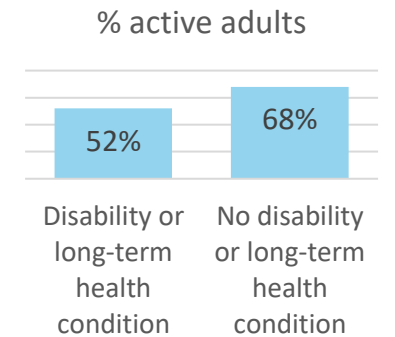
Socio-economic groups

Those in routine/semi-routine jobs and those who are long-term unemployed or have never worked (NS-SEC 6-8) are less likely to be active



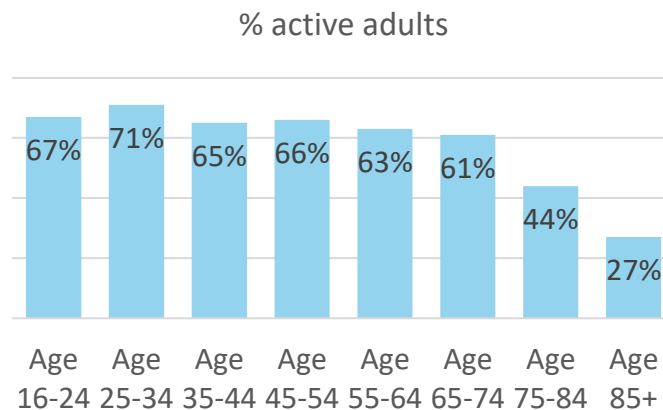
Disability and long-term health conditions

Disabled people or those with a long-term health condition are less likely to be active



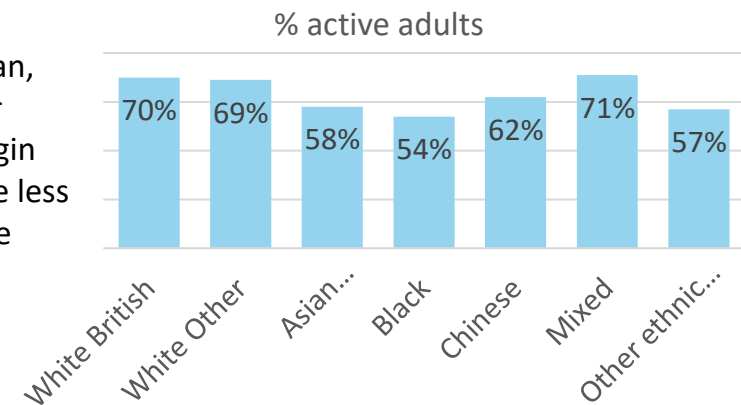
Age

Activity levels decrease with age, more so for those in the 75+ age category



Ethnicity

Black, Asian, and Other ethnic origin groups are less likely to be active



1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/)

How London Sport are working in Tower Hamlets

Priority places

London Sport is focusing resources in identified local places in London where there is the greatest need but also the greatest opportunity to improve people's lives through physical activity and sport.

Tower Hamlets has been identified as one of these places.

This place has been identified as an area where there is the potential to work collaboratively with partners and communities, focusing our collective resources, knowledge, and expertise to establish sustainable change in supporting Londoners to become more active.

The information in this rest of the profile will contain data about the borough as a whole and, where possible, data on this specific place.

Local Area Profile: Tower Hamlets

Contents

Physical Activity levels	Demographic characteristics	Opportunities to increase physical activity	Further resources
Physical activity: adult data	Population and demographics	Environment: Facilities	Politics
Physical activity: children and young people data	Indices of Multiple Deprivation	Environment: Spaces	Environment: Air quality
Physical activity: small area estimates	Physical health	Environment: Schools	Crime
Social return on investment	Mental health	Environment: Housing	Employment
	Children and Young People	Children and Young People: Youth Clubs	Key contacts: Active Environments
		Health: Facilities	Key contacts: Children and Young People
		Community Sport: Partner organisation's	Key contacts: Community Sport
		London Sport projects	Key contacts: Health
		Physical activity: less active segmentation	

Summary of key findings

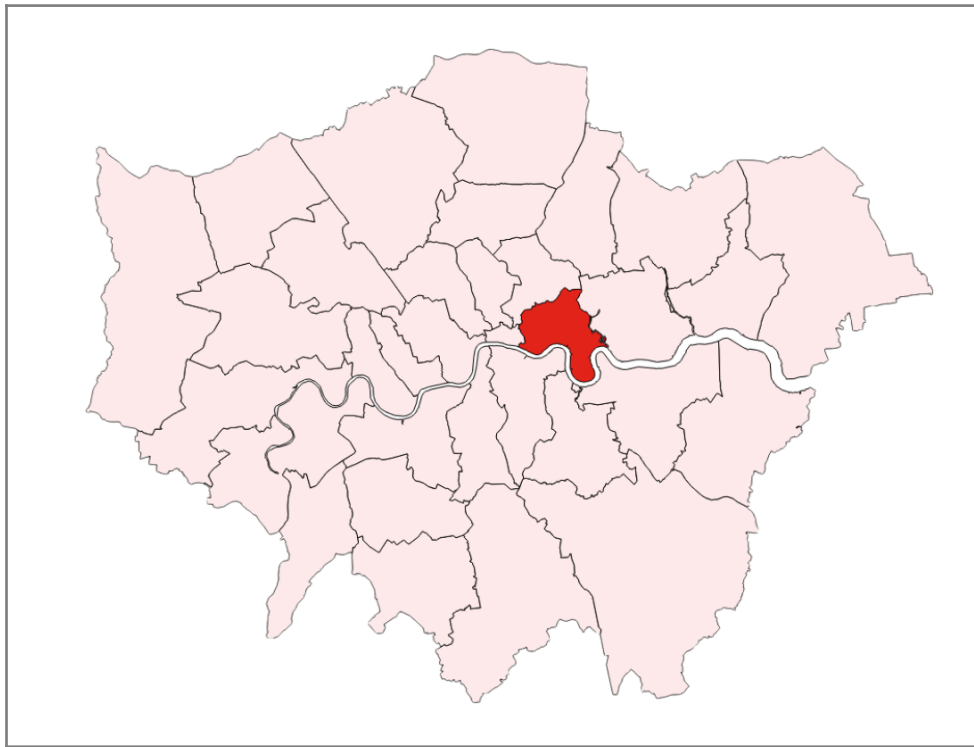


About Tower Hamlets

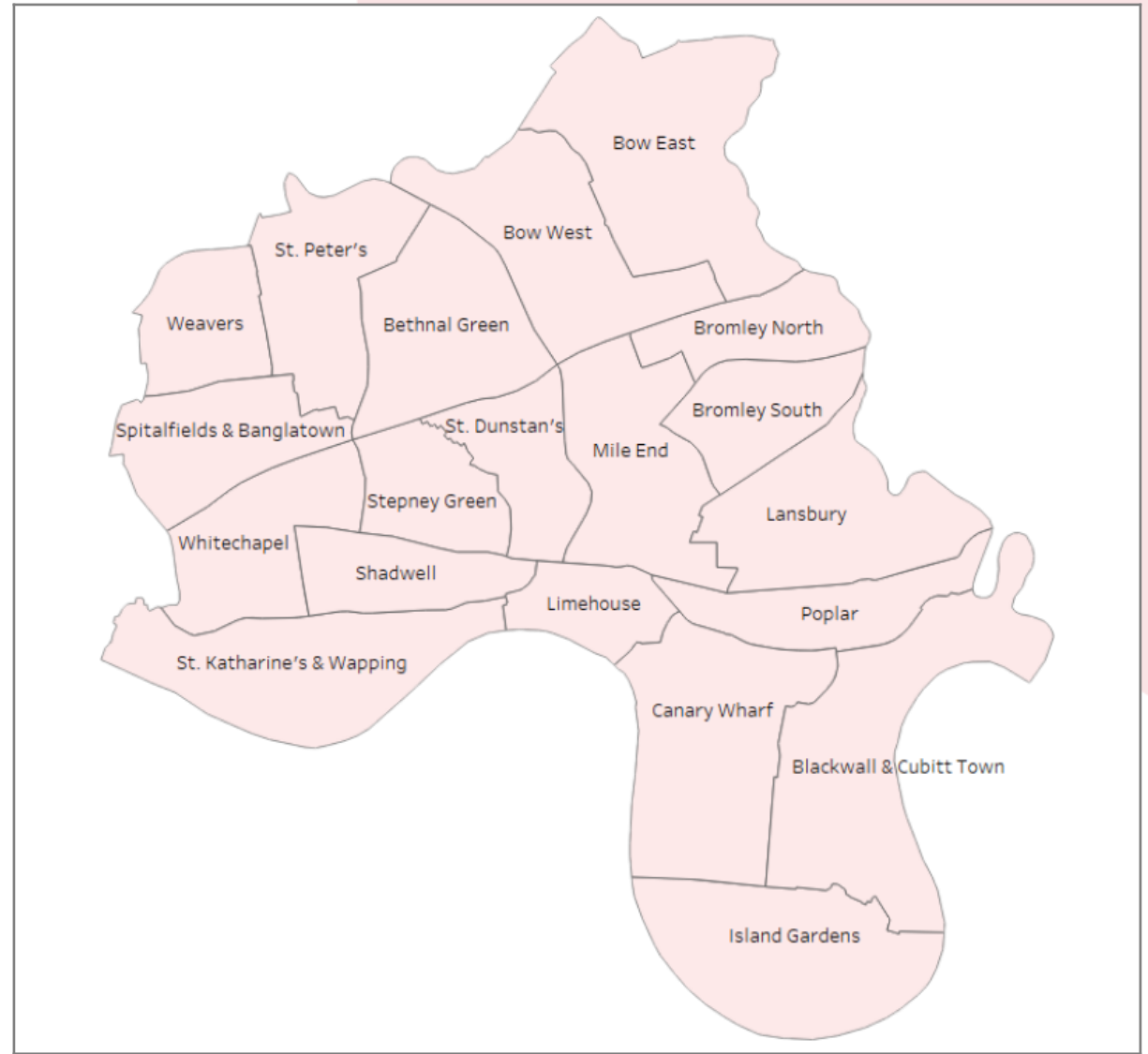
Geography

Tower Hamlets is an inner borough situated in east London, just north of the river.

It is made up of 17 wards (shown on the map on the right).



Location of Tower Hamlets in London



Wards in Tower Hamlets

Summary of key findings

- Tower Hamlets is an inner borough situated in east London, just north of the river. It is made up of 17 wards.
- Of the 317 Local Authorities in England, Tower Hamlets is ranked 27th most deprived.
- The predominant ethnicities in Tower Hamlets are Asian, Asian British or Asian Welsh (44%) and White (39%). The median age of the population in Tower Hamlets is 30 years old.
- Tower Hamlets' adult (16+) residents are more active than the London average. Rates of active travel, cycling, and fitness activities have increased.
- The rates of overweight and obese adults in Tower Hamlets (48%) is lower than the London average (56%). The rates of overweight children in Year 6 in Tower Hamlets (43%) is higher than the London average (39%).
- Across Tower Hamlets there are there are:
 - 134 educational settings
 - 42 community centres
 - 8 libraries
 - 17 swimming pools
 - 21 artificial grass pitches
 - 45 sports halls
 - 44 health and fitness gyms
 - 43 studios
 - 12 tennis court



