

# March



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## The Gallery Cafe

We are really excited about our new exhibition from Austrian & Portuguese duo: **Miel&Bel**, that documents their experiences whilst traveling across India and Nepal. The artists will be with us on Thursday 3rd March to talk about their work accompanied by a performance from the incredible **Don Kipper**.

With International Women's day also happening this month, our Chapel Cinema has teamed up with the East End WI to curate a great selection of films: from Rom-coms and Iranian Vampire Westerns to an incredible film by Pedro Almodovar.

March also sees the return of **Folklore** and with acts like David Goo gracing the stage, this will be a definite highlight.

Many of you have asked about our specials, so this month chef Jon will reveal one recipe so you can indulge at home if you missed it in the Café.

## Recipe

### Butternut steaks with beetroot and carrot salsa

#### Ingredients:

- 1 butternut squash
- Few sprigs fresh thyme, chopped
- Salt, pepper and olive oil

#### For the beetroot and carrot salsa:

- 1 small to medium fresh beetroot (not pickled), peeled and grated
- 1 carrot, grated
- 1 big bunch of parsley, finely chopped
- 1 red chilli, de-seeded and finely chopped
- dressing: 120ml olive oil and 60ml balsamic vinegar

Wash and dry the squash, lay it on its side, cut off the ends, and slice into four to six inch-thick rounds, or 'steaks', leaving the skin on. Place the squash steaks on a baking tray lined with parchment, drizzle with olive oil, season lightly and sprinkle the chopped thyme over them. Bake in the oven for about 40-45 minutes.

To make the salsa, mix together the grated beetroot, carrots, chilli and parsley in a bowl and dress with the olive oil/balsamic vinegar mix. For a special touch sprinkle with toasted sunflower and pumpkin seeds over the steaks and serve with a large spoonful of the salsa!



## COMMUNITY ORGANISER UPDATES

February was a busy month and the night 'listensings' experience was particularly insightful. In partnership with a team from a local church she visited the Shoreditch area at night and gave support to those in an advanced state of ebriety and also handed gloves, socks and water to those in need. There is a growing interest in our work for the community as two students joined as volunteers and the Brady Arts Centre team invited Isabel to do a listening in Whitechapel.

**Also, we are setting up a Holding Team and we need support to analyse the listensings so if you want to volunteer and gain some experience in data interpretation send an email to [isabel@stmargarethouse.org.uk](mailto:isabel@stmargarethouse.org.uk)**



## NEW 7 AM DONATION CLASSES FOR THE EARLY RISERS

- **Sivananda inspired Yoga with Luca**, Wednesdays: A class that helps expanding our awareness through gentle breathing exercises. Awaken your bodies and minds with asanas focused on both stretching and strengthening all parts of your being!
- **Counted Pranayama with Vinyasa with Annie**, Thursdays: A varied and energetic Vinyasa based class, focusing on the tools of yoga to deepen your practice, give you core strength, alignment, and connection. \* The class starts on March 10th

## SPRING WELLBEING YOGA WORKSHOP

Nadezhda, one of our lovely instructors, has prepared something special to welcome the Spring Equinox. Let's celebrate together on Saturday, 12 March from 2.15 pm to 4.45 pm.

The full timetable, more details about the classes, events and the instructors can be found on [eastlondoncommunitywellbeing.com](http://eastlondoncommunitywellbeing.com)



The Life Drawing Salon is one of our longest running classes here at St. Margaret's House. It's a fun friendly class suitable for all levels where music is central in building our beautiful creative space.

One of our students, Joe, tells us a bit about his experience here: 'This session had the almost fairy tale feel of stumbling on an unexpected hidden jewel. In this case, an ultra civilised life drawing session in the middle of East London. The model, the organiser, fellow artists, and even the unpretentious venue, were all quite charming.'

Turn over to find out more about our workshops or go online on [stmargarethouse.org.uk/thecreateplace](http://stmargarethouse.org.uk/thecreateplace)



When was the last time you visited Ayoka? Our little gem in the heart of Bethnal Green is indeed a space where you can find something for every taste: from eclectic pieces for home&deco, really cheap designer clothes, interesting books and games to well-kept pieces for a basic wardrobe and so many more, so the next time you are in the neighbourhood stop by and grab a bargain.

**Are you keen on gaining retail experience or would you like to make a positive impact on the local community? We're looking for friendly enthusiastic volunteers!** You will be involved in dressing mannequins and visual merchandising, receiving and sorting donations, serving customers and the daily running of the shop. For details contact [nigel@stmargarethouse.org.uk](mailto:nigel@stmargarethouse.org.uk)