

EVENT & MEETING SPACE



*"All wrapped in
love, connection, good
food and belonging."*

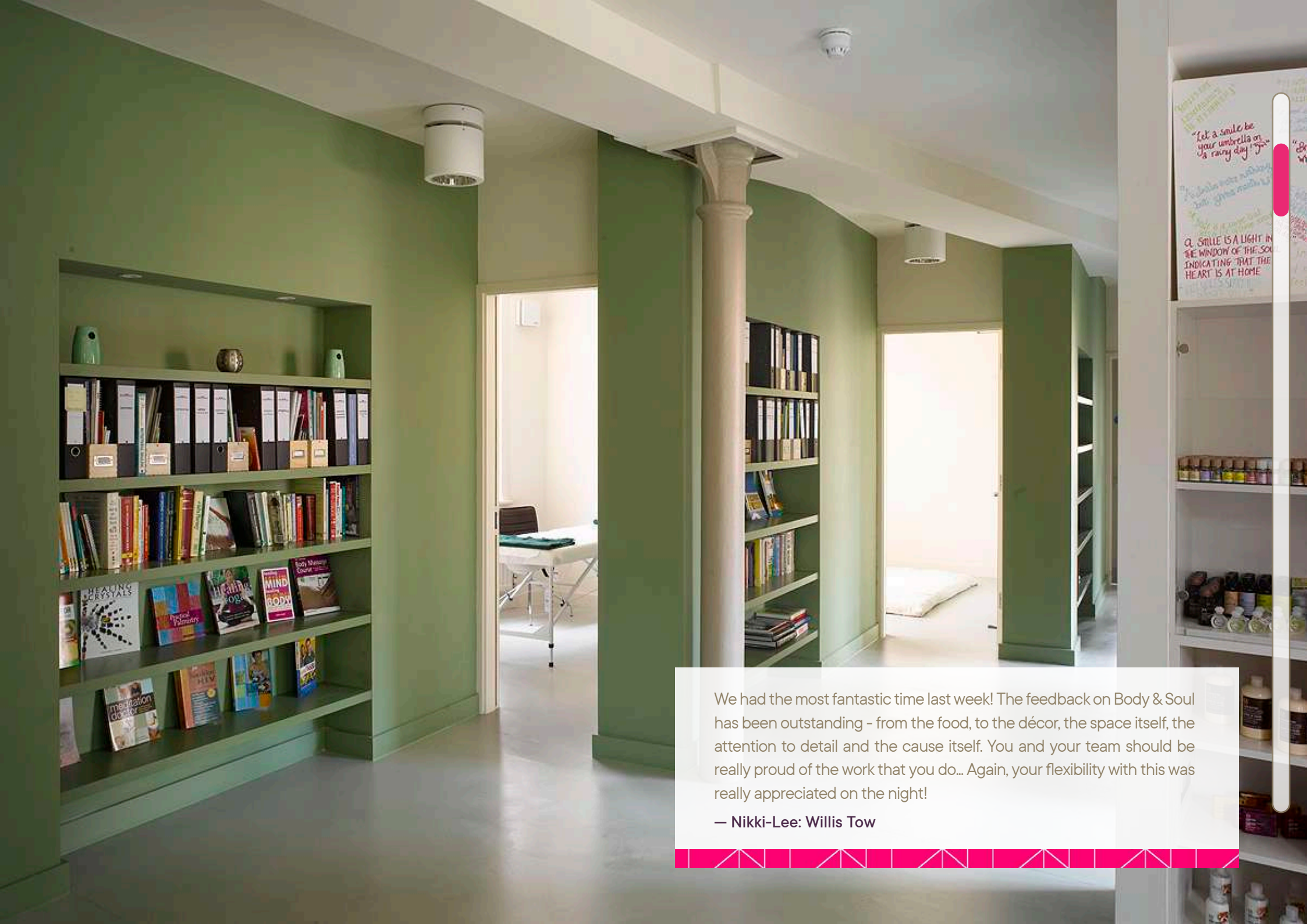


Venue Hire at Body & Soul

We are a multi-award winning trauma charity, dedicated to liberating people from the devastating and life shortening effects of trauma. The unique healing method integrates ancestral wisdom, science, psychology, creativity and community, transforming thousands of lives over 28 years.

Our curated building offers venue hire with care, attention to detail and love. Every penny you share with us goes directly towards supporting some of the most marginalised communities here in the UK.

Please don't hesitate to get in touch, we would love to hear from you and create a memorable and impactful event for you.



