

APRIL

ST. MARGARET'S HOUSE NEWSLETTER & EVENTS LISTINGS



Happy Spring! While the good weather seems to have been dragging its feet, the sun is finally gracing us with its presence. The brighter mornings are perfect for enjoying our early bird yoga classes, held daily Monday - Friday at 7am in The YogaNest. And the longer days might have you feeling energised and ready to try something new in the evening, like taking a painting course at The Create Place or checking out our busy timetable of events and classes. Read on to learn more about what's happening at St. Margaret's House this month.

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OFFICE AVAILABLE FOR CHARITIES, COMMUNITY GROUPS, AND SOCIAL ENTERPRISES



Did you know that St. Margaret's House is home to more than 30 local organisations? We provide low-cost office space to charities, non-profit groups, and social enterprises who all support the community in their own ways. Our premises are ideally suited for socially minded projects who might want to collaborate with our other users and would enjoy making use of our meeting rooms and cafe. With our own projects,

including the community shops and yoga studio, St. Margaret's House offers a friendly community environment that quickly feels like more than just a work space. We currently have three office spaces available to rent. To inquire about availability or to set up a viewing, please email [Sarah at comms@stmargarethouse.org.uk](mailto:Sarah@comms@stmargarethouse.org.uk)

APRIL ECO TIP

Now the days are longer and it's started warming up a bit, why not try walking or cycling to work if you don't already? Cycling burns 600 calories an hour and studies have shown that those who cycle regularly can expect to be as fit as an average person 10 years their younger! So not only will you be using an eco-friendly mode of transit, you could great improve your quality of life. But if you live too far away from work to cycle, get off one tube or bus stop earlier and use the opportunity to explore more of your local area - you never know what you're missing out on!



HOW DOES RACE AFFECT EDUCATION?

People in Harmony are proud to present a debate on the experiences of mixed race people in education at St. Margaret's House on Saturday 25th April from 1:45pm to 4:00pm. The aim of the event is to allow a multitude of voice to be heard about the diverse experiences of being mixed race in the education system in multicultural Britain. You do not have to be mixed race to attend. Anyone with an interest in this area, particularly educators, young people, parents, carers, and social services are invited. The event is free and all participants are welcome to participate in the debate.

FRESHWATER IS HIRING

Freshwater Theatre Company is seeking an exceptionally organised, diligent and reliable part-time Administrative Assistant to join their busy team based in St. Margaret's House, Bethnal Green. The role provides vital administrative support for 2 days a week, helping to maintain the smooth running of the Freshwater office. The post holder will act as a main point of contact for school enquiries via phone and email in order to schedule and coordinate a highly complex bookings diary, alongside tasks usch as filing, data entry, post collection and stationery ordering. The succesful applicant will have clear reasons for wanting a part time role and will have other work or commitments that will fit alongside this role whilst looking to develop a long-term future with Freshwater. To apply, please visit: www.freshwatertheatre.co.uk/editorial.php?ref=opportunities The deadline for applications is midnight on Sunday 12th April, late applications will not be considered.



ON THE ESTATES: AN UPDATE FROM YOUR COMMUNITY ORGANISERS



Isabel has been visiting residents on Wellington and Parkview Estate and Parkview Square to find out their local community hall has either been closed or not being used to its full potential. Many residents from the Parkview Estate mentioned they would like to set up a compost scheme. Parkview Square residents noted wanting to have activities from children, such as a football team and English classes for their families, so that they can learn together. While listening to the people at The Create Place, Isabel has begun to work with a volunteer called Ginny who would like to set up a craft and knitting group called Crafty Tuesday. Caitlin and her group, Talking About Knife Crime are holding an Easter themed family fun day on Saturday the 4th of April at Cranbrook Community Hall off Roman Road. The event starts from 1pm and will include a range of activities such as Easter bonnet making, an egg hunt, and a bouncy castle. Bring your family down and help raise money for a fantastic cause. £1.00 entry for children. Kim has just completed a project supporting a girls group on the Cranbrook Estate to make a short video on their favourite places, people, and activities on their estate and in The Globe Town area. If you would like to get involved with any of these projects or share your views about your estate, please email bethnalgreenorganisers@outlook.com