Location of Tower Hamlets in London

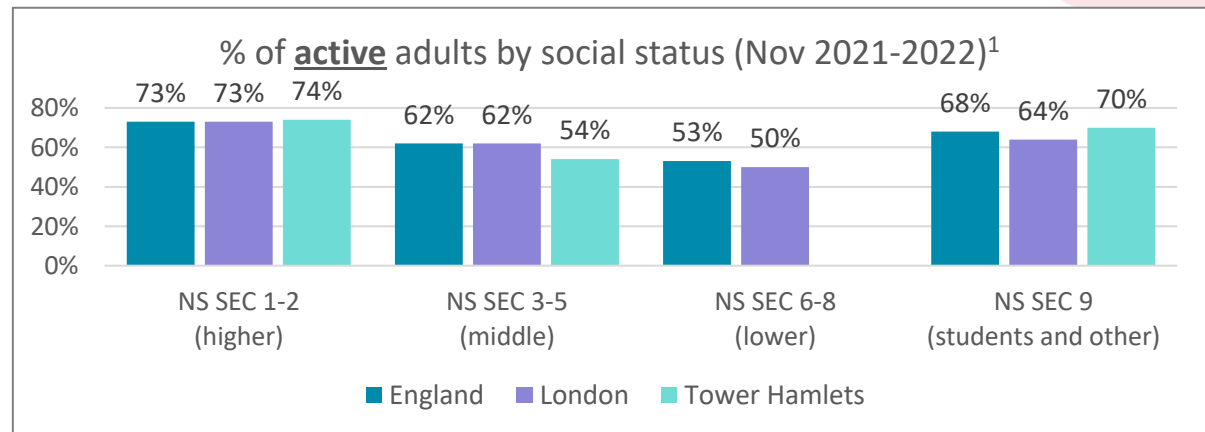
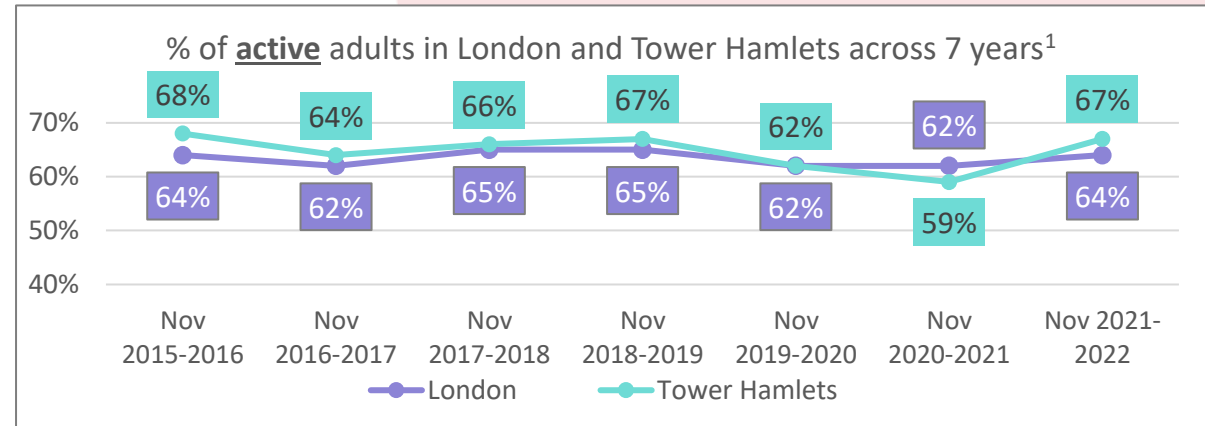
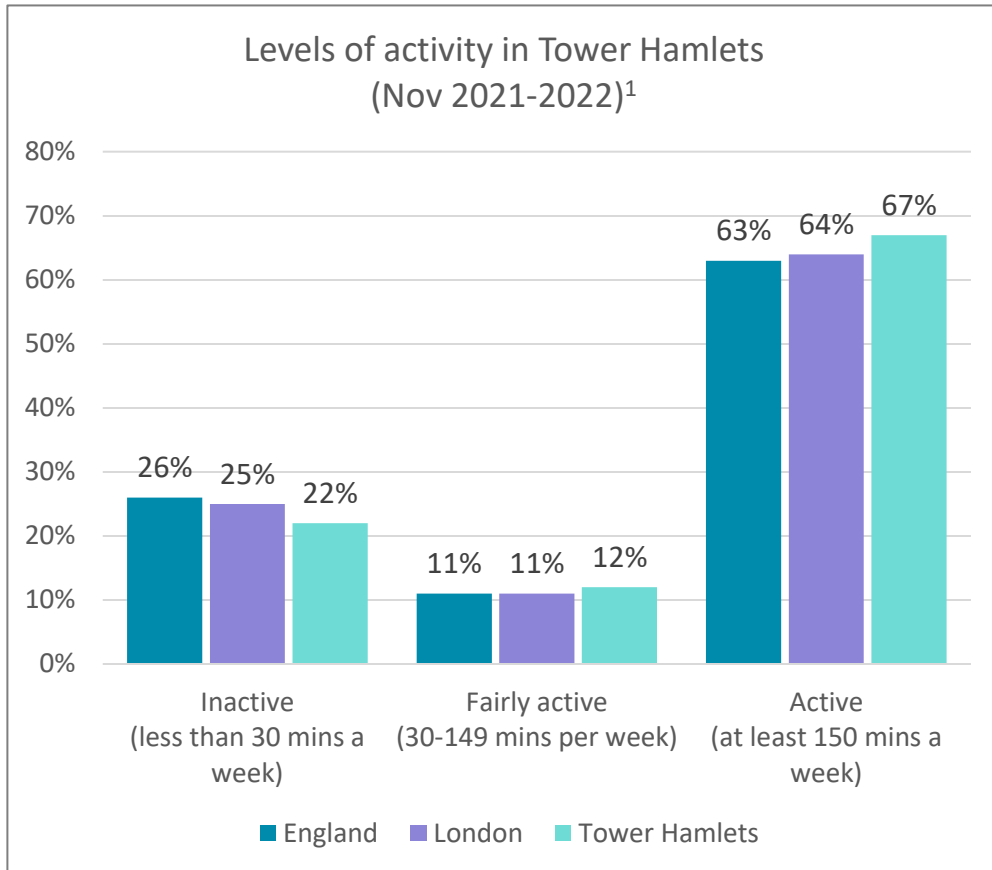
Physical activity levels



Physical Activity

Adults

Sport England’s Active Lives survey measures the number of people taking part in sport and physical activity. Up until the Covid-19 pandemic, physical activity levels for adults (16+) in Tower Hamlets were above the London average. Activity rates in Tower Hamlets dipped during the Covid-19 pandemic, however, there are signs of recovery with the latest figures showing that the rates of active adults in Tower Hamlets are slightly above the London and national average.

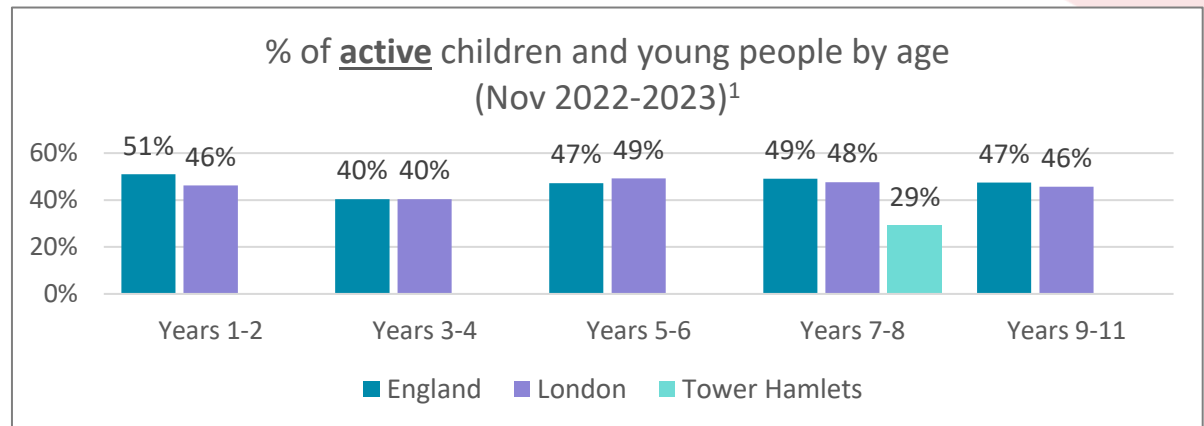
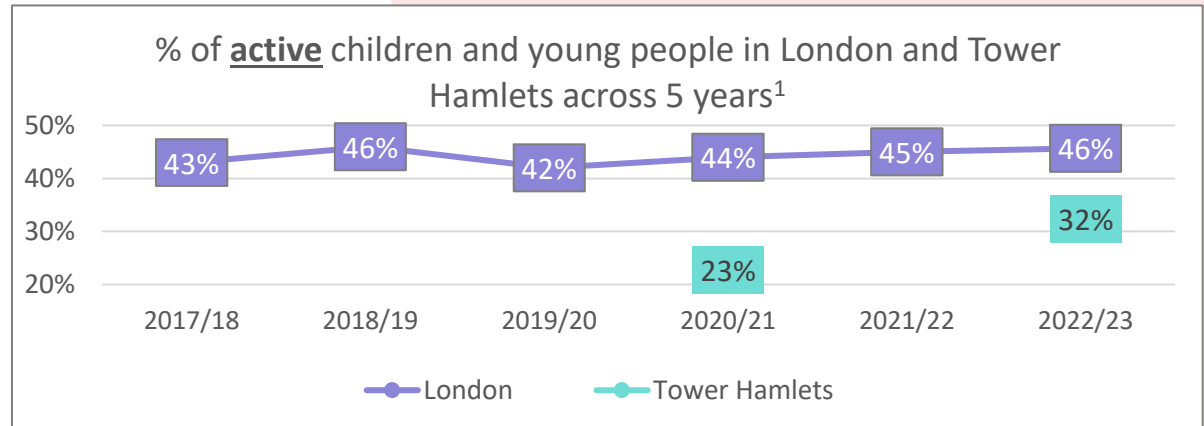
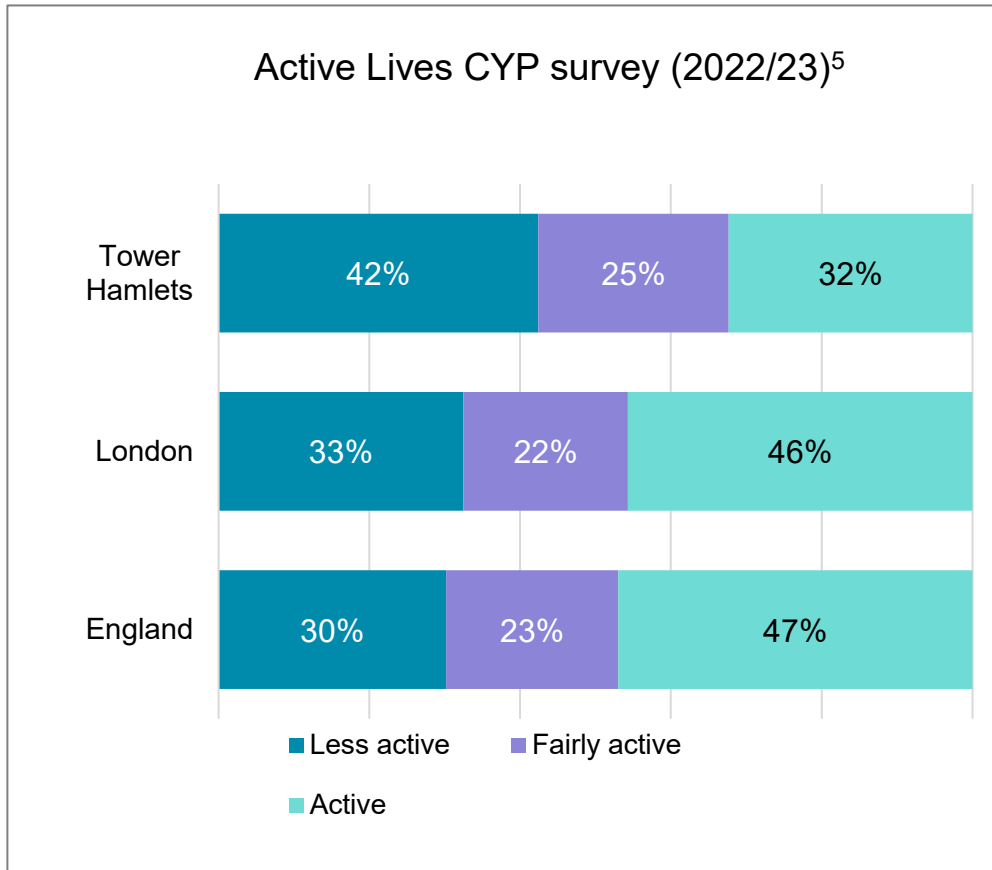


1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/active-lives)

Physical Activity

Children and Young People

Sport England's Active Lives survey measures the number of people taking part in sport and physical activity. The rates of active children and young people in Tower Hamlets (32%) is lower than the London average (46%).



