



WHAT'S ON

DECEMBER 2018 / JANUARY 2019

Saturday Workshops

ADMISSION CANNOT BE GUARANTEED WITHOUT PRIOR BOOKING

8 December - Let's Dance

Experienced dance tutor Mark-Anthony Esau will gently guide you through various dance styles. If you've never danced before, this is for you! You'll be sure to leave with a spring in your step!



15 December - Mindfulness and Generosity



This informal workshop will explore what it means to give and how we can use mindfulness practices to balance giving to others and taking care of ourselves. Led by experienced mindfulness coach and SLT Friday Evening Event host Katy Connell.

19 January - Let's Sing

Only ever sung in the bath? Come along and find your voice in this group session led by Cici, SLT's choir tutor. Cici is experienced in leading choirs for fun and friendship! *Find out about SLT's weekly choir on the back page.*



ALL SATURDAY SESSIONS ARE FREE OF CHARGE AND TAKE PLACE AT:

St Mary's Neighbourhood Centre, Upper Street, Islington N1 2TU

TIMES: 2.30 - 5.00pm. PLEASE ARRIVE AT 2.20pm

BOOKING ESSENTIAL: CALL 020 7713 9304 OR EMAIL INFO@SLT.ORG.UK
STATING YOUR BOROUGH OF RESIDENCE.

Friday Evening Events



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



December



Friday
7

★ special stage ★

Join us for the final Stuart Low Trust heat of Special Stage, the first contest for emerging musicians to be performed within social projects. Three more artists will perform three songs and you get to vote for the best. Your votes will help decide who goes forward to the UK final in 2019!

Friday
14

London Metropolitan Brass

Get into the Christmas spirit with a traditional brass band and sing along to your favourite carols.

Friday
21

Déjà Vu

Rick, Tom, Walton and David, aka Déjà Vu, are back with a lively festive sing along!

Friday
28

The Jukes

We finish the year with more music from fantastic live band The Jukes.

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

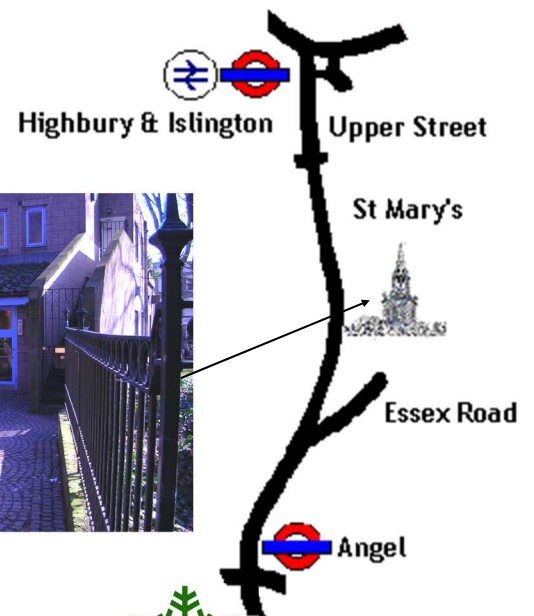
WHAT HAPPENS

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

Friday Evening Events

WHERE St Mary's Neighbourhood Centre, Upper Street, Islington N1 2TX (between St Mary's Church garden 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 **John and Jane's January Jollity**

4 Our annual Yuletide feast of poetry, comedy and song from the ever-effervescent pairing of John Hegley and Jane Ireland.

Friday **Women of the City of London (Part 2)**

11 Zena Sullivan returns to celebrate the lives of everyday working women as well as more recognised campaigners.

Friday **Another Evening with Peter Newman**

18 "Wonderful!" "Amazing!" "Excellent!" "10/10"

With reviews like these from Peter's last SLT performance how could we not invite him back? Another chance to sing and dance along to classics from across the eras.

Friday **My Life With Puppets**

25 Renowned puppeteer Ronnie Le Drew is the man behind iconic characters including Zippy from Rainbow, Sweep from The Sooty Show and many more spanning over fifty years. This nostalgic journey through Ronnie's career will be a chance to rekindle memories and renew our acquaintance with some familiar friends!

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

Other Stuart Low Trust events and activities

- All are welcome to take part. Activities are free unless stated otherwise.
- For more details and to book where necessary 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

SLT's choir takes place every Thursday from 5.45 to 7.15pm in Archway. Why not join us? £2 per session (first session free). Final session in 2018 is 29 November, returning 24 January 2019. Get in touch for more details!

Philosophy Forum

Our friendly philosophy group is led by experienced philosophers and meets on Sundays from 4.00 to 6.15pm in Archway. The final session before Christmas is 16 December, returning 20 January. Contact us for further details.

Looking Forward...

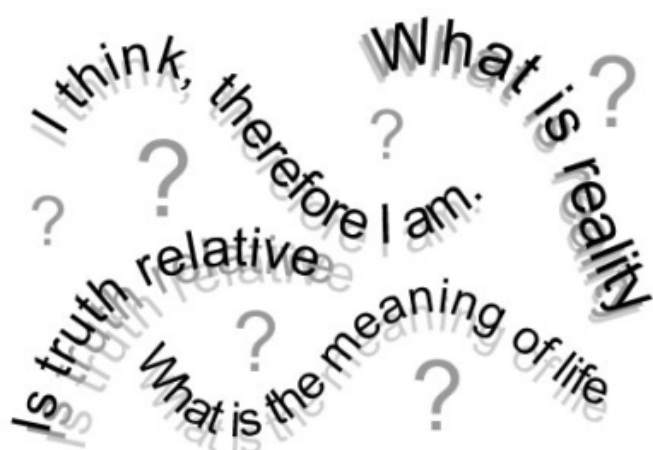
There are lots of SLT events to look forward to in 2019!

Our highly popular series of art workshops, held at the Estorick Collection of Modern Italian Art, Islington, resumes in February.

Also in February there'll be an outing to Two Temple Place, near Victoria Embankment, when we'll be taking in *The Power of Seeing*, an exhibition marking the bicentenary of the birth of artist, critic, educator, and polymath John Ruskin.

Then on Thursday March 7 our Gardening Project at Culpeper Community Garden, Islington, will be back for the spring.

Until then from all at SLT our best wishes for the season and for a peaceful New Year ahead.



About The Stuart Low Trust

The Stuart Low Trust (SLT) is a health promotion charity based in Islington, north London. Our mission is to ensure that local people, especially those experiencing social isolation or mental distress, have access to the support they need for better health and wellbeing.

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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