

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
**subject to weather*

What's going on?

AT GOOD HOTEL

Qi (Energy) Balancing - Mindfulness for Healing

Sunday June 1 & 29 | 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 and mental health.

To Book: kmtrisingltd@gmail.com

I Am Bluesfolk Unplugged night

Friday June 6 & 20 | 19:30-21:30, Globe Room + Bookcase

Join us for live music, great vibes, refreshing drinks, and stunning waterfront views, held by I Am Bluesfolk.

To Book: Eventbrite

Act Up Drama Club

Wednesdays June 11, 18, 25 | 19:00-21:00, Blue Room | £8.99

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

To Book: actupclub@gmail.com

Salsa Social by Lynch International School of Dance

Friday June 13 | 19:00-21:00, Sky Blue Room

An energizing salsa class for fitness, fun, and friendship! Perfect for all levels—dance and make new connections.

To Book: yvonnelynch22@gmail.com

Fathers Day Burgers and Beer Special

Sunday June 15 | All Day The Living Room Restaurant + Rooftop

All the special dads out there enjoy a great combo of our special Burger + Draft Beer for £19.

To Book: events.london@goodhotel.co

Good Market

Saturday June 21 | 11:00 - 17:00, Rooftop | FREE

Celebrate the proper start of summer with a collection of local and community sellers and goods at our first ever Good Market!

To Book: events.london@goodhotel.co

Queer Screening | New Black Film Collective

Thursday June 26 | 19:00 - 22:00, Sky-Blue Room | Free

In 1950s Mexico City, an American immigrant in his late forties leads a solitary life amidst a small American community. However, the arrival of a young student stirs the man into finally establishing a meaningful connection with someone.

To Book: rhea.patel@one-element.co.uk

Zumba Fitness by Swati Kaushal

Sundays | 18:30-19:30, Sky-Blue Room

Monday & Wednesdays | 19:00 - 20:00 | £10 or 4 for £36

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

Mathodologies

Thursdays & Fridays | 17:00-18:00, Pink Room | £15 or 4 for £50

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

To Book: mathodologiesbynisha@gmail.com

AROUND LONDON

Tutankhamun

28 March - 29 June 2025 | Excel London

The Immersive Exhibition brings Ancient Egypt to life like never before, offering a cutting-edge 90-minute journey back in time.

More info: tutankhamunexperience.com/london/

The Line

Various days, times & locations | FREE!

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

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

Wakeup Docklands

Unique to London, WakeUp Docklands is London's only cable wakeboard park within the central transport network, offering a variety of water-based activities in an inner city environment.

More info: https://wakeupdocklands.com