

## Who we are

**By choosing to stay with us tonight you are already doing good.**

We're a social impact business. We believe in human potential and put our profits where the people are and invest in our local communities. That includes, educating children around the world and retraining longterm unemployed locals from Newham, the borough of London you are in right now. We then give them jobs at our hotel or at partner hotels across London.

## Food & drink

### Breakfast

Mon- Sat | 7.00-10.30  
Sun | 7.30-11.00

### Bar

All day | 23.00

### Restaurant

A la carte menu serving hearty meals and tasty snackable dishes.  
Mon - Sun | 12.00-22.00

### Rooftop

\* Closed for the winter

## What's going on?

### AT GOOD HOTEL

#### Afro-Caribbean Workshop & Workout

Sat 2 Nov | 11:00-13:00, Sky-Blue Room | £5.60

Rebuild Health's goal is to increase the physical activity levels of the Afro-Caribbean community within the UK and this workshop includes setting goals to help you keep on track, followed by a workout session.

**To Book:** [hello@rebuildhealth.co.uk](mailto:hello@rebuildhealth.co.uk)

#### Haunted Mansion + Movie Quiz | The New Black Film Collective in partnership with Newham Council

Fri 8 Nov | 19:00-22:00, Sky-Blue Room | FREE

A single mom named Gabbie hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts starring LaKeith Stanfield, Tiffany Haddish, and Rosario Dawson.

**To Book:** [hauntedmansion-screening.eventbrite.co.uk](https://hauntedmansion-screening.eventbrite.co.uk)

#### PHANTOM PARROT + Q&A | The New Black Film Collective in partnership with Newham Council

Fri 15 Nov | 19:00-22:00, Sky-Blue Room | FREE

To celebrate Islamophobia Awareness Month: Phantom Parrot reveals a covert British surveillance program following activist Muhammad Rabbani's legal battle over device passwords, spotlighting deep issues of law, espionage, and privacy.

**To Book:** [phantomparrot-screening.eventbrite.co.uk](https://phantomparrot-screening.eventbrite.co.uk)

#### Canvas & Coffee Connection

Sun 17 Nov | 10:00-12:00, Sky-Blue Room | Donation

Join us for our monthly art workshop, specially designed to support new mums in enhancing their mental health through creative expression. These sessions are free or donation-based, making them accessible for everyone.

**To Book:** [trivedi.disha@outlook.com](mailto:trivedi.disha@outlook.com)

#### Queer Film Club

Fri 29 Nov | 19:00-23:00, Sky-Blue Room | FREE

Join our monthly Queer Film Club for a cozy night of cinema, snacks, and good vibes! Enjoy an LGBTQ+ classic film followed by a Q&A with special host HRH Aphrodite plus a badge-making workshop with Badge Cafe.

**To Book:** [www.createpluse16.com](http://www.createpluse16.com)

#### LYL Fit Sis Class

Sundays | 10:30-11:30, Sky-Blue Room | 4 for £26

A strength and conditioning workout for women only to help build strength, lose fat and burn calories in less time.

**To Book:** 07846877188

#### Zumba Fitness by Swati Kaushal

Mon & Wed 19:00 - 20:00 | Sky-Blue Room | £10, 4 for £32

Join the ultimate dance fitness party with local Licensed Zumba Instructor Swati Kaushal that combines Latin and international music with dance moves.

**To Book:** Call 07306 025904

#### Mums & Babies Postnatal Workout

Tues & Fri | 10:30-11:15, Sky Blue Room | £12 walk-in 45 min

Boost your energy and connect with fellow mums in our dynamic postnatal fitness sessions. Suitable for all fitness levels, these workouts offer support and community as you rebuild strength and feel empowered.

**To Book:** [rhea.patel@one-element.co.uk](mailto:rhea.patel@one-element.co.uk)

### AROUND LONDON

#### The Line

Various days, times & locations | FREE!

Explore art, nature and heritage for free on London's public art walk running between the Queen Elizabeth Olympic Park and The O2. **More info:** [www.the-line.org](http://www.the-line.org)

#### Sweheat Sauna

Mon-Thur 08:30-18:00 | Fri 08:30-17:30 | FREE

An authentic wood-fired sauna experience celebrating sweat bathing culture with a Finnish design stove and regular events. **More info:** [www.sweheatsauna.co.uk](http://www.sweheatsauna.co.uk)

#### Victoria Dock Parkrun

Saturdays 09:00 | Victoria Dock | FREE (book ahead)

Join us just moments from the hotel for a free 5k community event every week at Victoria Dock, London, E16 1GB. **Register:** [www.parkrun.org.uk/victoriadock](http://www.parkrun.org.uk/victoriadock)