

The Stuart Low Trust

bringing people together for better health and wellbeing



Programme of Events February/March 2012

FRIDAY EVENING EVENTS

St Marys Community Centre,

Upper Street, Islington, 6.30 - 9.00pm

We've some great music and entertainment events coming up...



Jessie Pie

17 February



Helen McCookerybook

24 February



JOHN HEGLEY

& FRIENDS

2 MARCH



The Light Brigade

30 March



See inside for details of all our fantastic Fridays in February & March ...

Friday Evening Events

FREE, sociable and fun gatherings in a friendly environment
Refreshments provided
All welcome—no need to book



WHEN: every Friday, including public holidays, 6.30pm to 9.00pm

WHAT HAPPENS:

- Tea, coffee and fruit juice available from 6.30pm
- Healthy buffet available at 7.00pm (vegetarians catered for)
- Presentations start at approximately 7.30pm, duration one hour

February 2012

Friday **SELF-ESTEEM**

3

We can all do with a self-esteem boost! **Karen Dowd** of Inner Space, a meditation and personal development centre in Covent Garden, will explore methods to:

- **Improve your mood and self talk**
- **Deal with mistakes, setbacks and criticisms**
- **Express yourself confidently**



Friday **TRAINING OUR MINDS FOR SELF-COMPASSION**

10

Practising self-compassion can assist us in our personal growth and support us in getting through difficult times. Self-compassion is linked to increased personal wellness which includes happiness, social connectedness, optimism and lower levels of anxiety, depression

and fear of failure. Presenter **Nim Njuguna** is the Founder/Chairman of Nakuru Environmental and Conservation Trust, a charity involved in global citizenship and environmental issues in UK and Kenya. Nim is a tutor at the Mary Ward Centre, London.



Friday **JESSIE PIE**

17

“Lovely singer!”

“Refined and sophisticated, yet warm and engaging”

“Excellent, brilliant. The best ever entertainment”

“Chilled out!”

With reviews such as these from her last SLT appearance, we're only sorry it's taken us so long to invite back the fabulous, bluesy, **Jessie Pie**.



Friday **HELEN McCOOKERYBOOK**

24

A veteran of the punk era, playing in and leading bands beloved of the late John Peel, **Helen McCookerybook** returned as a solo artist in the noughties after a 20 year break and hasn't stopped writing songs, performing and recording since.



Friday Evening Events

WHERE: St Mary's Community Centre, Upper Street, Islington N1 2TX, near to St Mary's church

NB: THE COMMUNITY CENTRE IS SEPARATE FROM THE CHURCH BUILDING (BETWEEN DANSK FLORISTS AND THE CHURCHYARD)

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



March 2012

Friday
2

JOHN HEGLEY songs, poems (and a small amount of dancing)

Poet, musician and comedian **John Hegley** pays a welcome return to SLT's Friday Evening Event, accompanied by a line-up of fellow entertainers, for an exploration of such diverse topics as dog hair, potatoes and handkerchiefs!



Friday
9

THEY CAME TO SPAIN

Ken Baldry introduces Spanish themed music by non-Spanish composers, from Dufay in the 15th Century to Ravel in the 20th.



Friday
16

CoolTan® ARTS

CoolTan Arts is a Southwark-based mental health and arts charity that believes mental well-being is enhanced by the power of creativity. **Michelle Baharier** will introduce CoolTan's varied programme of workshops, which include visual arts, batik, digital arts, video, poetry and performing arts.

Friday
23

ISLINGTON IN THE 1940s

Lester Hillman and **Andrew Gardner** of the Islington Archaeology and History Society return to SLT with an illustrated tour of the borough during the war and immediate postwar years.



Friday
30

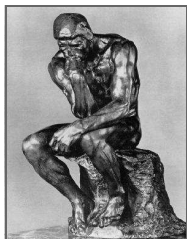
THE LIGHT BRIGADE

Relax to numbers from the fifties to the seventies, plus a smattering of jazz, from smooth four piece **The Light Brigade**.



Join the Big Debate!

Recent discussion topics at our Sunday Philosophy Forum have included:



- Personal Identity: What Am I?
 - Scepticism: What Can We Know with Absolute Certainty?
 - Friedrich Nietzsche
 - Genetic Enhancement
 - The Moral Lives of Animals
 - Philosophical Diversity

The group is led by teachers and students from Cambridge and other universities and meets Sundays, 4pm to 6pm, in Archway, N19.

After a short introductory talk or question, participants discuss the issues among themselves, guided by the group leaders. This is an accessible introduction to philosophy, drawing on the knowledge and life experience of those who attend. No previous philosophical knowledge or reading is necessary. **All are welcome to attend these free sessions—call 020 7713 9304 or email info@slt.org.uk for details!**



COMEDY IMPROV SESSIONS



Ever wanted to join in with Whose Line Is It Anyway? Are you a fan of Fast and Loose? Would you like to take part in a fun, interactive improvisation course, led by experienced comedy professionals? Depending on response, we plan to run a minimum of six sessions at a venue in either Islington or Camden. Let us know if you'd like to be involved by calling 020 7713 9304, or emailing info@slt.org.uk



Outings

SLT's monthly outings are free (apart from public transport charges where these apply) and are open to all. New faces are always welcome. A picnic lunch and refreshments are provided. Place and time of meeting will be provided on booking by calling 020 7713 9304, email info@slt.org.uk. **Please note that places are strictly limited and we cannot accept group bookings (i.e. no more than two people).**

After booking, if you are unable to attend please let us know as soon as possible so that we can reallocate your place.

Tuesday 28 February **A Hankering After Ghosts: Charles Dickens and the Supernatural**

Marking the bicentenary of Dickens's birth, this exhibition at the British Library explores the many ways in which Dickens used supernatural phenomena in his works, while placing them in the context of scientific, technological and philosophical debates of his time.



Tuesday 27 March **London Canal Museum**

See inside a narrowboat cabin, learn about the history of London's canals, the cargoes carried, the people who lived and worked on the waterways, and the horses that pulled their boats. This unique waterways museum is housed in a former ice warehouse built in about 1862-3 for Carlo Gatti, the famous ice cream maker, and features the history of the ice trade and ice cream as well as the canals. **Please note that bookings for this outing will not be taken before Monday 5 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 and check us out!

You can contact us at: Office 7, Claremont, 24-27 White Lion Street, Islington, N1 9PD
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