



WHAT'S ON

APRIL / MAY 2018

Saturday Spring Workshops

LIMITED PLACES – BOOKING ESSENTIAL

14th April - Hand Massage

Qualified and experienced massage therapist Maurizio Lodato will show us how to massage our hands to create a sense of calm and wellbeing, reduce anxiety and aid sleep. The session includes a guided meditation.

21st April - Mindfulness and Breathing

This informal workshop will explore how practising awareness of the breath can help us naturally to arrive in the present moment, to 'ground' us and soothe the mind and body. Led by experienced mindfulness coach Katy Connell.

5th May - Sitting Yoga

Practise stretches and mindful breathing from the comfort of your chair. A relaxing and rejuvenating session, suitable for everyone. Led by Belinda Ackermann. Please wear loose, comfortable clothing.

12th May - Let's Dance

Experienced dance tutor Mark-Anthony Esau will gently guide you through various dance styles. If you've never tried dance before, this is for you! You can be assured of leaving with a spring in your step!

19th May - Self-Massage

Focussed relaxation, gentle mindful stretching and self-acupressure massage, all designed to generate a feeling of wellbeing. Led by massage therapist Maurizio Lodato.

Where: St Mary's Neighbourhood Centre, Upper Street, Islington N1 2TX

When: 2.30 - 5.00pm **Cost:** Free

To book: Call 020 7713 9304 or email info@slt.org.uk

See inside for all our April and May events!

Friday Evening Events



Free, sociable gatherings in a friendly environment
Refreshments provided — all welcome!

April

Friday

Farrago

6

“Brilliantly entertaining” was the verdict on the previous Stuart Low Trust appearance by alt-folk band Farrago. Don’t miss this return performance!

Friday

London's Underground Trains

13

London's underground railway system is the oldest in the world, the very first section having been opened between Farringdon and Paddington stations in 1863. Ian McKenzie of the London Underground Railway Society will examine the history of the capital's underground trains from 1933 to the present day.

Friday

Journey to Recovery and Wellbeing

20

This workshop will take you on an experiential journey to enhance wellness and wellbeing by using sound, movement and the lived experience of personal recovery. Come along for an evening of creative expression, connection and joy. Hosted by Camden and Islington Recovery College.

Friday

Hoarding Awareness

27

HoardingUK aims to empower people experiencing hoarding behaviours to achieve spatial and personal change, to reduce isolation and improve their health and well-being. Megan Karnes of HoardingUK hosts the discussion.

WHEN Every Friday, 52 weeks a year, 6.30pm to 9.00pm

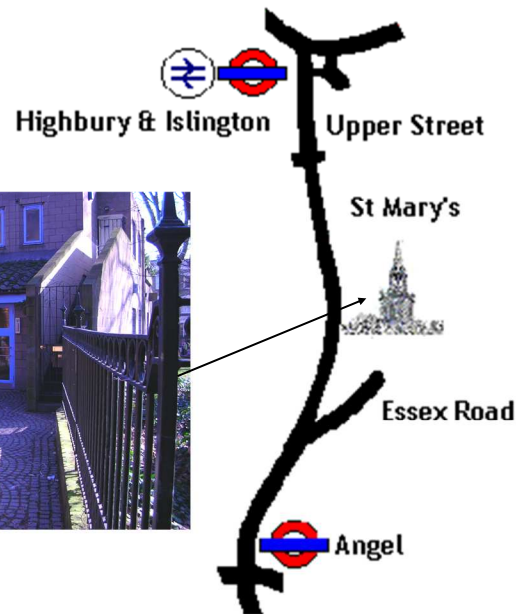
WHAT HAPPENS

- 6.30pm–7.00pm: Tea & coffee
- 7.00pm–7.30pm: Sandwich, fruit & juice
- 7.30pm–8.30pm: Presentation/performance

Friday Evening Events

WHERE St Mary's Community Centre, Upper Street, Islington N1 2TX (between St Mary's Church yard and Dansk Florists)

HOW TO GET THERE St Mary's is a ten minute walk from Angel and Highbury & Islington stations; Buses 4, 19, 30, and 43 stop outside



May

Friday **Talking to Improve Your Wellbeing**

4

Nicky Forsythe will outline therapy-based ways of talking that work to improve anyone's wellbeing, with interactive practice of these techniques. Nicky will also describe her free, Islington-based programme Talk for Health. An evening to help build your wellbeing by honing your communication and empathy skills.

