



May Events at the Merchant Street Hub



Bow Road Methodist Church, 1 Merchant Street, Bow, E3 4LY

0208 981 7124, Ext. 3, Option 1

www.MerchantStHub.co.uk merchantsthub@ageukeastlondon.org.uk

Opening hours: Mon 9am - 3pm, Wed & Thurs 9am - 4pm

Monday 4th:

Centre CLOSED for Bank Holiday Monday

Thursday 7th:

World Red Cross and Red Crescent Day

2:00pm - 4:00pm, Free

Learn about the work of the Red Cross and Red Crescent, with information, discussion, and resources highlighting their global humanitarian efforts.

Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors

Monday 11th:

Trip to the Museum of the Home

10:00am - 3:00pm, Free

Come along for a group visit to the Museum of the Home to explore how home life has changed over time through rooms, objects and stories. **RSVP required. If interested, please contact Stefan on 07539-434-014**

Thursday 14th:

Mental Health Awareness Week - Mindfulness and Karaoke

2:00pm - 4:00pm, Free

A supportive session focused on your mental wellbeing, with simple activities such as a guided group discussion, mindfulness or breathing exercises, and a chance to share experiences in a safe, relaxed space, ending with karaoke to lift spirits.



Please turn over for more events





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Opening hours: Mon 9am - 3pm, Wed & Thurs 9am - 4pm

Thursday 21st:

Bingo

2:00pm - 4:00pm, £2

Join us for a fun-filled Bingo session with prizes, friendly competition, and plenty of laughs.

Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors



Monday 25th:

Centre CLOSED for Bank Holiday Monday

Thursday 28th:

Merchant Street Forum

2:00pm - 4:00pm, Free

A chance for you to speak openly about your experiences at the hub and influence what we do next. Share ideas, raise issues, and help shape activities and services that truly reflect what matters to you.