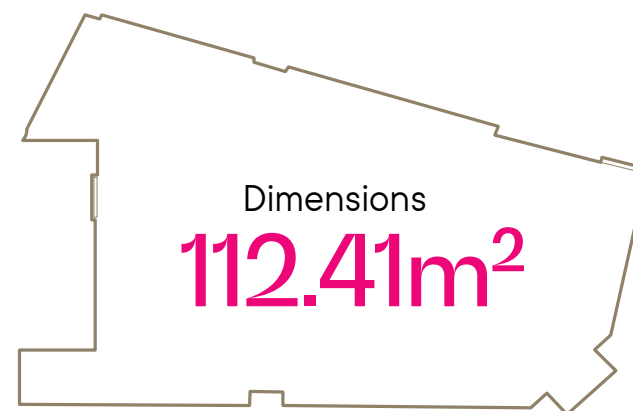
We had the most fantastic time last week! The feedback on Body & Soul has been outstanding - from the food, to the décor, the space itself, the attention to detail and the cause itself. You and your team should be really proud of the work that you do... Again, your flexibility with this was really appreciated on the night!

— Nikki-Lee: Willis Tow

Third Floor Space



This airy loft space is designed to inspire, with its high vaulted ceilings, abundant natural light from skylights, and large windows lining the walls. Many guests describe this room as a peaceful oasis, offering a serene atmosphere that helps your attendees focus and connect. The room is incredibly versatile, making it perfect for a variety of event formats—whether you're planning a formal conference, collaborative workshop, or relaxed breakout session. The room features a hearing loop, and an AV system.



Cabaret

60



Theatre

80



circle of
chairs

30



semi-circle
of chairs

24



Standing

100

Full day: **£1250**

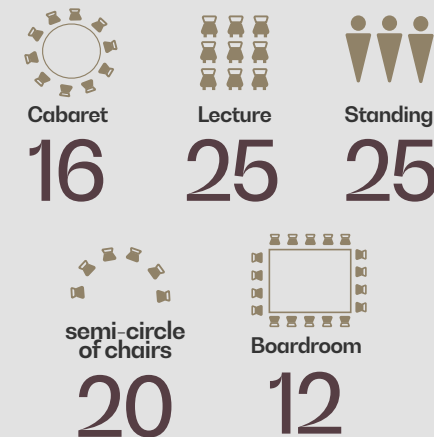
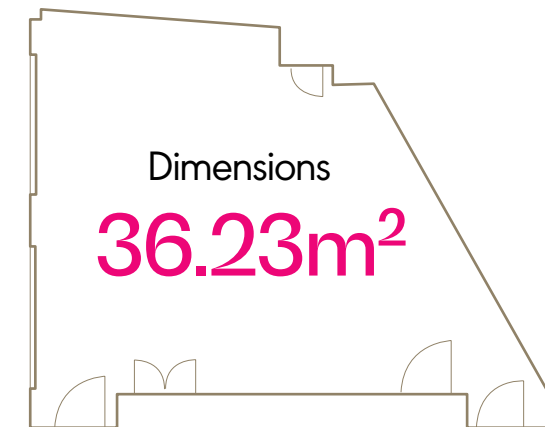
Half day: **£750**

Here are just some of the standard configurations we offer. We can also setup the room to host your dinner parties, drinks etc.

Second Floor Space



Our meeting room on the second floor offers flexibility and abundant natural light. Large sash windows flood the room with sunlight, making it bright and energizing. This adaptable space is perfect for small group sessions, training workshops, board meetings, or creative brainstorming sessions. Think of it as your blank canvas, ready to be transformed according to your vision. We provide the space; you bring the ideas.



