

## 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

### Restaurant

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

### Bar

All day | 23.00

### Rooftop

12:00 – 21:00  
*\*weather dependent*

## What's going on?

### AT GOOD HOTEL

#### The Good Halloween

*Fri Oct 31 | 17:30-19:00, Sky Blue Room*

A spooktacular evening of creative fun at our kid-friendly Halloween ghost ship workshop with Art in the Docks.

**To Book:** [events.london@goodhotel.co](mailto:events.london@goodhotel.co)

#### Chila Burman MBE – Tuk Tuk Art Installation

*Sept 18-Oct 7 | Reception*

In partnership with Royal Docks Originals, experience the vibrant tuk tuk installation by British artist Chila Burman.

**More Info:** [events.london@goodhotel.co](mailto:events.london@goodhotel.co)

#### I Am Bluesfolk Unplugged

*Friday Oct 3 | 19:30-21:30, Globe Room | £5*

Join us for live music, great vibes, refreshing drinks, and stunning waterfront views.

**To Book:** [Eventbrite](https://www.eventbrite.com)

#### Good Laughs Comedy Night

*Saturday Oct 4 | 19:30-21:30, The Globe | Free*

Join us for a free comedy evening to celebrate Tell a Joke Day featuring a lineup of creatives from around the neighbourhood.

**To Book:** [Eventbrite](https://www.eventbrite.com)

#### Salsa Social by Lynch International School of Dance

*Friday Oct 10 | 19:00-21:00, Sky Blue Room*

An energising salsa class for fitness, fun, and friendship, perfect for all levels—dance and make new connections.

**To Book:** [yvonnelynch22@gmail.com](mailto:yvonnelynch22@gmail.com)

#### Rhythm Performing Arts

*Saturdays | 11:00-12:30, Sky Blue Room*

A weekly class celebrating the richness of Indian dance traditions, open to families and children of all levels.

**To Book:** [krm003@yahoo.com](mailto:krm003@yahoo.com)

#### Girls Into Coding Workshop

*Sunday Oct 12 | 14:00-17:30, The Globe & Bookcase*

A creative workshop for girls age 10-14 to explore robotics, physical computing, and coding with a team of STEM mentors.

**To Book:** [helene@girlsintocoding.com](mailto:helene@girlsintocoding.com)

#### Act Up Drama Club

*Wednesdays | 19:00-21:00, Sky Blue Room | £8.99*

Play drama games, do theatre workshops and socialise with some lovely, like-minded people.

**To Book:** [actupclub@gmail.com](mailto:actupclub@gmail.com)

#### Zumba Fitness & Bollywood Night by Swati Kaushal

*Sundays 18:30-19:30 | Mondays 19:00 – 20:00 | £10 or 4 for £32*

Join the weekly regular classes and a **Special Bollywood Night** on Oct 5 from 18:00-19:00 for the ultimate dance fitness party.

**To Book:** [@zin\\_swati\\_kaushal](https://www.instagram.com/zin_swati_kaushal)

#### Methodologies

*Thurs & Fri 17:00-18:00 | Sun 11:00-13:00 | £15 or 4 for £50*

Empower your child with mathematical potential with tips, tricks, and speed-maths sessions in a guided setting.

**To Book:** [methodologiesbynisha@gmail.com](mailto:methodologiesbynisha@gmail.com)

### AROUND LONDON

#### Royal Docks Originals Festival

A free festival from **15 Sept–5 Oct** featuring world-class art, spectacular installations, and original performances across the Royal Docks. Come celebrate stories of transformation and community. **More info:** [www.royaldocks.london](http://www.royaldocks.london)

#### Open Water Swimming

Just outside the hotel you can indulge in fresh water swims in the waters of the Royal Victoria Dock.

**More info:** [www.loveopenwater.co.uk](http://www.loveopenwater.co.uk)

#### Wakeup Docklands

London's only cable wakeboard park within the central transport network, offering a variety of water-based activities!

**More info:** [www.wakeupdocklands.com](http://www.wakeupdocklands.com)

#### The Line

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

#### Bells & Whistle: Parade Day

Join Art in the Docks community arts workshops at three different Royal Docks locations on **Saturday Oct 4** followed by a community parade ending at Good Hotel.

**More info:** [www.artinthedocks.com](http://www.artinthedocks.com)

#### Victoria Dock Parkrun

Two minutes from the hotel at Victoria Dock you'll find a free, fun, and friendly 5k community event every Saturday.

**Register:** [www.parkrun.org.uk/victoriadock](http://www.parkrun.org.uk/victoriadock)

#### Sweheat Sauna

An authentic wood-fired sauna experience celebrating many cultural aspects of authentic sauna culture.

**More info:** [www.sweheatsauna.co.uk](http://www.sweheatsauna.co.uk)

#### Elvis Evolution ExCel London

Immersive experience that celebrates the life and legacy of Elvis Presley through music, theatrics, and technology.

**More info:** [www.elvisrevolution.com](http://www.elvisrevolution.com)