



WHAT'S ON

OCTOBER / NOVEMBER 2018

Saturday Workshops

ADMISSION CANNOT BE GUARANTEED WITHOUT PRIOR BOOKING

Saturday 13 October - Sitting Yoga

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

Led by Belinda Ackermann.

Saturday 20 October - 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.

Saturday 10 November - How to Practice Mindfulness

This informal workshop offers an opportunity to practice some familiar mindfulness meditations, and explore some different ways to practice and bring mindfulness into our everyday lives. Includes a chance to share experiences. Led by experienced mindfulness coach Katy Connell.

Saturday 17 November - 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. Please wear loose, comfortable clothing. Led by Belinda Ackermann.

ALL THE ABOVE 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 IS ESSENTIAL: CALL 020 7713 9304 OR EMAIL INFO@SLT.ORG.UK
PLEASE STATE YOUR BOROUGH OF RESIDENCE WHEN BOOKING. THANK YOU.**

WOULD YOU LIKE TO JOIN OUR BOARD OF TRUSTEES?

The Stuart Low Trust is looking for participants to join its Board of Trustees. If you'd like to learn more, please contact Hannah Kalmanowitz on 020 7713 9304 or hannah@slt.org.uk by Friday 9th November.

Friday Evening Events



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

October

Friday

Russ Chandler

5

An eclectic mix of songs old and new, from the silliest Music Hall ditties to the biggest protest songs ever written. Plus banjo. Lots of banjo!

Friday

**London's History Reported From a
Thames Riverbus**

12

The pavements and streets of London resonate with history, but for a different perspective we can enjoy the comfort of a Thames riverbus. Bridges and traces of former bridges, dock entrances, the outlets of London's lost rivers, pubs with long histories and mudlarkers digging up centuries of rubbish, all as observed during recent journeys on a boat. Illustrated presentation by Rob Kayne.

Friday

Heritage of the Regent's Canal

19

A history of the Regent's Canal focusing on living memories. Bring along your own memories and images to share! Presented by community historian Carolyn Clark. *Part of the Islington Canal Heritage Project.*

Friday

★ **special stage** ★

26

Special Stage is the first music contest for emerging musicians performed within social projects. Three artists perform three songs and audiences vote for the best, who will go forward to the UK final in 2019. Everyone is invited to sing along and enjoy these amazing musicians who are donating their talents this evening!

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

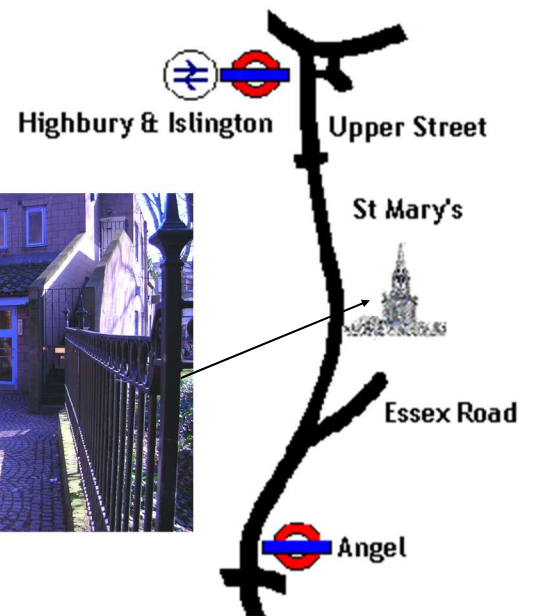
WHAT HAPPENS

- 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 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



November

Friday
2

Sherlock Holmes - Fact and Fiction

Sherlock Holmes is a fictional character, created by the author, physician, sportsman, campaigner for justice and spiritualist Sir Arthur Conan Doyle. Sherlock Holmes was a real historical person, the world's greatest detective, who lived at 221B Baker Street, London. Roger Johnson, editor of the Sherlock Holmes Journal, attempts to sort the fact from the fiction!

Friday
9

★ special stage ★

The second Stuart Low Trust heat of Special Stage! Three more performers battle it out. Who will go forward to the UK final? You help decide!

Friday
16

Air Islington

In the centenary year of the Royal Air Force Lester Hillman explores aviation heritage in Islington. The talk marks the hundredth anniversary of an air show in the Royal Agricultural Hall (now The Business Design Centre) which opened four days after the Armistice and included the fighter plane of Baron Von Richthoven (the Red Baron).

Friday
23

The Story of Your Recycling

Find out about how the rubbish and waste you throw away is managed, the process and benefits of recycling and see what your recycling is turned into! Presented by Alex Furey of North London Waste Authority.

Friday
30

May We Join You?

Singer/pianist Bob Stuckey and special guest Romy Summers would like to share with you their favourite songs, some familiar and some surprises.

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

Art Workshops

Explore the Estorick Collection's exhibition *A New Figurative Art 1920-1945: Works from the Giuseppe Iannaccone Collection* (26 September-23 December) in these practical sessions.



Iannaccone Collection, Milan

Still Life Drawing Experiments

Tuesday 30 October

Learn experimental drawing techniques to create a series of still life drawings.

Paper and Photo Portraiture

Tuesday 20 November

Create your own characters, costumes and props using newspapers and capture them in a series of photographic portraits.

Venue: The Estorick Collection of Modern Italian Art, 39a Canonbury Square, Islington, N1 2AN.

Times: Tea/coffee 1.30pm, workshops 2–4pm.

Cost: Free. All materials provided.

Book: 020 7713 9304 or email info@slt.org.uk, stating your borough of residence.

Stuart Low Trust Choir

All are welcome to join SLT's Thursday evening choir in Archway, 5.50 to 7.20pm. £2 per session, first session free. One week break on October 25th. Contact us for venue details.

Estorick Collection Outing

Ahead of our next two workshops at the Estorick Collection of Modern Italian Art (see left) a chance to enjoy a guided tour of the gallery's current exhibition which features iconic works from the private collection of Milanese lawyer Giuseppe Iannaccone.

When: Wednesday afternoon 17 October.
Meeting time outside Highbury & Islington station will be provided upon booking.

Book: On 020 7713 9304 or info@slt.org.uk, stating your borough of residence.

Gardening Project

When: Thursdays, 2.00 – 5.00pm

Where: Meet Robin and Jane at the Resource Room, Culpeper Community Garden, 1 Cloudesley Road, Islington, N1 0EG.

Final session this year is Thursday 25 October, resuming Thursday 7 March 2019.

Rosenau Sinfonia

Enjoy an open rehearsal by chamber orchestra Rosenau Sinfonia at St Paul's Church in Covent Garden (aka The Actors' Church) – and take tea with the orchestra!

When: Saturday afternoon 17 November.
Meeting time and location in Islington will be provided on booking.

Book: On 020 7713 9304 or info@slt.org.uk, stating your borough of residence.

Philosophy Forum

Join our Sunday philosophy discussion group in Archway, 4.00pm to 6.15pm. Sessions resume on 7th October with a break on 11th November. Contact us for further details.

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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