

The Stuart Low Trust

bringing people together for better health and wellbeing



WHAT'S ON

DECEMBER 2017 / JANUARY 2018

Saturday Winter Workshops

20th January - Sitting Yoga

Practice 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.

27th January - Mindfulness and Relationships

Facilitated by experienced mindfulness coach Katy Connell, this informal workshop will offer a chance to explore how practising mindfulness can improve and enrich our relationships, including our relationship with ourselves. Suitable for all levels.

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

When: 2.30 - 4.30pm **Cost:** Free

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

Please note we cannot guarantee admission without booking.

Friday Evening Event Highlights



Friday 8 December

Carols with London

Metropolitan Brass



Friday 15 December

John Hegley's

Holiday Hamper



Friday 19 January

Live music

from O&O

See inside for all our events in December and January!

Friday Evening Events



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

December

Friday *Art Therapy as a Coping Mechanism*

1 Patrick Samuel is an emerging artist with Asperger's Syndrome. Patrick will talk about how art has changed his life and helped him to develop coping mechanisms and social skills.

Friday *London Metropolitan Brass*

8 A programme of festive and fun sing-along carols performed by an ensemble of London Metropolitan Brass.

Friday *John and Jane's Holiday Hamper*

15 A selection box of poems, songs and wit from the ever-effervescent John Hegley and Jane Ireland.

Friday *Christmas Singalong with The Jukes*

22 Sing along to seasonal favourites with live band The Jukes!
This evening's event will be held in the smaller Garden Room of the Neighbourhood Centre.

Friday *Love Songs Ancient and Modern*

29 Singer/songwriter Kath Tait returns with Dave Russell to take turns at singing songs about love — choosing the broadest interpretations of the subject matter.

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

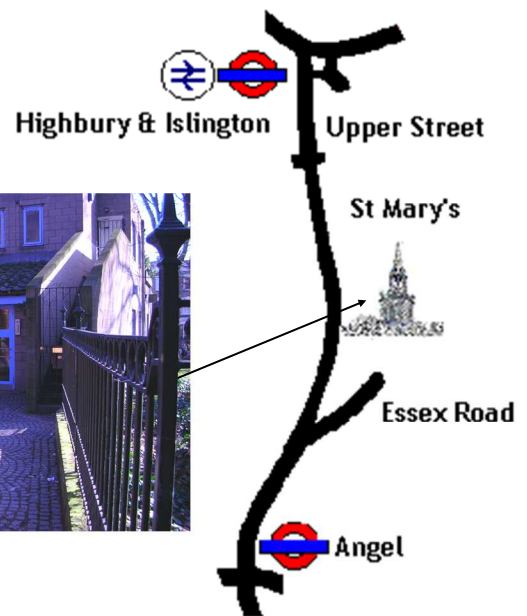
WHAT HAPPENS

- 6.30pm–7.00pm: Tea & coffee
- 7.00pm–7.30pm: Sandwich, fruit & 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



January

Friday

Déjà Vu

5

Rick, Tom, Walton and David get the New Year off to a great start with live music and sing-along!

Friday

King's Cross Story Palace

12

An exploration of the history of King's Cross, its people and places, over the past 100 years. Presented by the Building Exploratory.

Friday

O&O

19

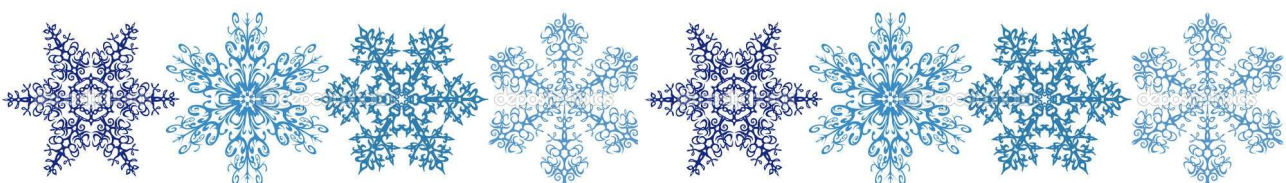
Musical duo Obadiah Jones and Orian Peled return by popular demand. Feedback from their last performance included "Brilliant", "Beautiful", "Absolutely superb" and "Amazing"!

Friday

Health Fair

26

A very different kind of Friday Evening Event tonight! A chance to check out your health with stalls and advice on healthy eating, smoking and more! Plus information on Mental Health First Aid training opportunities for Islington residents. All free, refreshments served as usual!



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

Stuart Low Trust Choir

All are invited to join the Stuart Low Trust choir! Sessions are held in Archway from 6.00 to 7.30pm on Tuesday evenings – contact us for full details of the venue. First session free, voluntary £2 donation for subsequent sessions.

Final session before Christmas break is 12 December, resuming on 16 January 2018.



Philosophy Forum

Our free, friendly philosophy discussion group takes place on Sundays from 4.00pm to 6.15pm in Archway. Contact us for full details of the venue. The group is open to all – no previous study or knowledge of philosophy is required.

Final session before Christmas break is 10 December, resuming on 14 January 2018.

Volunteer with SLT

It doesn't matter what your skills are or how much time you have to give, everyone can do something to support the Stuart Low Trust!

From greeting attendees to preparing food, working in the office or helping us fundraise, we need people for all kinds of roles.

These are some of the volunteering roles that we are currently recruiting for:

- Friday Evening Meeting & Greeting
- Friday Evening Food Preparation
- Friday Evening Tea & Food Serving

You can find more details on our website <http://www.slt.org.uk/support-the-slt/volunteer/>.

For an informal chat please contact our Volunteer Co-ordinator Ahmed on 020 7713 9304 or email ahmed@slt.org.uk.



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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