

MARCH

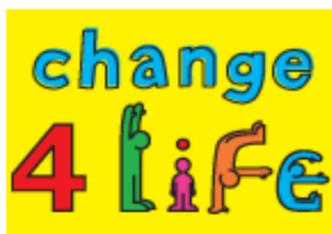
ST. MARGARET'S HOUSE NEWSLETTER & EVENTS LISTINGS



Spring is nearly here; the days are getting longer and crocuses are beginning to emerge from the grass. London is coming back to life and it seems like the residents of Bethnal Green are already eager to start spending more time outside. We're celebrating with seasonal food at the cafe, a full events calendar, colourful clothes on the rails at Ayoka, spring-themed workshops at The Create Place, and new classes at The YogaNest. We've got a lot of exciting news this month, so take a minute to get stuck with our newsletter and get caught up with everything going on at St. Margaret's House.

 facebook.com/stmargarethouse  [@StMargaretsLDN](https://twitter.com/StMargaretsLDN)

ST. MARGARET'S HOUSE JOINS CHANGE4LIFE



St. Margaret's House recently signed up as a local supporter of Change4Life. This national campaign encourages people to eat well and move more so that you can live longer and improve your quality of life. They offer support in living a healthier lifestyle and connect residents to wellness programs in their area. Through their website you can sign up to their current campaigns, such as tips for cutting back on sugar, being more active, and quitting smoking.

You can also search through their directory to find fitness classes or health-related groups in your area. As a supporter of Change4Life, St. Margaret's House is keen to develop more local activities relating to wellness and we're looking for volunteers. This program is a broad canvas for health-promoting activities, so if you think you might like to get involved, please email Sarah at eastldncw@stmargarethouse.org.uk.

HARRY POTTER MANIA AT THE CAFE

We held our first Harry Potter quiz night in February and the response was enormous! After being featured on the Time Out website we had more than 500 Potterheads RSVP to the Facebook event. The quiz sold out within minutes of opening the doors and was a resounding success. Participants enjoyed homemade butterbeer as well as butterbeer-flavoured cupcakes and other themed treats. All of the teams showed an amazing amount of ingenuity during our creative round and although the questions proved challenging, everyone did really well. Tickets to our next quiz on 21 March have already sold out but keep an eye on our event page as we'll be releasing tickets for our 11 April quiz soon.



'WOULD I LIE TO YOU?' WINE TASTING



Do you want to learn about wine in a fun and friendly environment? At our comedic wine tasting event you'll sample a selection of wines and our experts will each give you their own notes on what you're tasting. The trick? To figure out who's telling the truth and who's bluffing. After tasting each wine, you'll have to guess who's giving you the real deal and there will be a prize for getting the most correct answers. The best part? You'll walk away with enough pretentious knowledge to impress your friends at their next dinner party. Your ticket includes entry to the event, the wine, and a buffet of nibbles throughout the evening. Friday 10 April, doors open at 7pm for a 7:30pm start. Tickets must be purchased in advance. They're available for £15 online at <http://www.wegotickets.com/event/310927>

CHECK OUT OUR NEW WEBSITE

The end of February saw the launch of our new website at stmargarethouse.org.uk. This new design brings all of our community projects and initiatives under one page. We hope this makes it easier for users to find information about the particular parts of our work that they're interested in and also learn about the numerous things happening under our roof on any given day. We're looking at this website as an ongoing project that we'll continue to make more comprehensive and user-friendly over time, so if you have any feedback or suggestions, we'd love to hear from you. You can email Sarah at comms@stmargarethouse.org.uk.



NOT JUST A YOGA STUDIO



Our wellness project East London Community Wellbeing offers a diverse selection of yoga classes in our studio, The YogaNest, but we also offer a variety of other classes, including meditation, dance and tai chi. Our most recent addition is hip hop dance classes on Monday evenings at 8pm. These classes are taught by Kieran, an internationally acclaimed dancer and member of world renowned dance crews. You can also keep an eye on our events calendar for monthly yoga and meditation workshops, which are designed around different themes for anyone looking to start to deepen their practice. We want to expand this project to include offerings for anyone looking to live a healthier life, so if you have any ideas, please let us know.

CALL OUT FOR ARTISTS: DO YOU WANT TO EXHIBIT?

Each month the walls of The Gallery Cafe feature the work of a different local artist. Our exhibits are part of the monthly Time Out London's First Thursday art crawl. We're always looking for new artists to exhibit, especially people making large, colourful pieces that will lend energy and vibrancy to our cafe. If you're looking for somewhere to sell and display your art, send an email to Paul at events@stmargarethouse.org.uk with examples and he'll send you more details.

COMMUNITY ORGANISING OVER A CUPPA



COMMUNITY ORGANISERS

The Community Organisers held three days of pop up listenings in the Gallery Cafe this month. They spoke with regulars and newcomers alike to hear their experience of living or working in Bethnal Green. In talking about what people love and value about the area, and then what concerns and frustrates them, the community organisers get people thinking about what their vision is for where they live, and how they can achieve it. They are supporting residents to get together and start their own projects in Bethnal Green. If you missed them this time, get in touch at bethnalgreenorganisers@outlook.com to keep up to date with their work and find out how you can get involved.