

November 2024 at the Merchant Street Hub

National Stress Awareness Day
Wednesday Join us for a rejuvenating day, dedicated to promoting relaxation and resilience.
6th
1:30pm – 3:30pm **FREE**

Stroke Group
Thursday A safe and welcoming space to share experiences and provide encouragement. Connect with other stroke survivors who have experienced similar challenges.
7th
10:30am – 11:45am **£1**

Bingo
Thursday Come along for a fun-filled afternoon with a range of prizes.
7th
1:30pm – 3:30pm **£1**

Quiz
Thursday Join JB for general knowledge—pub style.
14th
1:30pm – 3:30pm **FREE**

International Men's Day
Wednesday Engage in meaningful conversations and activities that empower and uplift men in our community.
20th
1:30pm – 3:30pm **FREE**

Stroke Group
Thursday A safe and welcoming space to share experiences and provide encouragement. Connect with other stroke survivors who have experienced similar challenges.
21st
10:30am – 11:45am **£1**

Thursday
21st **Karaoke**
Join JB & CJ for our monthly singsong.
1:30pm – 3:30pm **FREE**

Thursday
28th **Merchant Street Forum**
Join us for an open forum where you can discuss anything on your mind—your voice matters!
1:30pm – 3:30pm **FREE**

Featured Weekly Activities in November 2024

Every
Thursday **Merchant St. Hub Chair Exercise & Meditation**
Come along and join Tracy for an hour of light chair exercises and meditation.
1:30pm – 2:30pm **£1**

Every
Monday **Drop-in Digital Support Workshop**
Need support with your digital devices? Join a team of dedicated volunteers to assist you on a range of issues, including:

- General use and function.
- Photos and media management.
- Installing and using important applications.
- Setting up email and social media accounts.
- And a lot more...

1:00pm – 3:00pm **FREE**

Address: Bow Road Methodist Church Hall, 1 Merchant Street, Bow, London, E3 4LY

Email: TBC

Telephone: TBC