1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/active-lives)

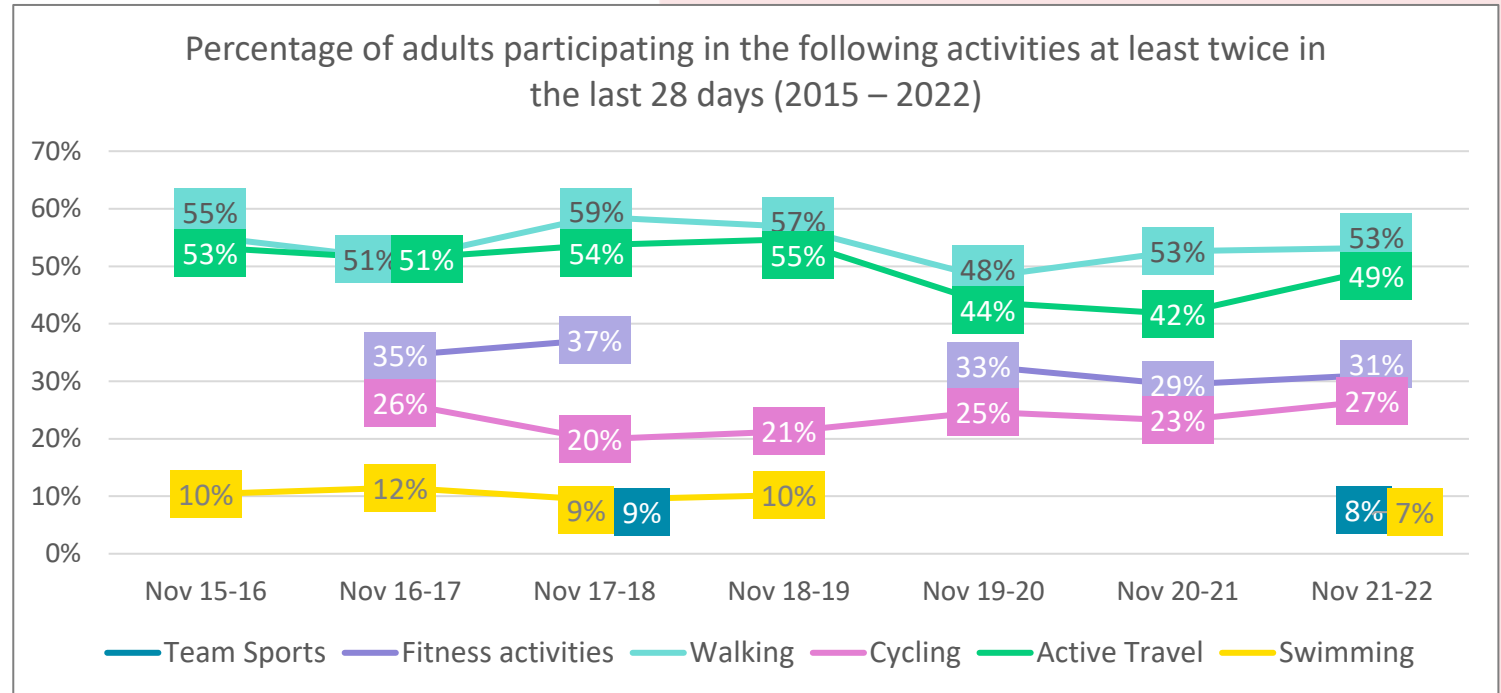
Physical Activity

Rates of active travel, cycling, and fitness activities have increased

Sport England's Active Lives survey measures the number of people taking part in sport and physical activity.

For adults, rates of active travel, cycling, and fitness activities have increased. Cycling levels have returned to pre-pandemic levels.

Rates of cycling (all categories) and active travel are higher than the London average.



Percentage of adults participating in the following activities at least twice in the last 28 days (Nov 2021-2022)

8% Team sports <small>London av. 8%</small>	31% Fitness activities <small>London av. 31%</small>	53% Walking <small>London av. 59%</small>		27% Cycling <small>London av. 20%</small>		49% Active Travel <small>London av. 44%</small>	7% Swimming <small>London av. 9%</small>
		31% Walking for leisure <small>London av. 41%</small>	39% Walking for travel <small>London av. 39%</small>	19% Cycling for leisure and sport <small>London av. 15%</small>	16% Cycling for travel <small>London av. 11%</small>		

* Indicates insufficient data

1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/active-lives/)

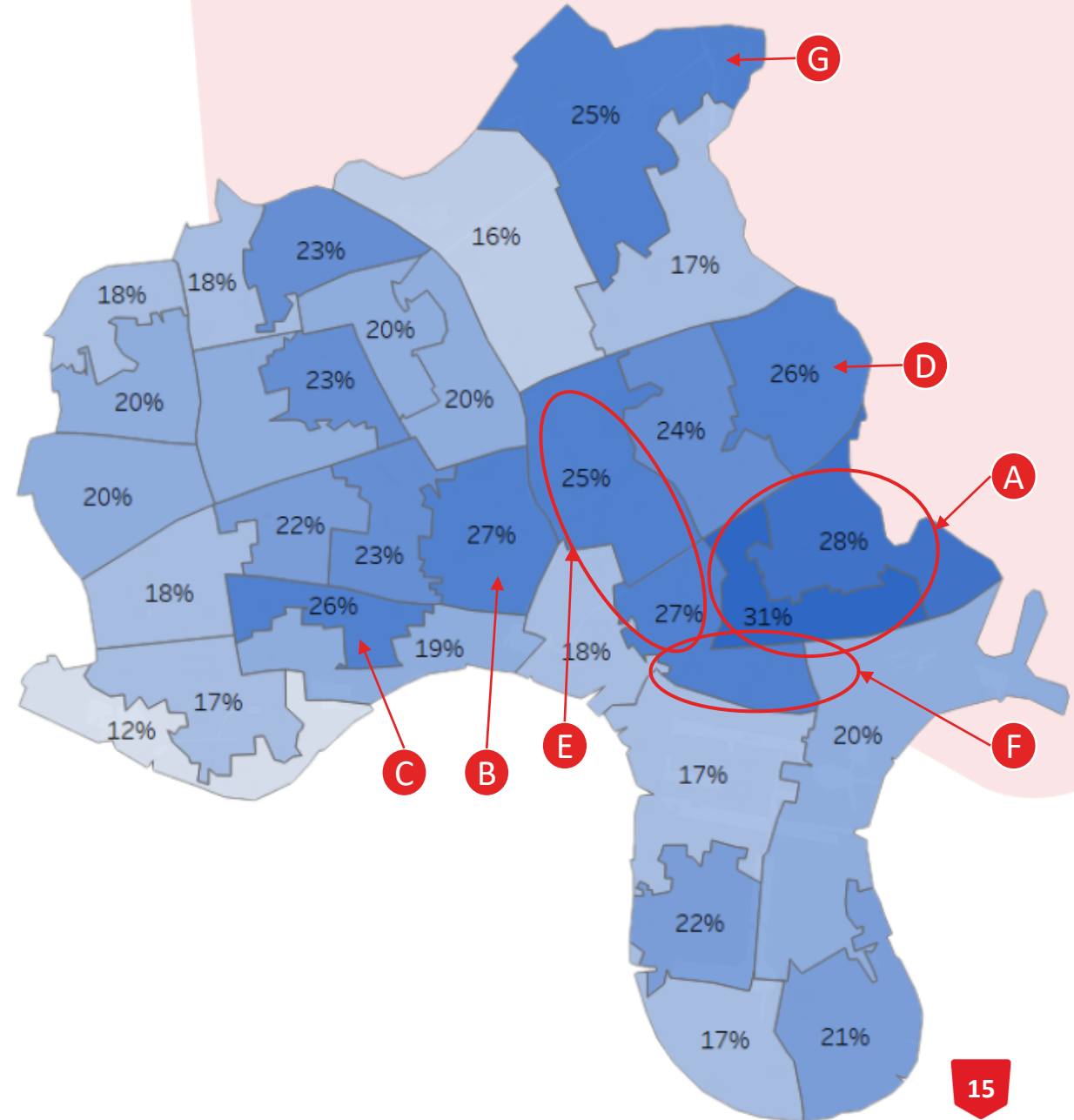
Physical Activity

Small area estimates

If we zoom in, to take a more localised view using Sport England Small Area Estimates (last updated 2018), we begin to see a variation in physical activity levels.

The following areas have a higher percentage of adults who are described as inactive (completing less than 30 minutes of physical activity a week):

- A. Lansbury (31% and 28%)
- B. South of St Dunstan's (27%)
- C. North of Shadwell (26%)
- D. East of Bromley North and east of Bromley South (26%)
- E. Mile End (25% and 27%)
- F. West of Poplar (27%)
- G. North of Bow East (25%)



Physical activity

Social return on investment

The benefits of physical activity can create tangible monetary impact. In 2017/18, Sport England commissioned research to understand the social impact of sport and physical activity¹.

Nationally, for every **£1.00** invested in community sport and physical activity, a return on investment of **£3.91** of social value is generated across health and wellbeing, stronger communities, and the economy.

For Local Authorities, Sport England calculated the social value of community sport and physical activity by multiplying the rates of active adults (those completing at least 150 minutes of physical activity a week) by the value per person for all health outcomes (excluding breast cancer and hip fractures).

Across Tower Hamlets....

The combined social value of taking part in community sport and physical activity in 2017/2018 was:

£361.8 million

Hackney: £344.9 million

Newham: £319.5 million

Southwark: £422.1 million

This can be broken down into the following three categories:



£50.5 million

worth of value generated from

Physical and Mental Health

(Being active reduces the risk of: Coronary heart disease and stroke, Type 2 Diabetes, Breast Cancer, Colon Cancer, Dementia, Depression. Improves good health, reduces hip fractures, improves back pain, and

increases sports injuries)



£211.2 million

worth of value generated from

Mental Wellbeing

(Being active improves subjective wellbeing/life satisfaction of participants and volunteers)



£100.0 million

worth of value generated from

Social and Community Development

(Being active reduces criminal incidences, enhances social capital and the non-market benefits acquired by organisations utilising sports volunteers. Improves educational attainment and enhances human capital)

1: [Measuring impact](#) | [Sport England](#)

Demographic and place characteristics



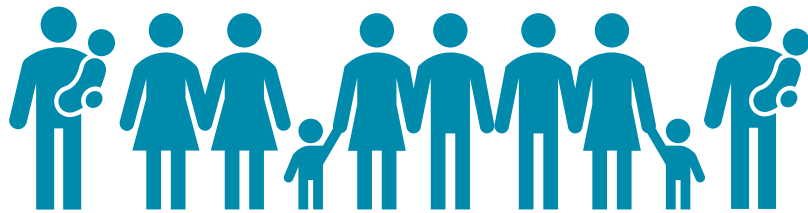
Demographics

Gender

Since the 2011 Census, Tower Hamlets has seen a population increase of 22%; this is 14% higher than the London average across the same time period.

As mentioned, across London, females are less likely to be active compared to males. In Tower Hamlets, there is an equal split of males compared to females.

Across Tower Hamlets....



310,306
total number of residents¹

↑22%

Since 2011
census²

London av. ↑8%



154,437
(50%)

female
residents¹

↑25%

Since 2011
census²
London av. ↑9%



155,869
(50%)

male residents¹

↑19%

Since 2011
census²
London av. ↑6%

[Click here to see maps of male and female population](#)

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

2) [2011 Census - Census of Population - Data Sources - home - Nomis - Official Census and Labour Market Statistics \(nomisweb.co.uk\)](#)

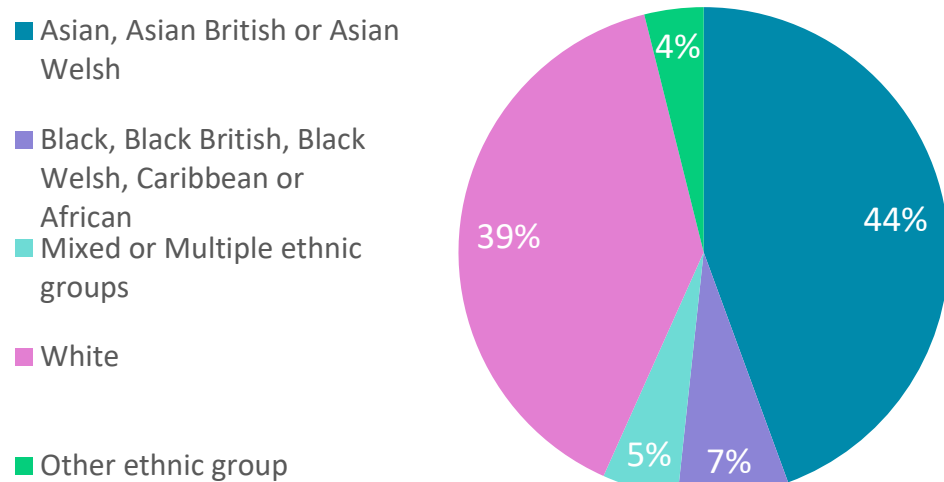
Demographics

Ethnicity

The predominant ethnicities in Tower Hamlets are Asian, Asian British or Asian Welsh (44%) and White (39%). Since the 2011 Census, the proportion of White people in Tower Hamlets has decreased by 6% and the proportion of Asian, Asian British or Asian Welsh people has increased by 3%. As mentioned, across London, Black, Asian, and Other ethnic origin groups are less likely to be active.

Across Tower Hamlets....