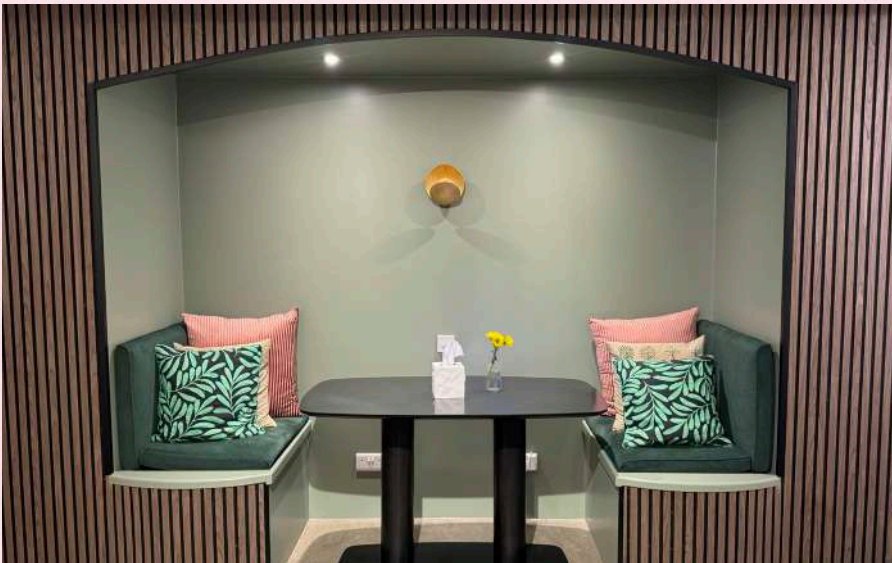
Full day: **£600**
Half day: **£450**



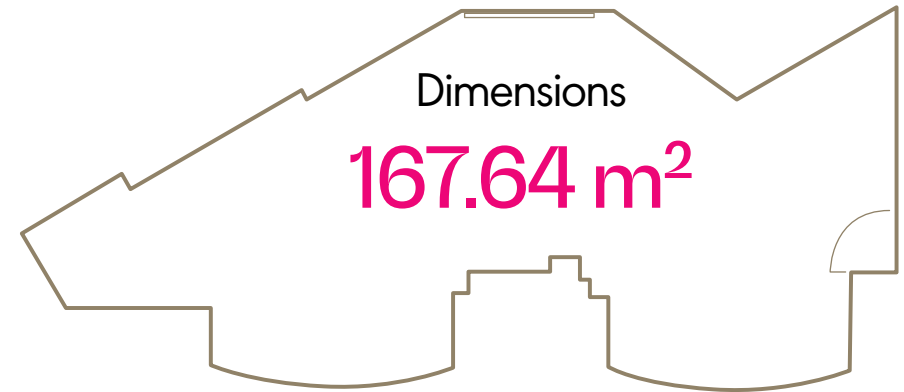
"The team at Body & Soul were fantastic! They were very responsive and went out of their way to accommodate our needs for the event we were hosting. The space itself was felt spacious with its high ceilings and lots of natural light. We had access to plenty of equipment such as flip charts, whiteboards, projectors and microphones. We were hosting an event that was designed innovate ideas. This space was perfect for that as it fosters creativity with artwork from their programmes. It was also a massive benefit for us knowing that proceedings were going back into running the charity."

— Katie: GoCardless

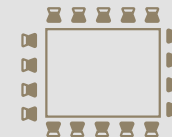
Lower Ground Space A:



This modern space has recently undergone an extensive renovation, blending contemporary design with comfort. The room's flexible layout and tranquil booths make it ideal for a variety of setups, from relaxed meetings to formal boardroom-style gatherings. There's also a convenient kitchen area. This versatile space is designed to inspire creativity and foster collaboration.



Full day: **£650**
Half day: **£500**



Boardroom

10



Breakout
workspace

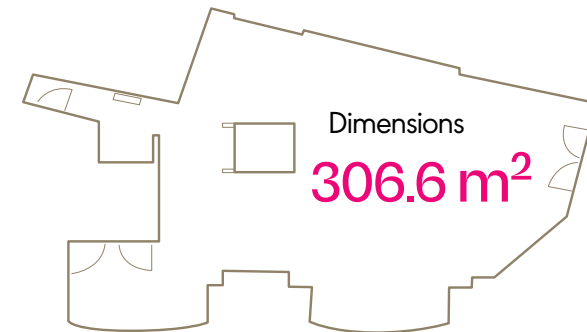
4

Lower Ground Space B:



Step into a space where the line between indoors and outdoors disappears, offering a serene retreat from the city's hustle and bustle. This spacious, adaptable room is designed to meet your unique needs—from planning a conference to hosting an intimate meeting. It's also the perfect breakout room, with plush bean bags available to create a relaxed and tranquil environment for unwinding between sessions.

The room's defining feature is a set of French doors that open onto a green patio, creating an oasis-like atmosphere. Flooded with natural light, the space feels airy and peaceful, as if you're surrounded by nature. It's an inspiring setting for corporate retreats, team trainings, or away days, where creativity and collaboration thrive.



