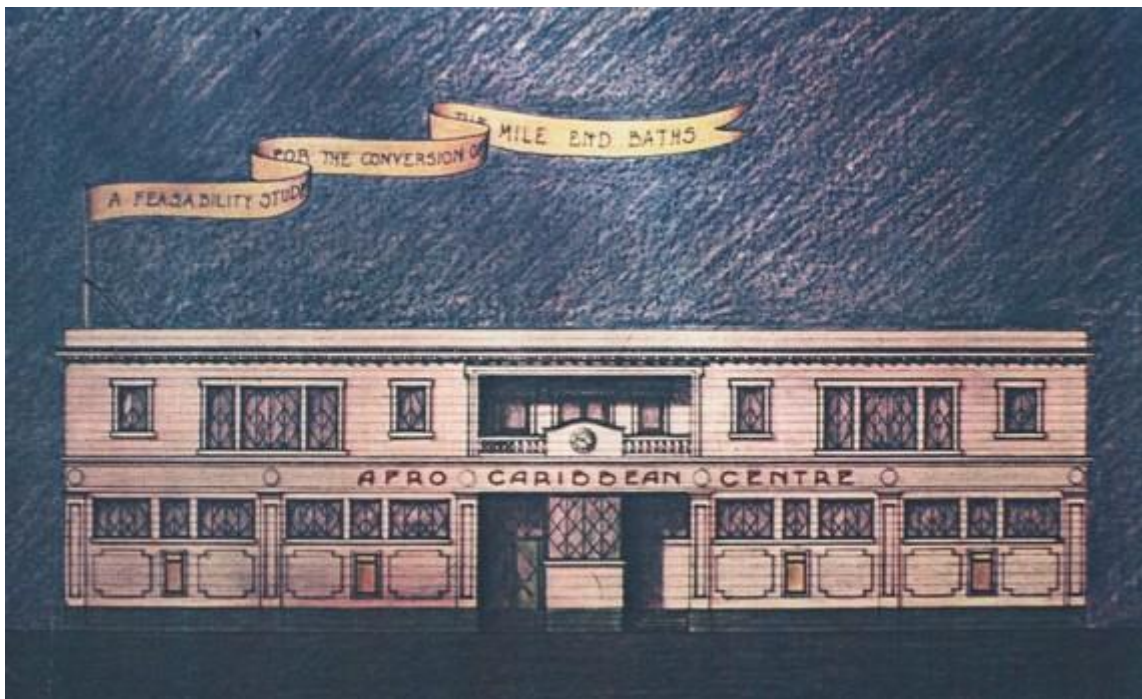




Black History and Mental Health



Campaign to convert Mile End Baths into a community centre, 1984. Image courtesy Archibald McAllister and Harry Cumberbatch

A workshop in partnership with THACMHO

Saturday 15 October | 10.30am - 4.30pm | Free | [Book your place on Eventbrite](#)

All are welcome to join Tower Hamlets African and Caribbean Mental Health Organisation (THACMHO) for an all-day workshop at Tower Hamlets Local History Library & Archives exploring the connections between Black history and mental health.

The event will take place in our ground floor Education Room and will include pop-up exhibitions and highlights from Tower Hamlets Local History Library & Archives.

The morning session focusses on the pioneering community development work that took place in Tower Hamlets during the 1980s, with guest speaker **Archibald McAllister** sharing his experience as a Development Worker for the Tower Hamlets African and Caribbean Association (THACA), followed by a Q&A.

Following a Caribbean buffet lunch, the afternoon will focus on mental health, with a presentation on the THACMHO story and a panel discussion with **Valerie Graham** and **Charles Brown**.

THACMHO are celebrating 25-years service since the community consultation conference was held in November 1996.

Please note this event will be filmed. There is free on-street parking nearby. Check out the full programme and book your free place by [clicking here](#). If you have any access needs, please contact us.

Feeding the Hamlets - today



Two events with Tower Hamlets Women's Environmental Network

Saturday 5 November | 11am-1pm | FREE | [Book your free place!](#)

We are pleased to be partnering with Tower Hamlets WEN for two events on contemporary food in Tower Hamlets as part of our [current exhibition programme](#).

The first of these is a participatory, in-person workshop at Tower Hamlets Local History Library & Archives exploring the ways in which food plays a part in the lives of Tower Hamlets residents in 2022. Hosted by researchers from the University of Sussex and the Women's Environmental Network (WEN), we'll use food diaries, stories and photographs to discuss how we 'feed the hamlets' today, and to hear your own reflections, aspirations and food memories.

The workshop will include discussion sessions on food justice, food memories, contemporary food domestic productions and a free lunch!