Ethnicity¹



Since 2011 census²

Asian, Asian British or Asian Welsh	↑3%
Black, Black British, Black Welsh, Caribbean or African	-
Mixed or Multiple ethnic groups	↑1%
White	↓6%
Other ethnic group	↑2%

[Click here to see maps of various ethnic groups](#)

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

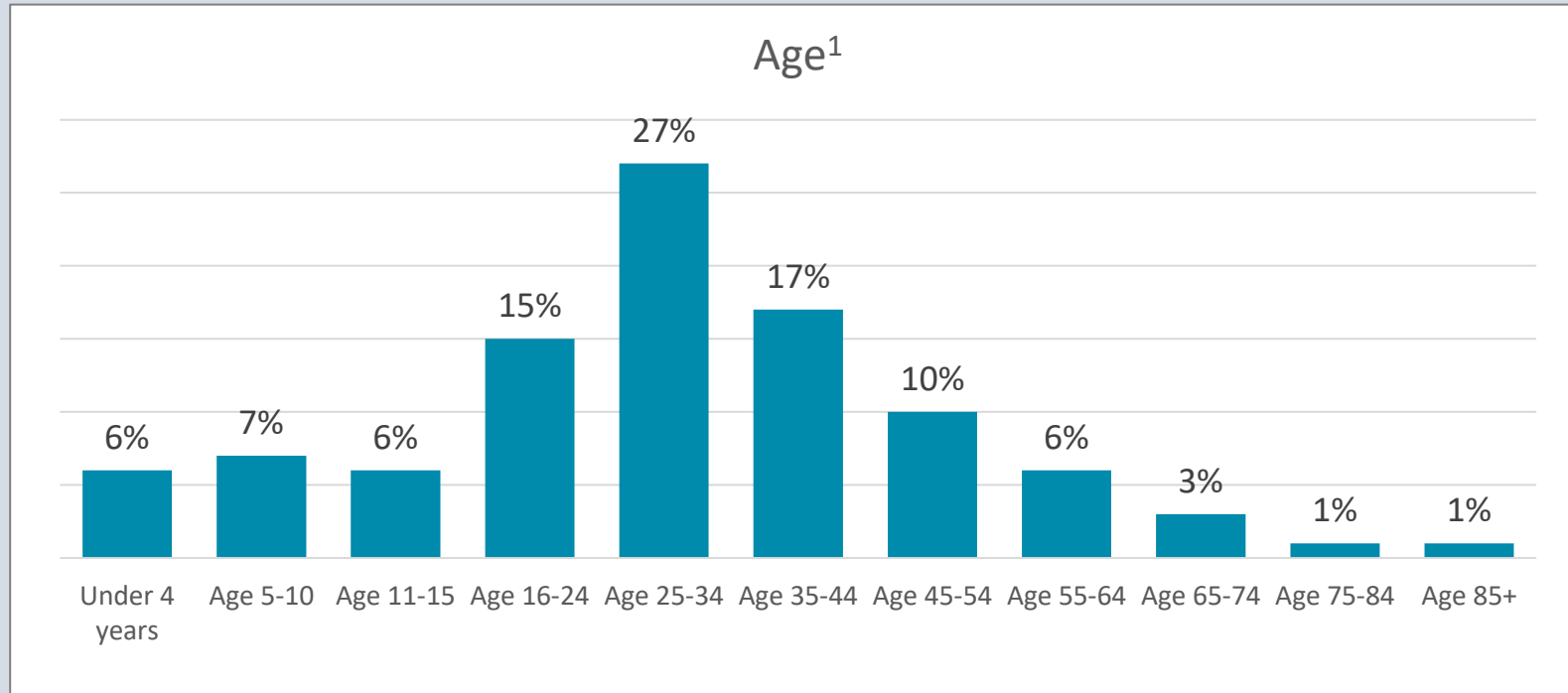
2) [2011 Census - Census of Population - Data Sources - home - Nomis - Official Census and Labour Market Statistics \(nomisweb.co.uk\)](#)

Demographics

Age

As mentioned, across London, activity levels decrease with age, more so for those in the 75+ age category. The median age of the population in Tower Hamlets is 30 years old.

Across Tower Hamlets....



[Click here to see maps of age groups](#)

Since 2011 census ¹	
Under 4 years	↓1%
Age 5-10	-
Age 11-15	↑1%
Age 16-24	↓2%
Age 25-34	↓2%
Age 35-44	↑2%
Age 45-54	↑2%
Age 55-64	↑1%
Age 65-74	-
Age 75-84	↓1%
Age 85+	-

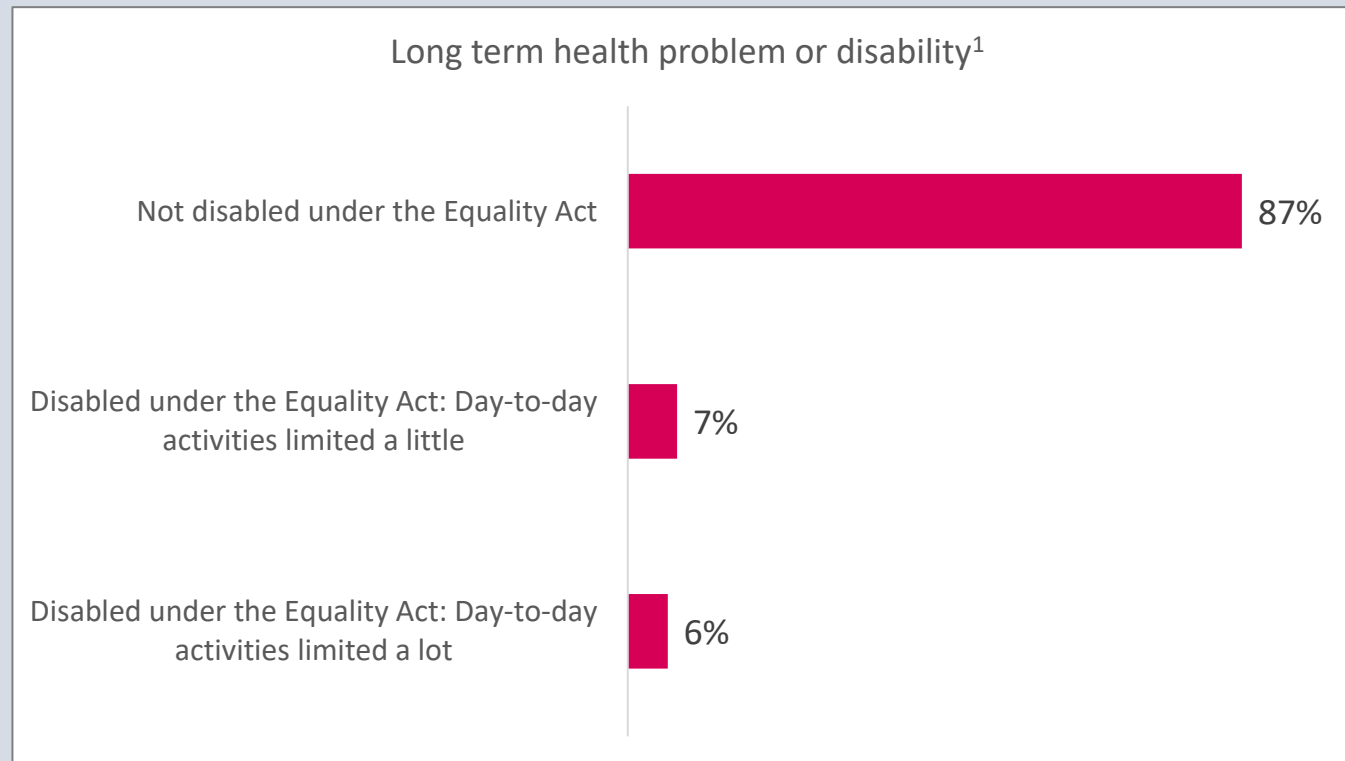
1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

Demographics

Long term health problem or disability

The majority of the population in Tower Hamlets have no long term physical or mental health conditions (87%). As mentioned, across London, disabled people or those with a long-term health condition are less likely to be active.

Across Tower Hamlets....



Since 2011 census²

Disabled under the Equality Act: Day-to-day activities limited a lot	↓1%
Disabled under the Equality Act: Day-to-day activities limited a little	-
Not disabled under the Equality Act	↑1%

[Click here for maps of disabled and non-disabled people](#)

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

2) [2011 Census - Census of Population - Data Sources - home - Nomis - Official Census and Labour Market Statistics \(nomisweb.co.uk\)](#)

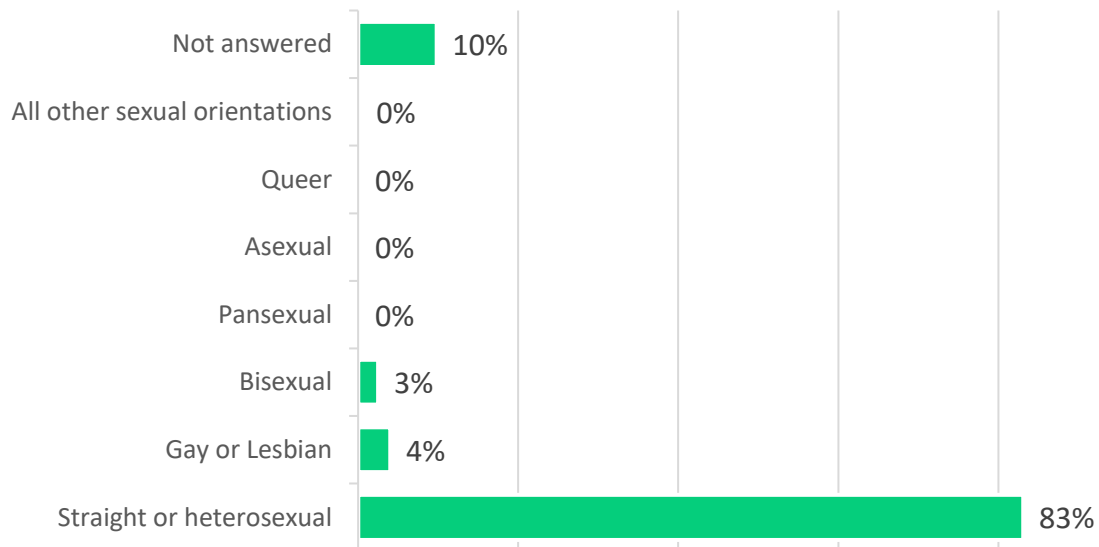
Demographics

Sexual orientation

The majority of the population in Tower Hamlets are heterosexual (83%).

Across Tower Hamlets....

Sexual orientation¹



Please note:

- *This variable was new for Census 2021 census and therefore is no comparability with the 2011 Census*
- *This variable is not available at ward level*

[Click here to see maps of LGBTQ+ population](#)

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

2) [2011 Census - Census of Population - Data Sources - home - Nomis - Official Census and Labour Market Statistics \(nomisweb.co.uk\)](https://www.nomisweb.co.uk/census/2011/censusofpopulation)

Demographics

Deprivation

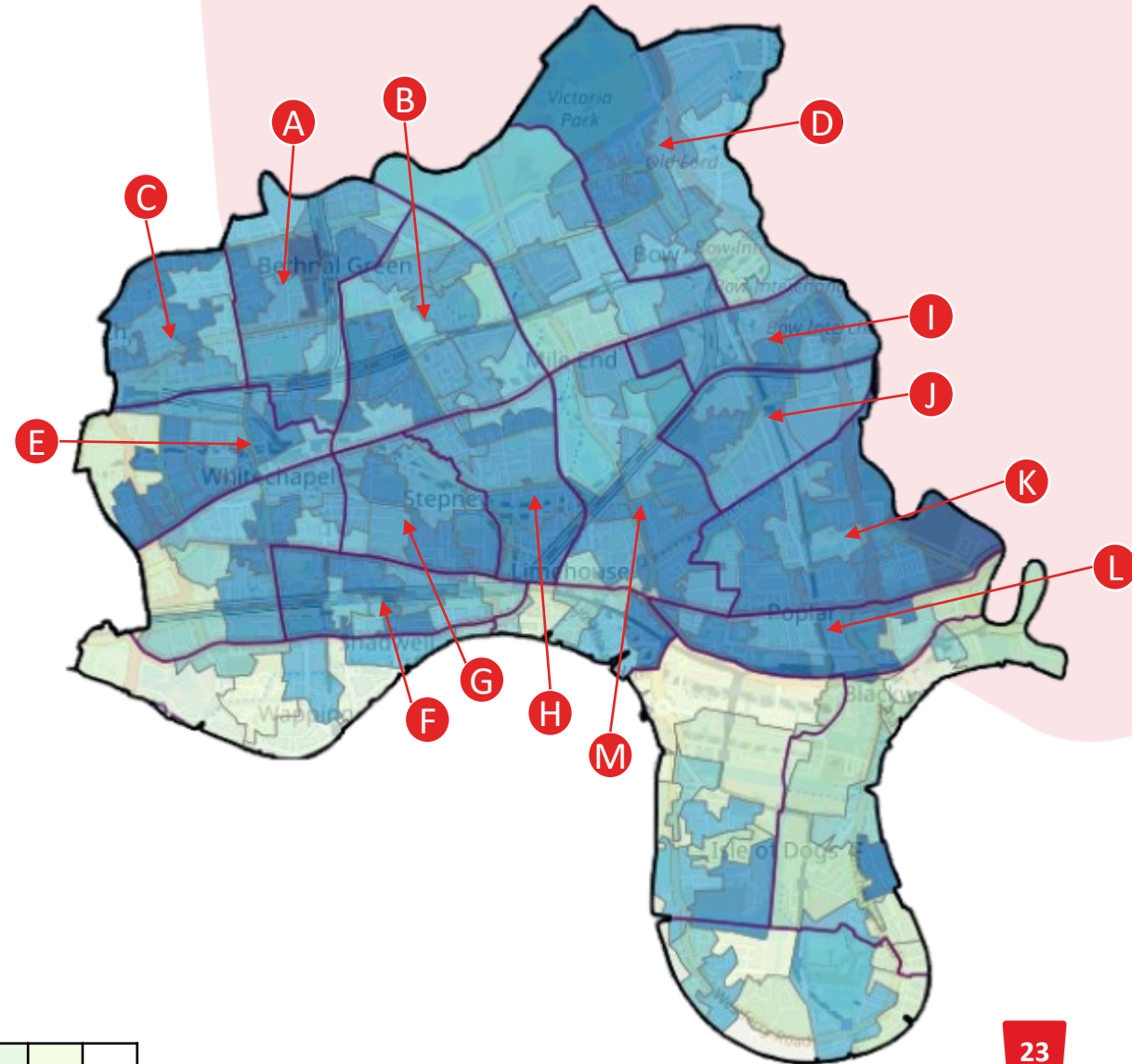
The Indices of Multiple Deprivation¹ are a measure of relative deprivation in England that consider a wide range of indicators (including income, employment, health deprivation and disability, education, crime, barriers to housing and services, and living environment) that affect an individual's living conditions. These indicators are combined and weighted to form the deprivation score.

