

Forthegirls

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This service has been quality assured by Tower Hamlets Public Health

Forthegirls is a Sport England project delivered by Better and the London Borough of Tower Hamlets.

The aim of the project is to increase the number of women 14 years and over in Tower Hamlets taking part in sport and physical activity sessions.

There are lots of different sessions for you to try, suitable for all abilities and all in a women-only environment.

Who to contact

Email forthegirls@gll.org
Website <https://www.better.org.uk/what-we-offer/activities/for-the-girls>

Where to go

Venue address Mile End Park Leisure Centre 190 Burdett Road
London
Postcode E3 4HL

When is it on?

Date & Time Information Sessions take place at various times in the week. Please call for complete programme.

Other details

Cost(s) £1 a session with a Wellness membership to GLL. Membership costs ?5 a year or ?1.30 on concession.
Who can use this service? Women aged 16 and above living in Tower Hamlets
Who can make a referral? Anyone including self-referral