

JANUARY

ST. MARGARET'S HOUSE NEWSLETTER & EVENTS LISTINGS



As we all come out of our holiday stupors, January is the month when people start 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 2016 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.

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EVENTS IN 2016

A very exciting year is ahead of us! The café is exhibiting a wide range of art throughout 2016; with works inspired by Japan, Nepal, India and even our very doorstep already booked in. Having recently renovated our sound equipment, we now have the option to record our events... perhaps The Gallery Café Radio Show will be coming your way, very soon. We are also teaming up with the East London-based Pink Bird Recording Company, Leng Garden Sessions and the Hackney label Trestle Records for some fantastic music events and be sure to keep up to date with our free cinema every Tuesday, 6.30pm in the Chapel – this month we have teamed up with the community group Up Your Street to curate a selection of classic films.

EXHIBITION PORTRAITS BY CRISTINA BANBAN

Portraits is the recent work of Spanish illustrator and painter Cristina BanBan and is currently on exhibit in The Gallery Café throughout January. The representation of the female figure and the beauty of women are the main themes in her paintings, inspired by Japanese woodblock prints from the 18th and 19th century and by the art deco aesthetic and early fashion photography.

Her experiments with line and colour bring out subtle differences in the features, expressions and backdrops of her serene subjects with their mask-like faces, which are common to her work. Portraits leads the viewer to consider the connection between autobiographical memories and melancholy and an idealized situation or dream.



BECOME A YOGY IN 2016

If any of your resolutions this year include getting in better shape, coming your mind, or living a healthier lifestyle, consider starting yoga classes at East London Community Wellbeing! We offer low-cost and donation-based classes 7 days a week and there's something available for every experience level. Power Flow with Kat on Monday evenings, Beginner Flow with Thania on Tuesday evenings, and Hatha Yoga with Nicola on Wednesday evenings are particularly suitable for newbie yogis. However, most classes are open level so if you're new to yoga, just let the instructor know and they can make adjustments to suit your ability. If you have any questions about whether a particular class is suitable for you, please email eastldncw@stmargarethouse.org.uk. You can view our full timetable here:

<http://stmargarethouse.org.uk/eastlondoncommunitywellbeing/timetable/>



WELCOME ELPIS

St. Margaret's House is pleased to welcome ELPIS to our premises as they have recently moved into an office in number 15. This small charity helps people who are partially or fully socially excluded or are at a risk to become such due to any number of extenuating circumstances. Through their projects they provide financial aid and counselling assistance, professional help from specialists, assistance with obtaining professional skills or participating in socially inclusive courses and events such as bio-farming, arts workshops, lectures, etc. and networking with self-help groups and societies. Be sure to give them a big welcome if you see the ELPIS team around St. Margaret's House and you can visit their website at: <http://www.elpiscio.org/>

ON THE ESTATE WITH ISABEL

Isabel has greatly enjoyed going out into the community this year to talk to everyone. One of her main responsibilities as a community organiser is conducting "listening" with local residents, where she finds out what you love about your community and what you think should be done to improve it. Isabel would like to thank Leanne for volunteering her time to come and talk to residents in the community. She's looking forward to working with Leanne next year as they go out listening on her estate. Isabel has been working with residents in Globe town, who wanted to setup a TRA for residents. They have now had their first meeting which was held at the Create Place and it was a great success. Isabel will be out in the community and she'd love to hear from you. If you'd like to do a listening with Isabel, look for her around St. Margaret's House or send an email to Isabel@stmargarethouse.org.uk.

HEY DUDE: AYOKA NEEDS YOU!



Our charity shop Ayoka sells stylish secondhand threads at reasonable prices. But lately our men's rails have been looking a little bare and we're hoping the trendy guys of east London will help us fill them up. Are your jeans feeling a little snug after the holidays? Did you get a new jumper from your gran that just isn't your style? All donations of good condition clothing are gratefully accepted; just drop them into the shop at your convenience! But be careful: you might end up scoring a great bargain for yourself while you're in!