Of the 317 Local Authorities in England, Tower Hamlets is ranked 27th most deprived².

Every neighbourhood in England is then ranked based on their level of deprivation relative to other areas. The scores are completed at Lower Super Output Area (LSOA). A score of 1-2 indicates an LSOA in the 20% most deprived areas in England, while a rank of 9-10 indicates an LSOA in the 20% least deprived areas in England. The map to the right shows the Indices of Multiple Deprivation in Tower Hamlets.

Tower Hamlets is one of the most deprived boroughs in London. The more deprived areas in Tower Hamlets are in the north of the borough:

- | | |
|------------------------------|------------------|
| A. Bethnal Green West | H. St. Dunstan's |
| B. Bethnal Green East | I. Bromley North |
| C. Weavers | J. Bromley South |
| D. Bow East | K. Lansbury |
| E. Spitalfields & Banglatown | L. Poplar |
| F. Shadwell | M. Mile End |
| G. Stepney Green | |



1) [Indices of Deprivation - London Datastore](#)

2) [Microsoft Power BI](#)

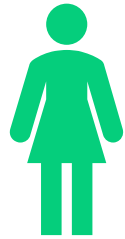


Demographics

Physical health - adults

85% of the population of Tower Hamlets has good and very good health.
Life expectancy in Tower Hamlets is similar to the London average.

Across Tower Hamlets....



83 years

Life expectancy for females¹

London av. 84 yrs



80 years

Life expectancy for males¹

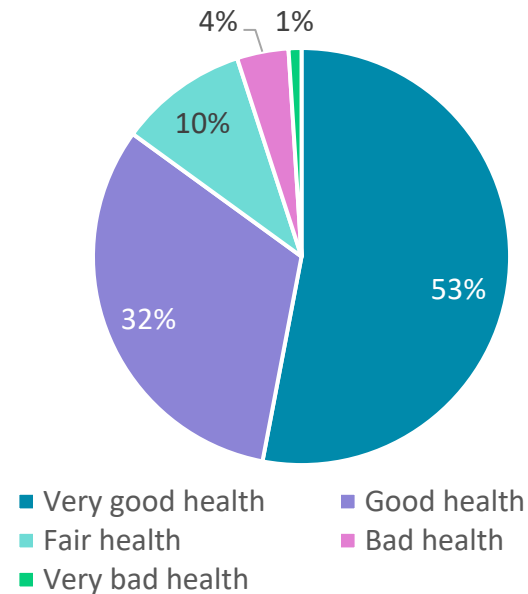
London av. 80 yrs

102.8 per 100,000

Deaths from causes considered preventable, under 75 years old¹

London av. 186.9 per 100,000

General health²



Since 2011 census²

Very good health	↑2%
Good health	↓1%
Fair health	↓1%
Bad health	-
Very bad health	-

1) [Local Health - Small Area Public Health Data - Data - OHID \(phe.org.uk\)](https://phe.org.uk)

2) [2021 Census Profile for areas in England and Wales - Nomis \(nomisweb.co.uk\)](https://nomisweb.co.uk)

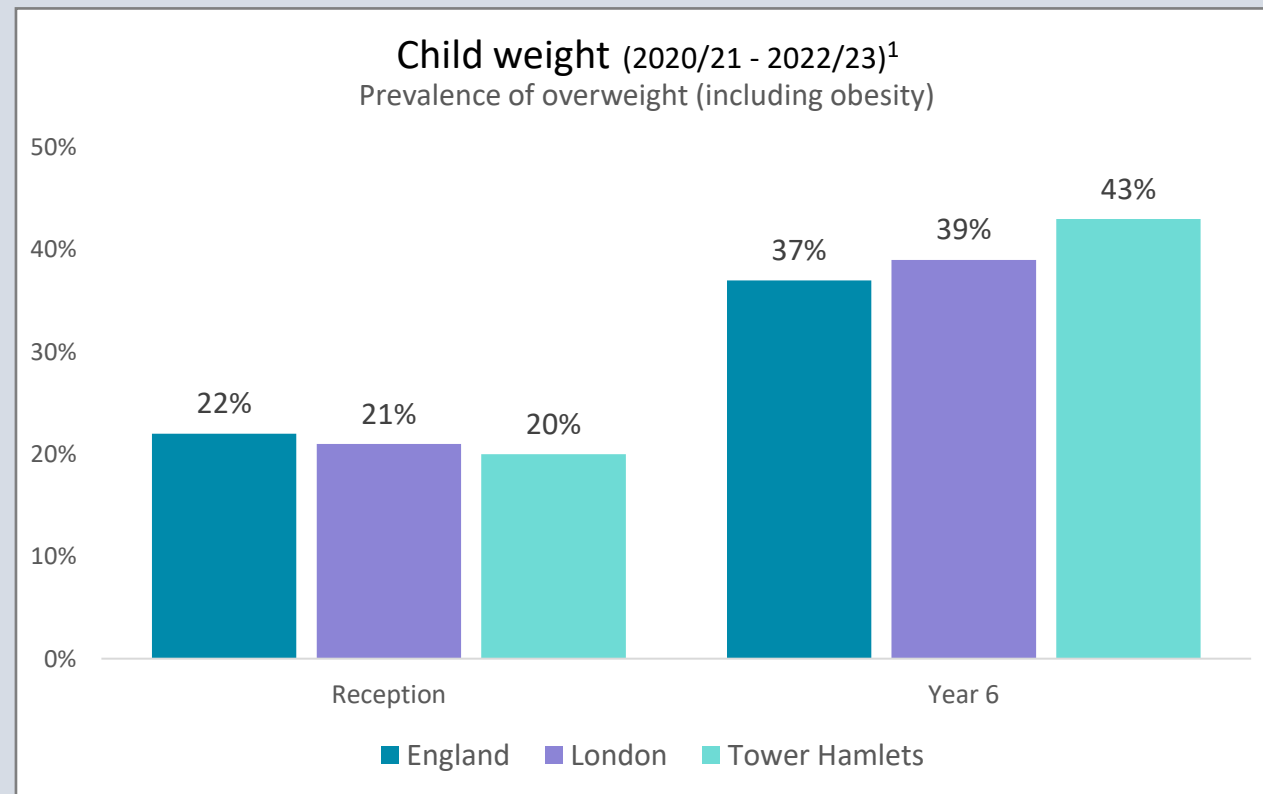
Demographics

Physical health – obesity

The rates of overweight and obese adults in Tower Hamlets (48%) is lower than the London average (56%).

The rates of overweight children in Year 6 in Tower Hamlets (43%) is higher than the London average (39%).

Across Tower Hamlets....



Overweight and obese adults (age 18+, 2021/22)³

63.8%

Across England

55.9%

Across London

47.8%

In Tower Hamlets

1) [Local Health. Public Health Data for small geographic areas - Data - OHID \(phe.org.uk\)](https://phe.org.uk/data/local-health-public-health-data-for-small-geographic-areas)

2) [2021 Census Profile for areas in England and Wales - Nomis \(nomisweb.co.uk\)](https://nomisweb.co.uk/)

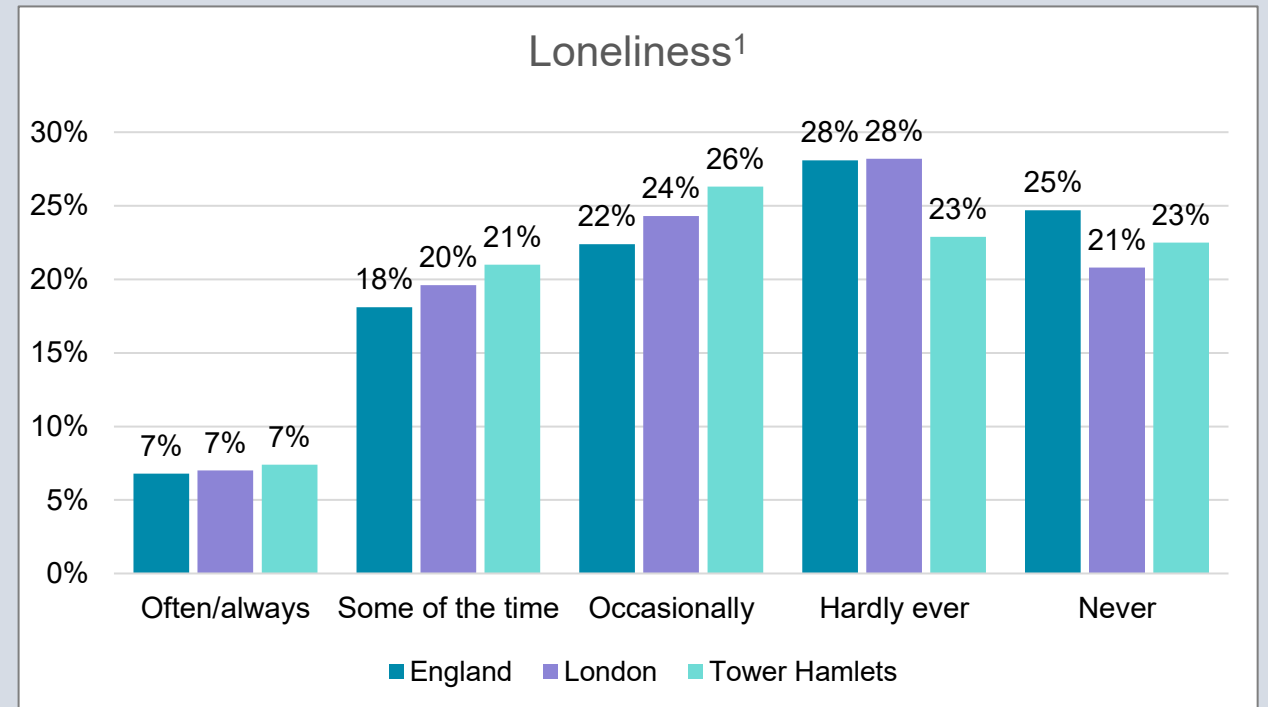
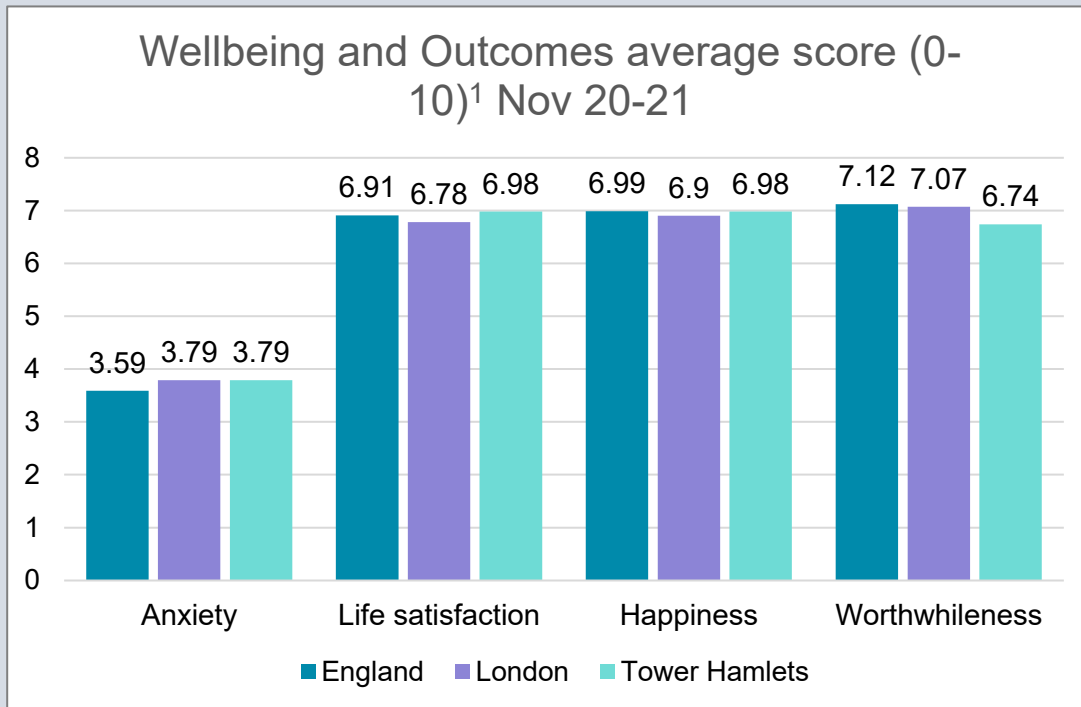
3) [Obesity Profile - Data - OHID \(phe.org.uk\)](https://phe.org.uk/data/obesity-profile)

Demographics

Mental health - adults

Levels of anxiety, life satisfaction, and happiness in Tower Hamlets are slightly higher than the London averages. 28% of people in Tower Hamlets report feeling lonely 'often/always' or 'some of the time' (compared to 27% across London).