Saturday 19 November | 10am-1.30pm | FREE | [Book your free place!](#)

You might know about the Battle of Cable Street but did you know that Cable Street Studios used to be the site of one of the largest confectionery and jam factories, Batgers and Co in the early 20th Century? Have you heard of the Somali-run café Rio Club that used to be on Ensign Street in the 1950s and 1960s? Come join us for a walk around Shadwell's forgotten cafes, factories and soup kitchens and the lively Watney Market of today. We'll explore the rich social, cultural and economic history of food and food production.

Facilitated by researchers from the University of Sussex and the Women's Environmental Network (WEN), you'll visit some intriguing places and discover unusual multicultural food stories.

Food Lives project is part of a larger, UKRI-funded, research programme called FoodSEqual, which aims to improve the UK food system and is led by the University of Reading.

Surviving the Blitz



Local history talk

Saturday 19 November | 2pm-4pm | FREE | [Book your free place!](#)

During WW2, Londoners were subjected to night after night of heavy bombing in the Blitz. How did they cope? How did they handle this experience and deal with the grief of losing homes and loved ones?

With a specific focus on the East End – commemorating the forthcoming 80th Anniversary of the 1943 Bethnal Green Disaster, in the week of Remembrance – **Danny Wells** will explore the impact of the bombing on these communities. This is an in-person event at Tower Hamlets Local History Library & Archives. [Book here!](#)

Writeldea Festival at Bethnal Green Library

East London's free literature festival

After three years away, the **WriteIdea Festival** - the borough of Tower Hamlets' FREE festival of literature and reading - is BACK! It takes place over the first weekend of November, and this year, to mark its centenary, the venue for the festival is our beloved Bethnal Green Library - as it marks its centenary - instead of the regular Idea Store Whitechapel.

Tickets are free and are now available. Members of your dedicated Local History team will be present with a stall and chairing some events. Please [check out the programme](#) which includes some great writers of interest to a local history audience - including Ben Aaronovitch, Vivi Lachs, David Hoffman, Shahida Rahman and many more.

Living to tell the story



Film screening & Q&A

Thursday 10 November | 6-8pm | FREE | [Book your free place!](#)

Aint Hidin Nuttin is a documentary film series by Daniel Glen-Barbour and Mo Bangura (4Deuce Films) about the history of grime music and its origins in East London.

We are delighted to welcome Mo and Dan to Tower Hamlets Local History Library & Archives for a film screening, followed by a discussion on grime's impact on the lives of residents - exploring issues such as conflict, social pressures and violence between rivals from the E3 and E14 postcodes.

Exploring the history of food production in the East End

Our current exhibition *Feeding the Hamlets*

In production since 2019 but delayed by the pandemic, *Feeding the Hamlets* is the brand-new exhibition at Tower Hamlets Local History & Archives, using the unique collections held here as a lens through which to explore the borough's history of producing food.

For centuries, the East End's landscape and social and economic history have been influenced by the growing, trading or manufacturing of food. Before 1800 farmland and market gardens characterised the area, but rapid industrialisation saw this pastoral tradition give way to the factories and warehouses producing food for mass consumption nationwide and globally. Close proximity to the docks ensured that food businesses based in the East End had ready access to a fresh supply of raw ingredients, within many supplies imported from countries colonised by Britain.

Photographs, deeds, plans, minutes, illustrations and maps are among the many unique items selected by staff. These sources illustrate fascinating and lesser-known tales from the history of food production in the East End – from flour milling and sugar refining to cow-keeping and vegetable growing. The exhibition looks at the methods and sites where food production took place, as well as the people who were involved.

Huge thanks to all archive staff whose hard work made this exhibition possible - particularly Medha Chotai, Sanjida Alam and Genova Messiah who really went the extra mile in getting the very complex exhibition researched, designed and installed and organising the brilliant launch event last night.

A programme of free events is taking place to explore the exhibition's themes in more detail. More will be added later in the year. The exhibition is on display in the entrance hall during our opening times.

Feeding the Hamlets will be on show until February 2023. If you would like to bring a group or class for a tour or workshop inspired by the display, please get in touch at localhistory@towerhamlets.gov.uk



Save the date!

Morton's and McDougall's will be under discussion at a special event on **Saturday 3 December** hosted by Friends of Island History Trust. More details coming soon!

Morton's jam and sweet factory at Millwall. Ref IHT/190_05

Contact us

We are waiting to hear from you!

- Email us: localhistory@towerhamlets.gov.uk
- Visit our website: <http://www.ideastore.co.uk/local-history>
- Phone (answered during opening hours only): 020 7364 1290

Reading Room - Regular opening hours

- Tuesday 10.30am-4pm
- Wednesday 10.30am-4pm
- Thursday 10.30am-7pm

First and third Saturdays of every month:

- Saturday 10am-5pm

That's the following Saturdays in 2022:

- Saturday 15 October
- Saturday 5 November
- Saturday 19 November
- Saturday 3 December
- Saturday 17 December

Additionally our **Exhibition** is open 10am-5pm Monday-Friday, plus the Saturdays and Thursday evenings as above.