



February 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 - 3:45pm, Wed & Thurs 9am - 5pm

Wednesday 4th:

Talk on DLR Assist by Keolis Amey

2:15pm - 3:30pm, Free

Learn about their support services, accessibility guidance, and how they empower local residents to get around independently.

Thursday 5th:

Time to Talk Day: Tea, Talk & Stories

2:00pm - 4:00pm, Free

A relaxed afternoon with tea, creative wellbeing activities, and shared personal stories to encourage connection, conversation and mutual support.

Wednesday 11th:

Valentine's Day: Afternoon Delights

2:30pm - 4:00pm, Free

To celebrate Valentine's Day, come along and enjoy an afternoon of creative arts, tea and cake, and gentle romantic music.

Thursday 12th:

Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors.

Quiz & Trivia

2:30pm - 4:00pm, Free

Test your knowledge with this fun and friendly quiz—plenty of questions, a lot of laughs, and a bit of friendly competition!

Wednesday 18th:

Flip and Feast - Pancake Day Social

2:30pm - 4:00pm, Free

Enjoy a variety of sweet and savoury pancakes alongside tea and coffee, bringing people together over good food and a bit of fun.

Please turn over for more events





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Thursday 19th:

Lunar New Year Celebration

2:00pm - 4:00pm, Free / £2 Bingo

Enjoy themed bingo, Mahjong, lantern-making, and calligraphy, whilst listening to tranquil traditional music, to inspire creativity and conversation.

Thursday 26th:

Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors

Forum Follow-Up - Your Feedback in Action

2:30pm - 3:00pm, Free

A dedicated session to update clients on actions, decisions, and progress since last month's forum, providing a space to see how their feedback has shaped services and developments.

Karaoke

3:00pm - 4:00pm, Free

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