Across Tower Hamlets....



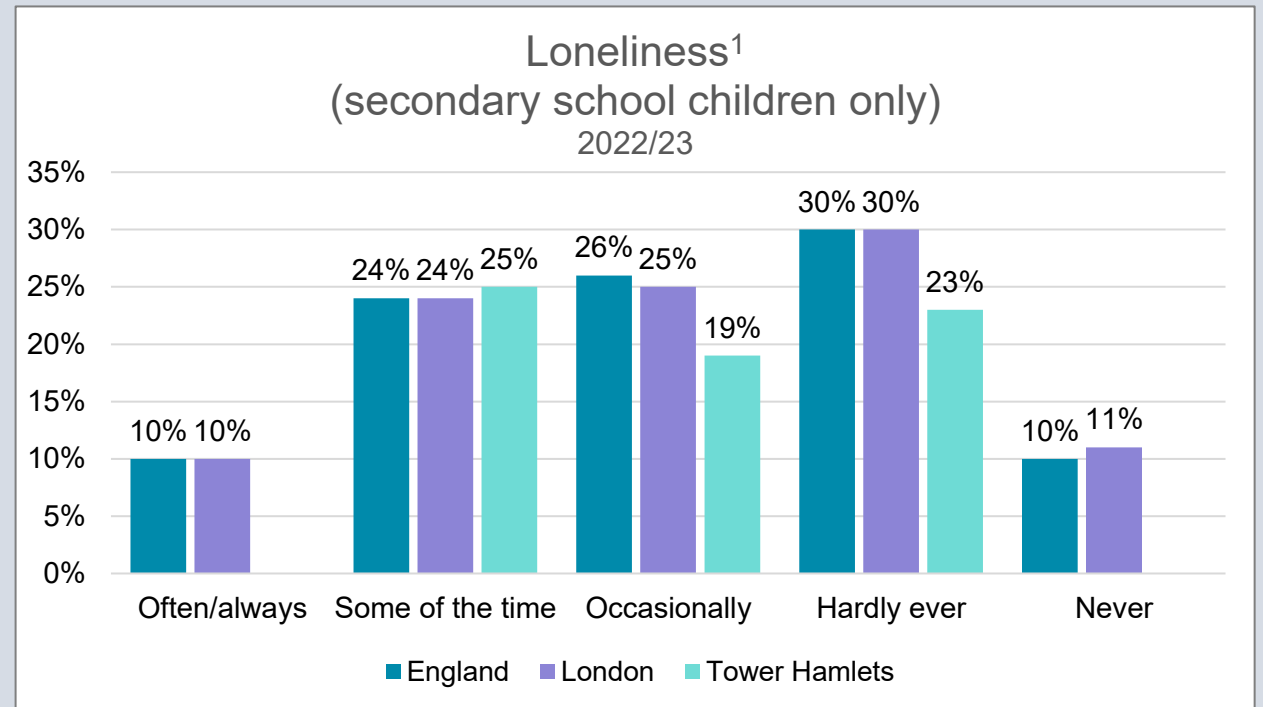
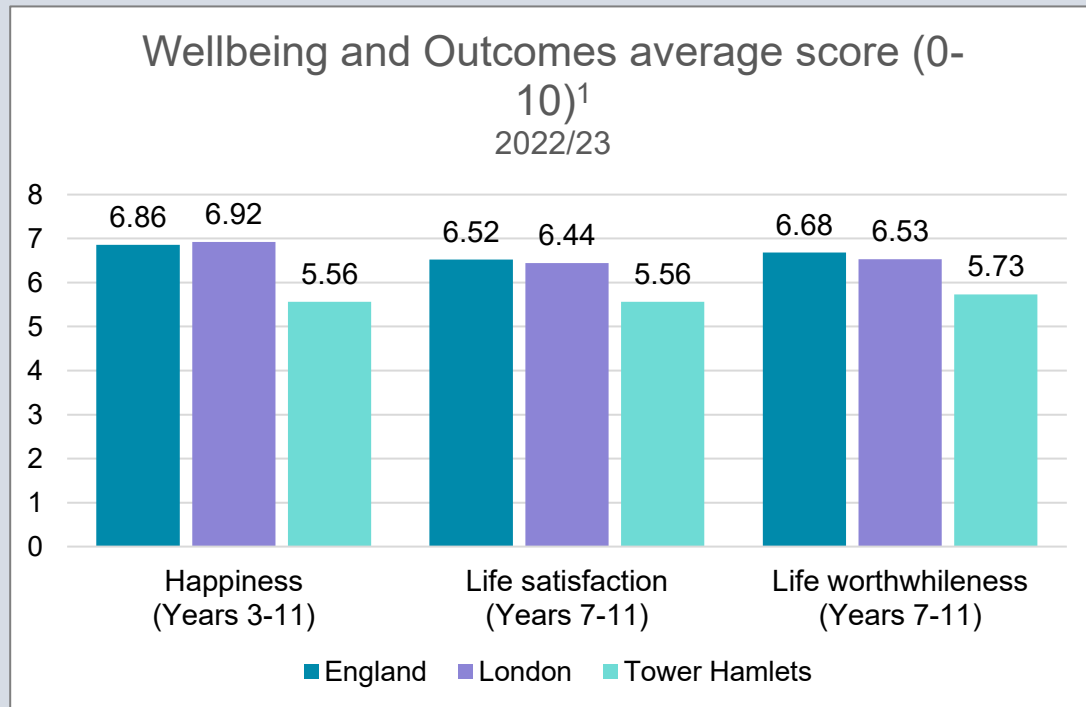
1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/active-lives/home)

Demographics

Mental health – children and young people

Levels of happiness and life satisfaction of CYP in Tower Hamlets are lower than the London and national average. 25% of CYP in Tower Hamlets report feeling lonely 'some of the time' (compared to 24% across London).

Across Tower Hamlets....



1) [Active Lives | Home \(sportengland.org\)](https://www.sportengland.org/active-lives)

Demographics

Children and Young People

There is a similar percentage of children and young people in Tower Hamlets than compared to the London average. A third of young people in Tower Hamlets are eligible for free school meals.

Across Tower Hamlets....

19%

of the population are aged 0-15¹

London av. 19%

↓ **1%** since 2011 Census¹

32%

of children eligible for free school meals²

London av. 26%

- since previous academic year²

61%

of children achieve a good level of development at early years³

London av. 89%

↓ **9%** since 2016/19³

301

children in looked after care in 2023⁴

Compared to 9,710 across London

↓ **31** compared to 2022⁴

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

2) [Schools, pupils and their characteristics, Academic year 2021/22 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://www.gov.uk/government/statistics/schools-pupils-and-their-characteristics-academic-year-2021-22)

3) [Statistics: early years foundation stage profile - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/early-years-foundation-stage-profile)

4) [Children looked after in England including adoptions, Reporting year 2022 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://www.gov.uk/government/statistics/children-looked-after-in-england-including-adoptions-reporting-year-2022)

Opportunities to increase physical activity



Active Environments















Facilities

One of London Sport’s theme areas looks at Active Environments. This looks at how we can design activity into everyday life, whether this is:

- Green spaces – parks and open spaces, playing fields
- Grey spaces – buildings, public realm spaces, and unused spaces. For example, libraries, shopping centres, etc.
- Blue spaces – canals, tow paths, open water

The work will also look at:

- Connections to activity, creation of high-quality spaces and the ongoing activation and maintenance.
- Creating safe, accessible and inclusive spaces that are co-designed with the local communities to ensure local needs are met.

Across Tower Hamlets there are....						
 <p>17 Swimming Pool</p>	 <p>21 Artificial grass pitches</p>	 <p>45 Sports halls</p>	 <p>42 Community centres</p>	 <p>9 Museums and public galleries</p>	 <p>7 Theatres</p>	 <p>134 Educational settings</p>
 <p>44 Health and fitness gyms</p>	 <p>43 Studios</p>	 <p>12 Tennis courts</p>	 <p>8 Libraries</p>	 <p>4 Skate parks</p>	 <p>48 Music venues</p>	 <p>XX Healthcare facilities</p>

Sports facilities: [Active Places Power](#)

Cultural venues: [Cultural Infrastructure Map - London Datastore](#)

Schools: [Get Information about Schools - GOV.UK \(get-information-schools.service.gov.uk\)](#)

Healthcare facilities:

Active Environments

Spaces

One of London Sport's theme areas looks at Active Environments. This looks at how we can design activity into everyday life, whether this is:

- Green spaces – parks and open spaces, playing fields
- Grey spaces – buildings, public realm spaces, and unused spaces. For example, libraries, shopping centres, etc.
- Blue spaces – canals, tow paths, open water

Across Tower Hamlets....

Spaces identified					
Name of site	Map link	Type of space	Condition	Is it well used?	How accessible is it – location, cost, ease of access?
Langdon Park		Green space	OK	Yes	Accessible
Bartlet Park		Green space	Good	No	Accessible
Poplar Park		Green space	Good	Yes	Accessible
Limehouse Cut Canal		Blue space	Good	No	Accessible
Chrisp St Market		Grey space	OK	Yes	Accessible

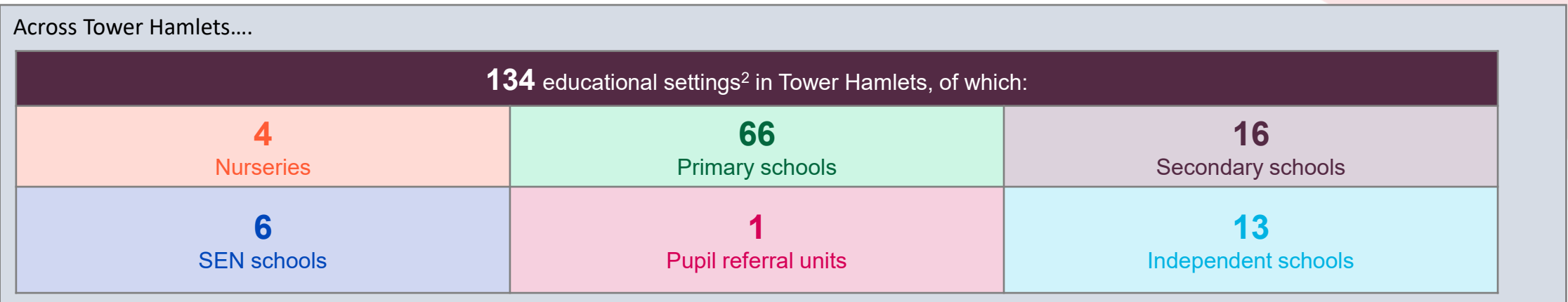
Active Environments

Schools

Data from UKactive¹ shows that schools operate or host 39% of all of England's sports facilities. In addition, 71% of indoor sports halls are owned by educational establishments.

However, access to these facilities after school hours and at weekends for community use is often limited and ad-hoc.

London Sport, on behalf of the Department for Education, is distributing the Opening Schools Facilities (OSF) Fund across London. The fund is designed to help schools to open their existing sport facilities, including school swimming pools, for a broader range of young people and to the wider community by partnering with sporting organisations, who can help deliver activities in these settings.



