



WHAT'S ON

FEBRUARY / MARCH 2018

Saturday Winter Workshops

LIMITED PLACES – BOOKING ESSENTIAL

3rd February - Let's Sing

Only ever sung in the bath? Come along and find your voice in this group session led by SLT's choir tutor Stac Dowdeswell. Stac has been running choirs that focus on fun and friendship since 2008.

10th February - 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.

3rd March - Chi Kung

With roots in Chinese medicine, philosophy and martial arts, Chi Kung is a practice aligning body, breath and mind for health and meditation. Led by Belinda Ackermann. Please wear loose, comfortable clothing.

10th March - 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!

24th March - Coming To Our Senses

This informal workshop will explore how mindfulness can help us to 'fall awake' to the present moment, 'come to our senses' and embrace the whole of our experience. Includes a chance to practise mindfulness and share experiences. Led by experienced mindfulness coach Katy Connell.

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 February and March events

Friday Evening Events



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

February

Friday

The Regent's Canal

2

The history of the Regent's Canal followed by a tour in images from Little Venice to Limehouse Basin. Presented by Roger Squires of the London Canal Museum.

Friday

Do We Need Each Other?

9

Aristotle, Arendt, Descartes and Sartre have all had important things to say about the nature and importance of friendship. We will look first at their ideas and then discuss these to see what we come up with for ourselves. Philosopher Rachel Paine will lead the discussion. *Rachel is a founding member of the Stuart Low Trust's Philosophy Forum—see back page for how you can get involved.*

Friday

How to Boost Your Confidence

16

Positive psychology coach and consultant Reza returns to explain how we can see ourselves as capable people in control of our lives, able to do what we want and live purposeful lives.

Friday

Street Furniture

23

Rob Kayne is back with more examples of everyday objects taken for granted by the side of the road. As time marches on do we really need clock towers and cattle troughs?

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

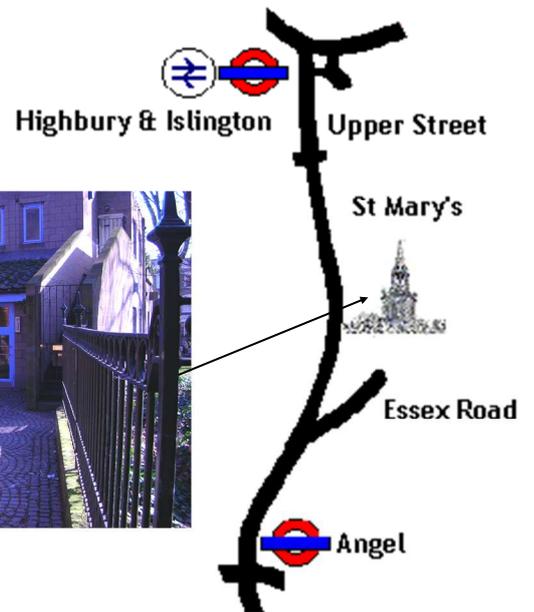
WHAT HAPPENS

- 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



March

Friday **The Life of the Spy and Novelist**

2 Historian Helen Fry will take a look at two of the most successful novelists of our time, John le Carré and Frederick Forsyth, both of whom also had careers as spies during the Cold War.

Friday **Winston**

9 Singer and guitarist Winston pays a welcome return visit to SLT.

Friday **Canals Are From Mars**

16 For nearly a century there were many who wondered whether the planet Mars was criss-crossed by canals. It was explored in scientific articles and in a wealth of popular literature. Lester Hillman is back to offer a colourful presentation exploring how the theory held water in popular culture and reveal, surprisingly, that many local landmarks have a place in the story.

Friday **Guitar Journey - A Trip To The Sun**

23 Acclaimed concert guitarist Eleftheria Kotzia returns with a programme designed to transport us to sunnier climes!

Friday **Vintage Ruby**

30 It's Good Friday, but SLT is here as ever with a lively selection of pop, rock, jazz and reggae to sing along to, led by Vintage Ruby.

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

Join the Estorick Collection of Modern Italian Art for two workshops based around its current exhibition *The Enchanted Room: Modern Works from the Pinacoteca di Brera*.

Objects and Interiors Tuesday 27 February

Inspired by the works of Carlo Carrà this class focuses on exploring the relationship between objects and interiors. We'll be using a mixture of newspaper, books, fabric and objects to create a still life scene in a box to take away and draw.

Draw and Paste Cityscapes Tuesday 20 March

Explore collage techniques using geometric shapes to create your own rubbings inspired by the cityscapes of Gino Severini and Mario Sironi.

When: Refreshments 1.30pm;
Sessions from 2.00 to 4.00pm

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



Two Temple Place

Join SLT for a guided tour of this spectacular neo-Gothic mansion near Victoria Embankment and see its new exhibition *Rhythm & Reaction: The Age of Jazz in Britain*, which explores the impact that jazz had on Britons from 1918.

When: Thursday 22 February

Meet: Outside Angel tube station, 12.45pm

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

Gardening Project

Our weekly Gardening Project starts up again on Thursday 1 March. Come and take part in light gardening duties at our award-winning plots.

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.

SLT 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. *No session on 13 February, last session before Easter 27 March.*

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 details of the venue. *No session 18 February, last session before Easter 25 March.*

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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