

# JANUARY

## ST. MARGARET'S HOUSE NEWSLETTER & EVENTS LISTINGS



As we all come out of our holiday stupors, January is the month where people begin thinking about fresh starts and creating resolutions for the year ahead. Whether you're resolving to get in shape, clean up your diet, be more creative, or give back to your community, this month's newsletter is full of opportunities for starting 2015 in the way you intend to go on. From everyone here at St. Margaret's House, we'd like to wish you a very happy new year and we look forward to seeing you in the community in the weeks to come.

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

### THE GALLERY CAFE SUPPORTS VEGANUARY

Veganuary aims to reduce the suffering of animals by inspiring and supporting people across the globe to go vegan for the month of January. If you're curious about trying a plant-based diet, this is the perfect chance to trial it for a month.



To take the Veganuary pledge, visit [veganuary.com](http://veganuary.com) and commit to not eating any animal products in January. You'll receive support in the form of recipes, inspiring stories, an eating out guide and a vegan product directory. We'll also be supporting the initiative by removing all cheese and milk from our menu and making the cafe entirely vegan on Mondays throughout January. And as usual we'll have vegan options for almost every single item on

the menu every day of the week. Are you participating in Veganuary this year? Be sure to let us know on Twitter, [@The\\_GalleryCafe](https://twitter.com/The_GalleryCafe).

### STARTING A YOGA PRACTICE IN 2015

There are a lot of myths that make people intimidated about practicing yoga. But the truth is you don't have to be flexible or fit to start; both men and women practice yoga; and it's not necessary to have particular spiritual beliefs to practice. At East London Community Wellbeing, we aim to make practising yoga accessible by offering low-cost classes every day of the week (many are pay what you can), as well as having classes for all experience levels. Most classes are suitable for everyone, as instructors are more than happy to walk you through unfamiliar poses and offer modifications that suit your body's abilities. This month we have a variety of weekend workshops to celebrate the new year and, as usual, we're offering yoga seven days a week. Visit [eastlondoncommunitywellbeing.com](http://eastlondoncommunitywellbeing.com) for all the details.



### WE'RE RECRUITING A NEW VOLUNTEER ART CURATOR

We are currently seeking a Volunteer Art Curator to assist with the programming of our monthly exhibitions in The Gallery Cafe. The volunteer will liaise with St. Margaret's House staff in choosing the work for the year and will also work closely with the artists to manage the hanging and monthly First Thursdays exhibition launch. While this is a voluntary position, we will reimburse reasonable travel expenses and the successful candidate will receive a lunch voucher each month. The position requires approximately 10 hours of work per month and will provide valuable experience in the local art scene. To apply, send an email to Paul at [events@stmargarethouse.org.uk](mailto:events@stmargarethouse.org.uk), detailing any relevant experience or interests you may have and explaining how these equip you to effectively carry out this role.



### CHRISTMAS DINNERS A RESOUNDING SUCCESS!



On the 11th and 12th of December, we held our second annual Vegan Christmas dinners with blogger Sean of Fat Gay Vegan. Attendees enjoyed a 3-course, completely vegan Christmas feast. Many people fear that going vegan means giving up holiday favourites and traditional comfort foods, but with our homemade food at The Gallery Cafe we strive to prove that a plant-based diet needn't mean depriving yourself. These Christmas dinners are a wonderful chance to celebrate the holidays with friends and family while getting to know fellow vegans in a fun and supportive environment. We have to thank Sean for hosting the event with us and to our wonderful team, who pulled out all of the stops in making sure that both evenings were truly memorable. We can't wait to do it again next year!

### HOST AN EVENT IN THE CAFE

We're looking to expand our events in the cafe and would love to have you get involved! In the past we've hosted a variety of live music nights, film screenings, comedy, book launches, and spoken word events. All of our events are free or low-cost and if you've got a good idea, we'll provide the space for free.



Whether it's a community initiative or a gig you'd like to put on, if there's an event you're thinking of organising, get in touch with Paul at [events@stmargarethouse.org.uk](mailto:events@stmargarethouse.org.uk) and we'll see whether we can help you make it happen.

### THE COMMUNITY ORGANISERS WANT TO HEAR FROM YOU



**COMMUNITY ORGANISERS**

[bethnalgreenorganisers@outlook.com](mailto:bethnalgreenorganisers@outlook.com)

The community organisers Kim, Caitlin, Georgia and Isabel are working in Bethnal Green. In their work, we listen to your experiences of living or working here, and support you to make positive change in your community. They are already working with local people to start their own projects such as a mum's childcare rota, social events, and recycling projects, amongst others. They would like to listen to what you have to say about where you live, and are also looking for volunteers to help them get to know the community. Get in touch at [bethnalgreenorganisers@outlook.com](mailto:bethnalgreenorganisers@outlook.com)

### CHAPEL CINEMA IS BACK

Chapel Cinema is a much-beloved free film series that takes place on Tuesday evenings in the chapel behind The Gallery Cafe. We've been on hiatus for the couple of months but we're pleased to announce that our new volunteer, Dan, is taking over the night. Our film screenings will resume from January so keep an eye on our website for all of the details.