1) www.ukactive.com/journal/opening-school-facilities-can-support-communities-facing-cost-of-living-crisis/

2) [Schools, pupils and their characteristics, Academic year 2021/22 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://www.gov.uk/explore-education-statistics)

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Bethnal Green	Rachel Keeling Nursery School	Nursery	0	
	London East Alternative Provision	Not applicable	54.2	
	Bonner Primary School	Primary	30.9	
	Globe Primary School	Primary	34.1	
	John Scurr Primary School	Primary	39.9	
	Bangabandhu Primary School	Primary	57.7	
	Morpeth School	Secondary	45.7	
	Gatehouse School	Not applicable	0	
	Darul Hadis Latifah	Not applicable	0	
	Mazahirul Uloom London School	Not applicable	0	
Blackwall & Cubitt Town	Cubitt Town Primary School	Primary	49.1	
	Faraday School	Not applicable	0	
	Canary Wharf College 3	Secondary	34.4	
Bow East	Old Ford Primary - A Paradigm Academy	Primary	48.3	
	Mulberry UTC	Secondary	48	

1) [Schools, pupils and their characteristics, Academic year 2021/22 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://explore-education-statistics.service.gov.uk)

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Bow West	Chisenhale Primary School	Primary	26.4	
	Olga Primary School	Primary	38.4	
	Central Foundation Girls' School	Secondary	42.1	
	Phoenix School	Not applicable	51.5	
	Malmesbury Primary School	Primary	46.8	
Bromley North	Childrens House Nursery School	Nursery	0	
	Old Palace Primary School	Primary	25.8	
	Wellington Primary School	Primary	48.6	
	St Agnes RC Primary School	Primary	34.4	
	Ian Mikardo School	Not applicable	42.9	
Bromley South	Marnar Primary School	Primary	44.1	
	Bow School	Secondary	32.7	Yes
	East London Arts & Music	16 plus	0	
	The Clara Grant Primary School	Primary	50	

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Canary Wharf	River House Montessori School	Not applicable	0	
	Seven Mills Primary School	Primary	47.6	
	Arnhem Wharf Primary School	Primary	49.9	
	South Quay College	Not applicable	63.4	
	Mulberry Wood Wharf Primary School	Primary	3.3	
Island Gardens	Harbinger Primary School	Primary	40.1	
	St Edmund's Catholic School	Primary	14.4	
	St Luke's Church of England Primary School	Primary	30.7	
	George Green's School	Secondary	52.7	
	Canary Wharf College, East Ferry	Primary	8.2	Yes
	Canary Wharf College, Glenworth	Primary	6.3	

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Lansbury	Mayflower Primary School	Primary	43.3	
	Manorfield Primary School	Primary	47.9	
	St Saviour's Church of England Primary School	Primary	34.9	
	Langdon Park Community School	Secondary	58.8	Yes
	Lansbury Lawrence Primary School	Primary	48	
	Culloden Primary - A Paradigm Academy	Primary	35.4	
	Bygrove Primary School	Primary	44.3	
Limehouse	Cyril Jackson Primary School	Primary	30.6	Yes
Mile End	Stepney Greencoat Church of England Primary School	Primary	28.6	
	St Paul with St Luke CofE Primary School	Primary	43.4	
	Beatrice Tate School	Not applicable	65.8	
	Sir William Burrough Primary School	Primary	30.9	
	St Paul's Way Trust School	All-through	46.1	
	Stebon Primary School	Primary	41	

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Poplar	Woolmore Primary School	Primary	51.4	
	Our Lady and St Joseph Catholic Primary School	Primary	48.2	
Seaford North	Bowden House School	Not applicable	47.2	
Shadwell	Blue Gate Fields Junior School	Primary	32.7	
	Blue Gate Fields Infants' School	Primary	25.8	
	Bigland Green Primary School	Primary	36.3	
	Bishop Challoner Catholic School	Secondary	39	
	Jamiatul Ummah School	Not applicable	0	
	St Mary and St Michael Primary School	Primary	37.1	
	Mulberry School for Girls	Secondary	47.7	

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Spitalfields & Banglatown	Thomas Buxton Primary School	Primary	38.4	
	Osmani Primary School	Primary	28.3	
	Christ Church CofE School	Primary	27.2	
	St Anne's and Guardian Angels Catholic Primary School	Primary	41.6	
	Swanlea School	Secondary	44.4	
	The Complete Works	Not applicable	0	
	Mulberry Canon Barnett Primary Academy	Primary		
St Dunstan's	Alice Model Nursery School	Nursery	0	
	Ben Jonson Primary School	Primary	32.2	
	Cayley Primary School	Primary	47.9	
	Halley Primary School	Primary	26.8	
	Stephen Hawking School	Not applicable	56.7	
	Solebay Primary - A Paradigm Academy	Primary	31.4	
	Mulberry Stepney Green Mathematics and Computing College	Secondary	37.9	Yes

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
St Katharine's & Wapping	Hermitage Primary School	Primary	32.1	
	St Peter's London Docks CofE Primary School	Primary	20.8	
St Peter's	Hague Primary School	Primary	21.3	
	Lawdale Junior School	Primary	56	
	Elizabeth Selby Infants' School	Primary	42.1	
	Mowlem Primary School	Primary	39.5	
	Stewart Headlam Primary School	Primary	34.5	
	St John's Church of England Primary School	Primary	54.3	
	Oaklands School	Secondary	45.8	Yes
	St Elizabeth Catholic Primary School	Primary	45.7	Yes
Stepney Green	Marion Richardson Primary School	Primary	35.1	
	Stepney Park Primary School	Primary	33.1	
	Stepney All Saints Church of England Secondary School	Secondary	45.2	Yes

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Weavers	Columbia Market Nursery School	Nursery	4.3	
	Columbia Primary School	Primary	24.1	Yes
	Virginia Primary School	Primary	22.4	
	William Davis Primary School	Primary	48.4	
	Mulberry Academy Shoreditch	Secondary	46	
	Brick Lane School	Not applicable	0	

Active Environments

Schools

Across Tower Hamlets....

Ward	School name	Phase of education	% children eligible for free school meals	Is the school receiving OSF funding?
Whitechapel	Kobi Nazrul Primary School	Primary	32.9	
	St Paul's Whitechapel Church of England Primary School	Primary	33.2	
	English Martyrs Roman Catholic Primary School	Primary	20.4	
	Madani Secondary Girls' School	Not applicable	0	
	Harry Gosling Primary School	Primary	37.1	
	London Islamic School	Not applicable	0	
	Al-Mizan School	Not applicable	0	
	London East Academy	Not applicable	0	
	Wapping High School	Secondary	33.3	
	Buttercup Primary School	Not applicable	0	
	Date Palm Primary	Not applicable	0	
	London Enterprise Academy	Secondary	34.8	

Children and Young People

Organisations that engage with young people

Within London Sport's Children and Young People theme, we are focused on creating the conditions that enable more young Londoners to enjoy being physically active so that they can establish healthy habits for life. One of the ways we do this is by amplifying youth voice so that they can get active in ways and places that suit them. Outside of schools and other educational settings, these are some of the organisations that we know children and young people engage with.

Across Tower Hamlets....

Organisations that engage with young people identified			
Name of club	Map link	Phase of education	Do they have a dedicated disability offer?
Spotlight		Secondary +	Yes
Osmani		Secondary +	Yes

Active Environments

Housing

Within London Sport's Active Environments theme, we are also interested in how we can influence the planning, design, and regeneration of spaces to incorporate physical activity. London Sport believe physical activity, mental health, and wellbeing can be further embedded into the blueprint for planning and design of major developments, including private and social housing.

Across Tower Hamlets....



9,424 (8%)

own their property outright¹

London av. 21%



18,459 (15%)

own their property with a mortgage¹

London av. 25%



3,143 (3%)

Are in shared ownership¹

London av. 2%



43,237 (36%)

Social rent¹

London av. 23%



46,000 (38%)

Private rent¹

London av. 30%

Most prominent housing associations in Tower Hamlets

[Clarion](#)

[L&Q](#)

[Metropolitan Thames Valley](#)

[Network](#)

[Notting Hill Genesis](#)

[Peabody](#)

[Poplar HARCA](#)

[The Guinness Partnership Ltd](#)

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummaries>

Health

Facilities

The borough has a significant number of NHS and other facilities that deliver a health and wellbeing function. The list in the table offers a starting point for further development.

Six PCNs cover Tower Hamlets; these are:

- Tower Hamlets Network 1
- Tower Hamlets Network 2
- Tower Hamlets Network 3
- Tower Hamlets Network 4
- Tower Hamlets Network 5
- Tower Hamlets Network 6
- Tower Hamlets Network 7
- Tower Hamlets Network 8

Across Tower Hamlets....

Healthcare facilities identified		
Name of facility	Map link	Type of facility
Mile End Hospital		Hospital
Royal London Hospital		Hospital

London Sport projects and funding

London Sport is a key provider of devolved funding across London, often in partnership with other organisations.

Below is a summary of the past three years of funding.

Across Tower Hamlets....

Project	Projects supported?	Number of projects supported
Opening School Facilities 2	✓	2
Opening School Facilities 3	✓	7
Tackling Inequalities Fund – round 3		
Urban Sport project		
Together Fund	✓	9

Physical Activity - Segmentation

Overview

To achieve our aims, we need to understand much more about the lives of less active Londoners and their relationship with physical activity. We need to walk in their shoes and get a real feel for their attitudes towards physical activity, their motivations to move, the things that are stopping them, and the ways they want to get active. Based on extensive research, we have identified seven 'personas' which provide an attitudinal segmentation of the adults in London that are not currently active; a deep dive into the attitudes that less active Londoners have today towards physical activity and sport. Taken together, these seven groups represent more than 2.5 million Londoners.

This table presents an overview of the demographic breakdown of London Sport's Less Active Segments for Tower Hamlets.

	Elderly evaders	Want to but cannot	Young impressionables	Anxious avoiders	Time poor integrators	Almost active	Inconsistently involved
London	9.9%	10.5%	16.2%	12.9%	11.2%	16.6%	22.6%
Tower Hamlets	4.9%	1.3%	29.6%	17.2%	11.2%	9.5%	26.3%

Overall, 55.9% of Tower Hamlets' less active population are made up of 'Young impressionables' (29.6%) and 'Inconsistently Involved' (26.3%).

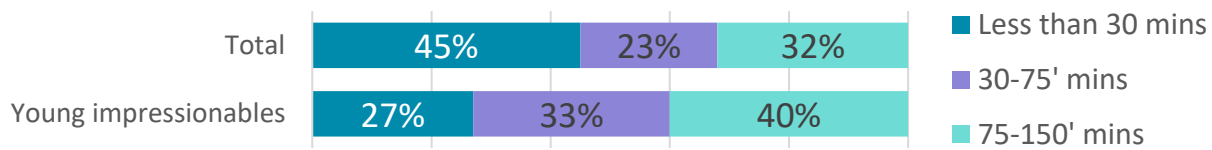
The following two slides provide more information about the 'Young impressionables' and 'Inconsistently Involved' segment groups, including opportunities to encourage them to be more physically active.

Physical Activity - Segmentation

Young Impressionalables

A predominately younger segment, with a high proportion of students with rising debt and responsibility, this audience have a lot of pressures on their shoulders: social pressure, financial pressure, body image – and their mobile phones are both a blessing and a curse in all areas. They are quite open to sharing the activities with others in a social setting – be it friends or finding people in similar situations to them. They need others to help motivate them and they're a bit embarrassed about how unfit they are.

Amount of time spent being active



40% of 'young impressionable' individuals are completing 75-150 minutes per week of physical activity, therefore close to the threshold of being classed as fairly active.

Perceived healthiness

(Lifestyle, routine, mental/physical health)



Activities make them feel:

- Intimidated
- Embarrassed
- Judged
- Shy

The activities this group are most likely to take part in include:

Home fitness using online workouts

Yoga/Pilates

Home fitness DVD

"I wish there was a group of people the same fitness level as me that I could do exercise with. I'd need the exercise to be something I enjoy – I don't think I could continue to do something which I dread each week. It also has to be affordable and easy to access."

Opportunities

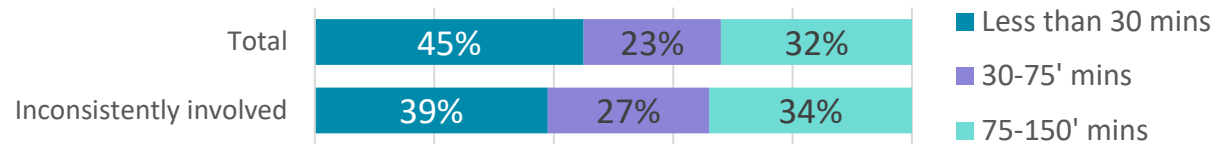
Very digitally savvy – there is a key role for apps to drive awareness, usage, and motivation. Their socialness feeds into how they'd find out about activity whether this is through friends or social media. They are also very open to home exercise videos, such as YouTube. Fitness Instagram ('Finstagram') has resulted in a distorted view of reality for young impressionables; we need to remind them that it takes time to make/see a change. Providing not just exercise options but also meal tips would benefit this audience who may not know how to cook.

Physical Activity - Segmentation

Inconsistently Involved

Those considered inconsistently involved make up a younger (aged 25-44), social population, who already have some engagement with physical activity. This group is generally considered financially stable but live a busy life balancing family and work commitments. Individuals in this category perceive themselves to be healthy, but not fit, and display positive emotions relative to participation in physical activity and sport. They are often trying to become more active or getting prepared to become more active and would be surprised to be considered inactive.

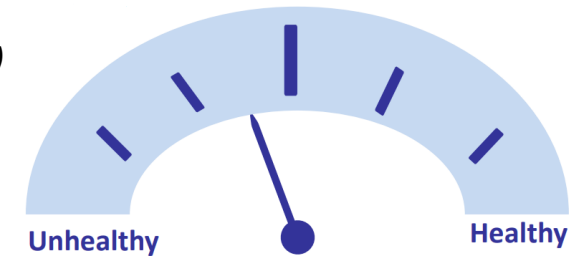
Amount of time spent being active



34% of inconsistently involved individuals are completing 75-150 minutes per week of physical activity, therefore close to the threshold of being classed as fairly active.