Friday **BMJ Band**

11

A selection of well-known songs from the 60s through to the noughties from the fantastic British Medical Journal staff band.

Friday **The Jukes**

18

The Jukes are back! Sing and dance along to this brilliant live band. *"The Jukes capture the spirit in each song. They bring quality to each tradition. They made our gig real fun."*

Friday **A Photographic History of Charing Cross Road**

25

We rekindle memories of Saturday strolls to the Jacey cinema, the Moo Cow milk bar and tin-pan alley. Presented by popular speaker Rob Kayne.

PLEASE NOTE WE CANNOT ADMIT PARTICIPANTS ONTO THE PREMISES BEFORE 6PM FOR HEALTH & SAFETY REASONS

Other Stuart Low Trust events and activities

- Activities are free unless stated otherwise. All are welcome to take part.
- For more details and to book (where required) call 020 7713 9304 or email info@slt.org.uk
- Please note that outings and trips involve some walking and usually steps

Art Workshops: Speak Up!

What makes you shout at the TV? Join us for two artist-led workshops to explore the theme of everyday protest through banner making, creative writing and discussion. Have your say recorded to contribute to a final sound piece for exhibition at the Estorick Collection, Islington!



When: Tuesdays 8th and 22nd May, 2.00 to 4.00pm. Refreshments available at 1.30pm.

Where: The Estorick Collection of Modern Italian Art, 39a Canonbury Square, Islington, N1 2AN. Entrance on Canonbury Road.

Cost: Free. All materials provided.

Book: 020 7713 9304 or email info@slt.org.uk

Outing to Culpeper Garden

Discover the delights of Culpeper Community Garden, a green oasis in the heart of bustling Islington – and find out how you can get involved in our weekly Gardening Project.

When: Thursday 26 April

Meet: Outside Angel tube station, 1.30pm

Book: 020 7713 9304 or email info@slt.org.uk

Gardening Project

Come and take part in light gardening duties at our award-winning plots in the tranquility of Culpeper Community Garden.

When: Every Thursday, 2.00 – 5.00pm

Where: Meet project leaders Robin and Jane at the Tea Hut, Culpeper Community Garden, 1 Cloudesley Road, Islington, N1 0EG.

Outing to Wellcome Collection

Join SLT for a guided tour of the exhibition “Medicine Now” at the Wellcome Collection on Euston Road in which contemporary artists respond to major themes in medicine.

When: Tuesday 15 May

Meet: Outside Angel tube station, 1.15pm

Book: 020 7713 9304 or email info@slt.org.uk

Stuart Low Trust Choir

Come and join SLT’s choir in Archway on Tuesday evenings from 6.00 to 7.30pm. First session free, voluntary £2 donation for subsequent sessions. Contact us for venue details. Last session before Easter is 27 March, returning 17 April.

Philosophy Forum

Our free, friendly philosophy discussion group takes place on Sundays from 4.00pm to 6.15pm in Archway. No previous study or knowledge of philosophy is required. Contact us for venue details. Last session before Easter is 25 March, returning 29 April.

About The Stuart Low Trust (SLT)

The Stuart Low Trust provides social events where people can make friends and feel part of a wider community. No formal arrangements are necessary, just come along to our events and check us out!

You can contact us at: Office 3, Claremont, 24-27 White Lion Street, Islington, N1 9PD

Telephone: 020 7713 9304 Email: info@slt.org.uk Website: www.slt.org.uk

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