



July 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



Wednesday 1st:

Mudchute Farm Talk by DLR staff

11am - 12pm, Free.

DLR staff promoting the trip and the offer – making journey accessible

Bowel Cancer talk by Amalia from Bowel Cancer UK

1.30pm-2.30pm, Free

Talk raising awareness of bowel cancer



Thursday 2nd:

Centre will close at 1pm due to mandatory staff commitments

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.



Thursday 9th:

Karaoke

2pm - 4pm, Free

Join us for an afternoon of music, laughs, and sing-along fun - whether you're on the mic or in the crowd!



Thursday 16th:

Bingo

2pm - 4pm, £2

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

Please turn over for more events





Thursday 23rd:

Quiz

2pm - 4pm, Free.

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



Monday 27th:

Bowls at Victoria Park

10am - 1pm, £4

Join us for a game of bowls in Victoria Park. Interested? Please call 07539 434 014 to register your interest.

Thursday 30th:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.



Merchant Street Hub Forum

2pm - 4pm, 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.