Perceived healthiness

(Lifestyle, routine, mental/physical health)



Activities make them feel:

- Uneasy
- Embarrassed
- Despairing
- Humiliated

The activities this group are most likely to take part in include:



"I would need to balance work/home and me life. If I could have an incentive such as quicker results that are guaranteed or coupons that would make a massive difference."

Opportunities

This segment needs support to recognise the need to be more active as they already feel they do enough. Their relationship with physical activity is inconsistent meaning more should be done to prioritise consistency, routines, and making physical activity a habit. Support them to locate suitable facilities or activities as they often feel like they do not know how they can start. Competitions and challenges against others offer an opportunity to further engage this audience. They are not proactive and generally follow the trends of others.

Further resources



Politics

At the last local government elections in 2022, an independent party, Aspire, gained the majority.

This is a change to previous years, where the Labour party have held the majority since 1994.



Across Tower Hamlets....

Ward	Councillor name	Party	Title
Bethnal Green East	Sirajul Islam	Labour Party	
	Ahmodul Kabir	Aspire	
	Rebeka Sultana	Labour Party	
Bethnal Green West	Musthak Ahmed	Aspire	
	Abu Chowdhury	Aspire	(Cabinet Member for Safer Communities)
	Amin Rahman	Aspire	
Blackwall & Cubitt Town	Ahmodur Khan	Aspire	Scrutiny Lead for Adults and Health Services
	Abdul Malik	Aspire	Scrutiny Lead for Community Safety
	Bellal Uddin	Aspire	
Bow East	Amina Ali	Labour Party	
	Rachel Blake	Labour Party	
	Marc Francis	Labour Party	

Politics

At the last local government elections in 2022, an independent party, Aspire, gained the majority.

This is a change to previous years, where the Labour party have held the majority since 1994.



Across Tower Hamlets....

Ward	Councillor name	Party	Title
Bow West	Asma Begum	Labour Party	
	Nathalie Bienfait	Green Party	
Bromley North	Saif Uddin Khaled	Aspire	
	Abdul Mannan	Aspire	Scrutiny Lead for Housing and Regeneration
Bromley South	Bodrul Choudhury	Aspire	Scrutiny Lead for Children & Education
	Shahaveer Shubo Hussain	Labour Party	
Canary Wharf	Saied Ahmed	Aspire	(Cabinet Member for Resources and the Cost of Living)
	Maium Talukdar	Aspire	(Deputy Mayor and Cabinet Member for Education, Youth and Lifelong Learning (Statutory Deputy Mayor))
Island Gardens	Mufeedah Bustin	Labour Party	
	Peter Golds	Conservative	
Lansbury	Ohid Ahmed	Aspire	
	Jahed Choudhury	Aspire	(Speaker of the Council)
	Iqbal Hossain	Aspire	(Cabinet Member for Culture and Recreation)

Politics

At the last local government elections in 2022, an independent party, Aspire, gained the majority.

This is a change to previous years, where the Labour party have held the majority since 1994.



Across Tower Hamlets....

Ward	Councillor name	Party	Title
Limehouse	James King	Labour Party	
Mile End	Leelu Ahmed	Labour Party	
	Mohammad Chowdhury	Labour Party	
	Sabina Khan	Labour Party	
Poplar	Gulam Kibria Choudhury	Aspire	(Cabinet Member for Health, Wellbeing and Social Care)
Shadwell	Ana Miah	Aspire	
	Harun Miah	Aspire	
Spitalfields & Banglatown	Suluk Ahmed	Aspire	(Cabinet Member for Equalities and Social Inclusion)
	Kabir Hussain	Aspire	(Cabinet Member for Environment and the Climate Emergency)
St Dunstan's	Maisha Begum	Labour Party	
	Ayas Miah	Independent	

Politics

At the last local government elections in 2022, an independent party, Aspire, gained the majority.

This is a change to previous years, where the Labour party have held the majority since 1994.



Across Tower Hamlets....

Ward	Councillor name	Party	Title
St Katharine's & Wapping	Amy Lee	Labour Party	
	Abdal Ullah	Labour Party	
Stepney Green	Sabina Akhtar	Labour Party	
	Abdul Wahid	Aspire	(Cabinet Member for Jobs, Skills and Growth)
Weavers	Kabir Ahmed	Aspire	(Cabinet Member for Regeneration, Inclusive Development and Housebuilding)
	Asma Islam	Labour Party	
Whitechapel	Faroque Ahmed	Labour Party	
	Shafi Ahmed	Aspire	
	Kamrul Hussain	Aspire	

Active Environments

Air pollution and vehicle ownership

Air pollution can affect everyone, but people with cardiac or respiratory disease and older people are at greater risk of health impacts, and higher pollution levels can impact people's ability to take part in more vigorous activities.

The map show current modelled Air Quality data for Tower Hamlets¹.

On the map:

- Red indicates higher air pollution levels whereas green indicates a lower air pollution levels
- The blue line is the low emission zone boundary
- The dark blue line are borough outlines



Across Tower Hamlets....



80,018 (66%)

No cars or vans in household²

↓5% since 2011 Census²



34,571 (29%)

1 car or van in household²

↑2% since 2011 Census²



5,057 (4%)

2 cars or vans in household²

↑2% since 2011 Census²



894 (1%)

3 or more cars or vans in household²

↑1% since 2011 Census²

1) [London Air Quality](#)

2) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicsummarries>

Crime

The average number of offences are higher in Tower Hamlets than compared to the London average. Theft is the most common type of offence in Tower Hamlets.

Across Tower Hamlets....

42,061

Total number of offences¹
(January 2023– December 2023)

London total: 1,035,951

126.7

Offences per 1,000 population¹
(January 2023– December 2023)

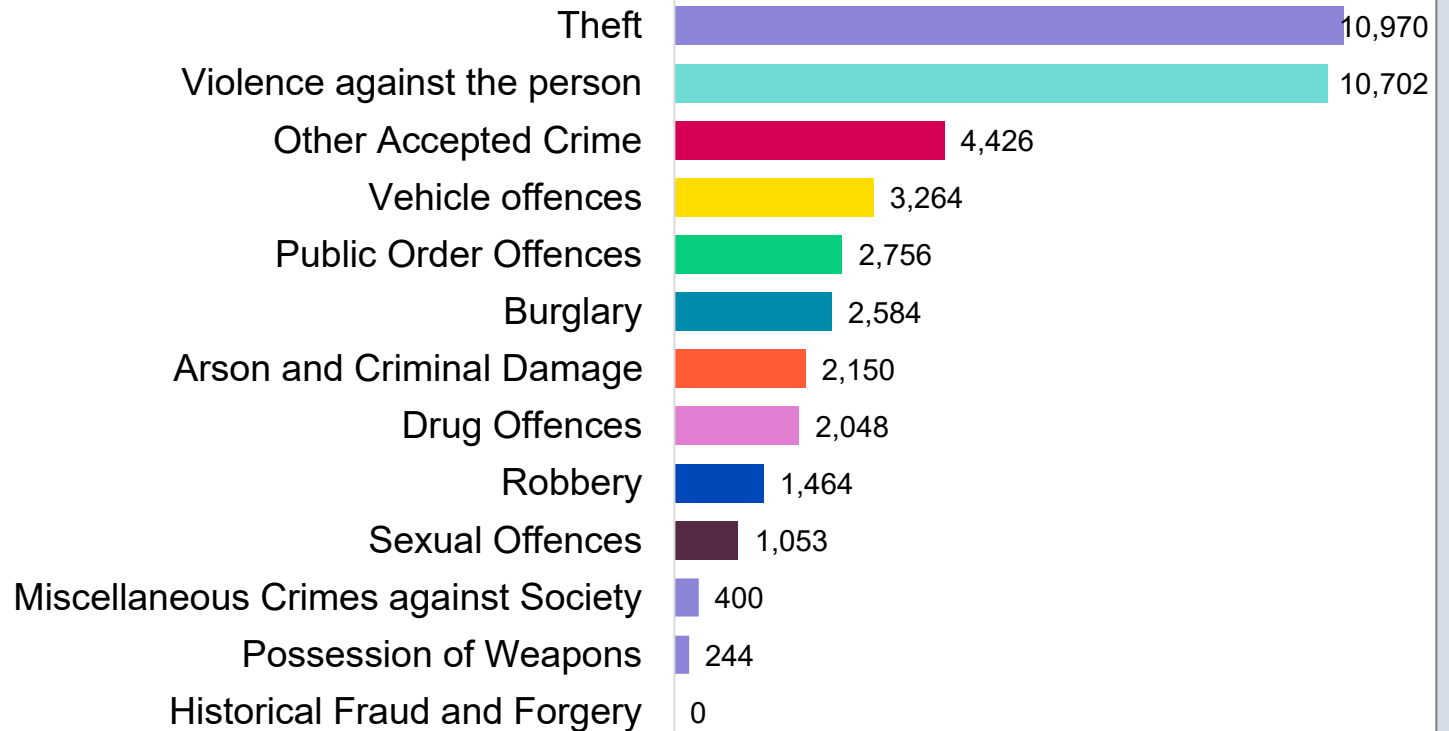
London av. 115.4

↑7.5%

12 months (ending December 2023)
compared to previous 12 months¹

London av. ↑6.5%

Volume of offences by type¹

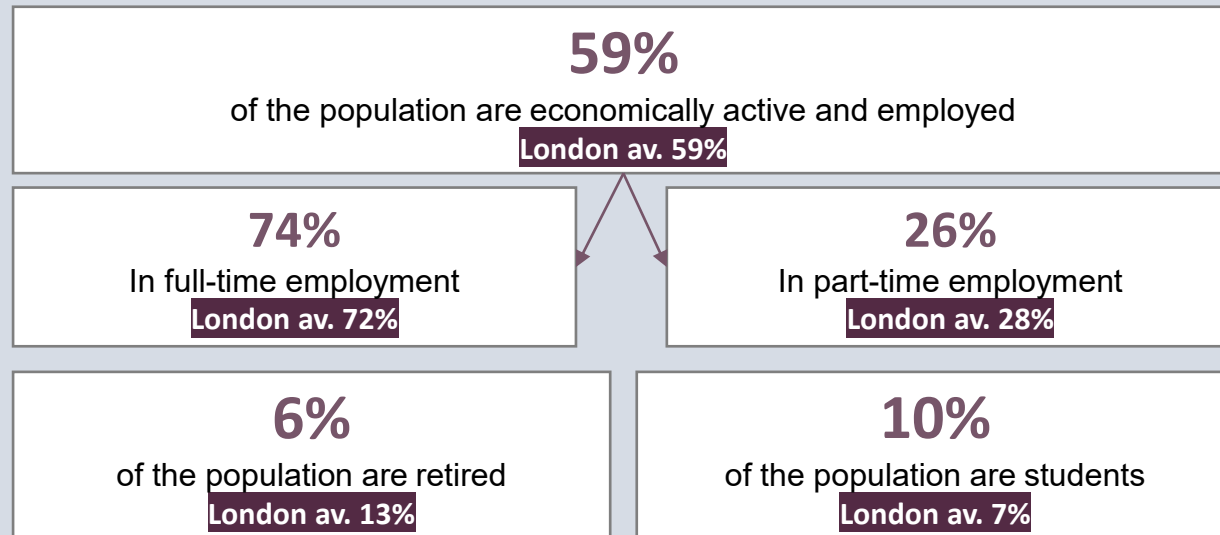


1) [Monthly Crime Data New Cats | Tableau Public](#)

Employment

The number of retired people in Tower Hamlets is lower than the London average. Of those that are employed, the majority are in full-time employment. Half of the population in Tower Hamlets have a Level 4 qualification or higher.

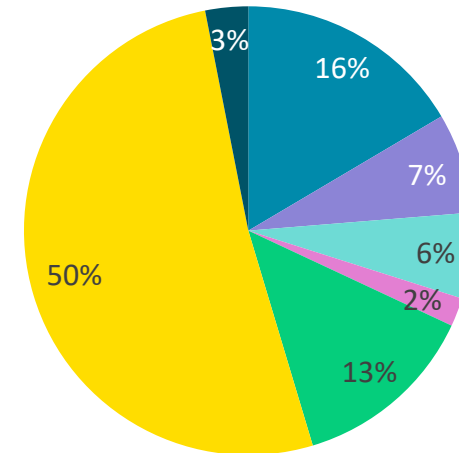
Across Tower Hamlets....



The top **five** industries that people work in are:

1. Professional, scientific and technical activities (14%)
2. Financial and insurance activities (12%)
3. Wholesale and retail trade; repair of motor vehicles and motorcycles (11%)
4. Human health and social work activities (11%)
5. Education (9%)

Highest level of qualification



- No qualifications
- Level 1 and entry level qualifications
- Level 2 qualifications
- Level 3 qualifications
- Level 4 qualifications or above
- Other qualifications
- Apprenticeship

1) <https://www.ons.gov.uk/census/aboutcensus/censusproducts/topicssummaries>