

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

Qi (Energy) Balancing - Mindfulness for healing

Sun 1 Dec | 12:00-14:00, Blue Room | £9

This restorative session will introduce a range of gentle and invigorating movements to help improve energy levels, mental focus, circulation, brain fog and mental health.

To Book: kmtrisingltd@gmail.com

Deadpool & Wolverine + Q&A Newham Community Cinema

Fri 13 Dec | 19:00-22:00, Sky-Blue Room | FREE

Deadpool teams up with Wolverine to save the multiverse from an existential threat after being recruited by the Time Variance Authority.

To Book: Eventbrite

The Good Festive Cinema

Sat 14 Dec | 16:00-18:30, Sky-Blue Room | FREE

Celebrate the holiday season with a cozy movie night featuring the Christmas classic, 'Home Alone'. Join us with family and friends for an evening filled with festive cheer, hot chocolate, popcorn, and holiday treats.

To Book: Eventbrite

Canvas & Coffee Connections

Sun 15 Dec | 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

LYL Fit Sis Class

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

A dynamic strength and conditioning workout for women only taught by a qualified female instructor to help you build strength, lose fat and burn maximum calories in less time.

To Book: Call 07846877188

Zumba Fitness by Swati Kaushal

Mon & Wed 19:00 - 20:00 | Sky-Blue Room | £10 walk-in or 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. Zumba routines incorporate interval training to help improve overall fitness

To Book: Call 07306 025904

Mums & Babies Postnatal Workout

Tuesdays & Fridays | 10:30-11:15, Sky Blue Room | £12 walk-in 45 minutes

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

AROUND LONDON

Royal Docks Xmas Market

Every weekend from 30 Nov | 12:00-20:00 | The Corniche - Royal Victoria Dock

The Royal Docks invites you to their festive market full of crafts, food market and Santa's Grotto

Open Water Swimming

Various days | Royal Victoria Dock | £8

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

Sweheat Sauna

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

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

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