

SEPTEMBER

ST. MARGARET'S HOUSE NEWSLETTER & EVENTS LISTINGS



The weather is cooling down and autumn is on its way but we're keeping our fingers crossed that more sunshine is on its way. If there is, we'll be celebrating with pop-up vegan barbecues in the garden! But either way, there will be lots going on around St. Margaret's House. The Create Place is hosting a variety of interesting workshops and The YogaNest is offering new classes, including BalletBeFit and Phenomenal Woman Workshops.

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WHAT'S ON AT THE CREATE PLACE



The Create Place is our arts and craft workshops, where we host craft drop-ins, workshops, after school clubs, and provide low-cost room hire for charities and community organisations. We're always looking for people to share their skills, whether that's on a voluntary basis or to run your own workshop. Whether you have fine art skills you'd like to share, a fun craft you're keen to teach, or another creative idea and

you're interest in giving back to the community, please get in touch with Roxi at roxi@stmargarethouse.org.uk.

ON THE ESTATES WITH ISABEL

We're happy to welcome Isabel Mannix back to the St. Margaret's House team as our resident community organiser. In addition to listening to residents of Bethnal Green about how they'd like to improve their community, she'll also be working in our charity shop, Ayoka. You can always contact her at isabel.mannix@corganisers.org.uk, even if it's just to say hello!

Last month she was working with some residents of Park View Estate and they have now setup a composting group for local residents. They met up for the first time during the beginning of August. Attendees received free seeds and were shown how the composting cycle works. Among the events of the day, one of the highlights was people's squeamish reaction to vegetables being put in to a wormery. Someone from Hainault was kind enough to donate several tomato and cucumber plants from their garden for everyone to take home. They are looking forward to seeing the results and hopefully help people produce their own organic fruit and veg.

A big thank you to Marian for showing everyone how it all works. If you are interested in joining the composting scheme, please send an email to Marian at secretaryparkview@gmail.com.



VEGAN POP-UP BARBECUES IN THE GARDEN

After the success of The Gallery Cafe's barbecue at the garden party in July, we decided to host a pop-up vegan barbecue at the end of August. There were hotdogs, burgers, and potato salad, which customers enjoyed in the sunshine. We know that a vegan diet can often mean being left out of these delicious summer favourites but we plan on rectifying that! As long as the good weather holds out, we'll continue to organise pop-up barbecues whenever we can. Keep an eye on our Twitter [@The_GalleryCafe](https://twitter.com/The_GalleryCafe), website, and newsletter to get all of the details.



CONGRATULATIONS LUCY



We'd like to congratulate our cafe manager, Lucy, who is getting married this month! You'll probably recognise her smiling face from behind the counter, but she's also the one who keeps the cafe running smoothly. Lucy's partner, James, is also a familiar face around the cafe as he often comes down to help out with events, like the Beer Festival and Garden Party. We wish them all the happiness in the world on their special day and for the rest of their lives.

TOWER HAMLETS FRIENDS AND NEIGHBOURS SEEKING VOLUNTEERS



THFN is a user group at St. Margaret's House that works with vulnerable and isolated people in Bethnal Green by providing befriending services. The organisation is currently seeking two volunteers to join their team. One will be needed a few hours a week to undertake telephone basic administration work, and the other would spend a few hours a week to undertake telephone befriending. Volunteers will be trained to call existing clients in their own home. Anyone interested should contact Rajesh at chiefexec@thfn.org.uk.

AYOKA NEEDS YOU!

Our charity shop, Ayoka, is in need of passionate volunteers. Are you a friendly and open person who wants to give back to the community? Then volunteering as a sales assistant at Ayoka could be the perfect opportunity for you! Activities include greeting and serving customers, receiving and sorting donations, dressing mannequins, and pricing donations. No particular experience necessary, just a good level of spoken English and a willingness to get involved. All volunteers will receive on-the-job training suitable to their role, as well as optional advice and support around CV writing and information about training and employment opportunities in the local area. A minimum commitment of 4 hours per week in a single shift is required, and a little of your time could make a big difference. If you are interested, please email nigel@stmargarethouse.org.uk or pick up an application form in the shop.



THIS MONTH'S EVENT AT THE GALLERY CAFE

September welcomes the grand return of our free-entry Chapel Cinema; as Tom Cruise has recently touched up his roots and ironed out his wrinkles, taking up his spy guise once more, we are looking back to give you a programme of classic spy films through the years. We will also be seeing Song Club East open up its doors for the first time – a songwriters' circle, celebrating song-craft as found in and around East London. Poetry and spoken word will be gracing The Gallery Cafe with Hibaq Osman, a winner of the Roundhouse Poetry Slam, releasing her debut collection 'A Silence You Can Carry'. The month will also see some fantastic music from Folklore and Trestle Records as well as some thought provoking photography from Harry Paticas, a Bethnal Green based architect, university lecturer and designer of the Bethnal Green Memorial; these photos will be a cultural reflection on Chinese attitudes towards landscape and nature. Make sure to check out the rest of our events on our online calendar here on www.stmargarethouse.org.uk/thegallerycafe/events