Full day: **£875**
Half day: **£700**



circle of
chairs

30



Cabaret

26



Lecture

40



semi-circle
of chairs

24

What's included in the booking



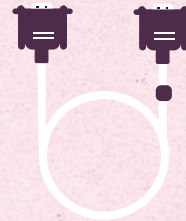
Projector



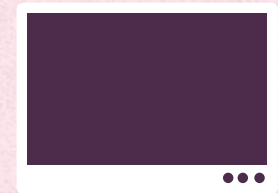
Wifi



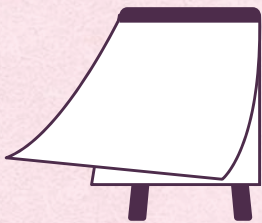
Flexible T&Cs



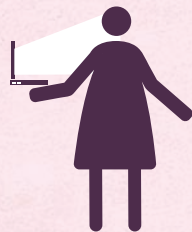
VGA & HDMI cables



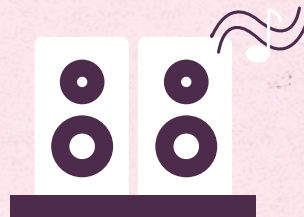
Plasma TV



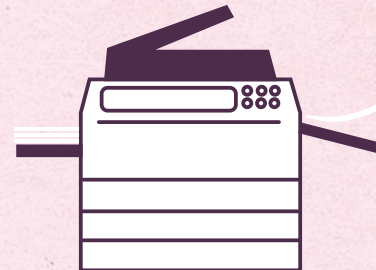
Flipcharts



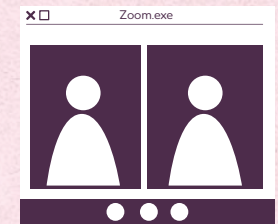
IT Support



Speakers



Printing access



Zoom setup for
Conferences

A woman with blonde hair, wearing a blue baseball cap, black-rimmed glasses, and a grey t-shirt with a purple and white striped apron, is smiling and looking down in a kitchen. The background shows shelves with various kitchen items like bottles and containers. A white text box is overlaid on the bottom left of the image.

Our passionate and experienced chef, Selina began her journey with us in 1996 as a volunteer at Body & Soul. Her love and connection for the community led her to leaving her post as chef in a popular thriving London catering company and became our dedicated Head Chef. Selina lovingly prepares inspired and seasonal dishes using the freshest ingredients tailored to your tastes. We have a wide range of options available to keep you refreshed and fuelled throughout your day.

Food & Beverage



Tea & Coffee (Single serving) £3.75

Freshly pressed coffee and a selection of teas

Tea & Coffee (Unlimited) £12

Everything from our single serving above, replenished as often as you need

Breakfast £14

A selection of freshly pastries, museli and yoghurt, fruit salad

Afternoon Treats (Tea & Coffee excluded) £15

A selection of homemade sweet treats

Sandwich light lunch £18

A selection of freshly made sandwiches and salads, with homemade cake

Hot hearty lunch £26

Your choice of main (meat, fish, vegetarian or vegan), served with a selection of salads and homemade cake

Day package £53

Includes breakfast, light lunch, afternoon treats and unlimited tea and coffee

If you are considering a catered event and would like to discuss menu options, please don't hesitate to contact us. From a three course menu to sumptuous canapes, it's all possible, let us know your needs and we can work together to cater for a beautiful evening.



Evening hire packages

From elegant drinks receptions to lively cocktail parties, our venue offers a versatile space perfect for any occasion. Elevate your experience with tailored canapés and drinks to suit your tastes. Reach out, and we'll ensure your event is exceptional.



Building Hire Rates

	Full Day	Half Day
Third Floor Space	£1250	£750
Second Floor Space	£600	£450
Lower Ground Space A	£650	£500
Lower Ground Space B	£875	£700

All rooms on all floors of the Body & Soul building are fully accessible to wheelchair users and the large room is fitted with a hearing loop.

*Prices shown are standard weekday office hours rates. For out of hours and weekend pricing, please get in touch.



Things Our Friends Say:

The Crisis Anticipation and Risk Financing (CARF) team collaborates with Start Network's member humanitarian agencies to support communities to prepare better ahead of predictable crises across ten countries, spanning Southeast Asia, West, East, and Southern Africa, and all the way to South America. So, when we gather for our annual CARF retreat, it's more than just a meeting—it's a cherished reunion, a time to evaluate wins, recharge and rethink our strategies. Amidst all the 'anticipation', one major highlight—perhaps the most memorable for some—is the ambiance: naturally-lit meeting rooms and, yes, the chef-prepared meals at Body and Soul. It's our third annual event here, and it still feels like the beginning of something great. The staff's kindness, warmth, and professionalism make each day something to look forward to. Thank you for being an essential part of our cherished retreats.

— Ola Olanipekun: Save the Children

We've
worked with:



Find Us



Body&Soul is situated in Clerkenwell, a vibrant part of town where you will be spoilt for things to do outside of work - we're a one-minute saunter from Exmouth Market, packed with foodie delights, helpful little shops and bars. And if it's a calmer break you're after, there's a lovely park just around the corner.



Nearest tube station: Angel station  / Farringdon station 

Buses that you can take: 19, 38, 341 & 63

Parking: NCP (Just next door, closes at 7pm)

1 Amwell Street, Islington, EC1R

Find Us: Got any questions? Please contact our friendly team with your venue hire enquires: bookings@bodyandsoulcharity.org
t: +44(0)2079236880 99-119 Rosebery Avenue, London EC1R 4RE