

The Stuart Low Trust



WHAT'S ON

FEBRUARY / MARCH 2019

Saturday Workshops

9 February - Self Massage

Focussed relaxation, gentle mindful stretching and self-acupressure massage, all designed to generate a feeling of calm. Led by massage therapist, Maurizio Lodato.

16 March - Mindfulness and Relaxation

This informal workshop will explore how learning and practising mindfulness techniques can help to reduce stress and anxiety and promote relaxation. Led by experienced mindfulness coach, Katy Connell.

**ALL SATURDAY SESSIONS ARE FREE OF CHARGE AND TAKE PLACE AT:
ST. MARY'S NEIGHBOURHOOD CENTRE, UPPER STREET,
ISLINGTON, N1 2TU**

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

Friday Evening Events

February

Friday Going the Whole 'Hog

1

People's Trust for Endangered Species (PTES) and the British Hedgehog Preservation Society (BHPS) have launched the Hedgehog Street campaign, which seeks to conserve this iconic species and empower the British public to help hedgehogs in their own back gardens by putting out some food or linking up your gardens with 'hedgehog highways'. Presented by Hedgehog Officer Emily Wilson.

Friday BMJ Band

8

Sing and dance along to songs from the 60s to the noughties performed by the superb staff band of the British Medical Journal.

Friday ChrisAnna

15

ChrisAnna are a guitar and vocal duo who perform a wide range of music from love ballads to rock songs with a delightful acoustic twist. The pure, angelic voice of Anna is perfectly complemented by the skilful guitar work of Chris, who also takes some solo numbers.

Friday London's River History

22

How many stories about the Thames can we fit into forty-five minutes? Bridge painters, riding the rapids, toll collectors, mudlarkers and multi-storey homes for horses. There's so much to talk about. Presented by Rob Kayne.

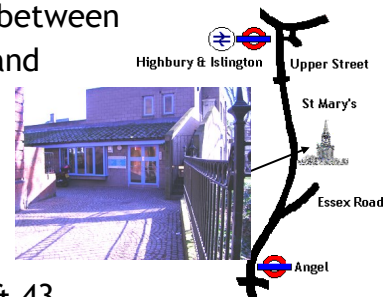
WHEN every Friday, 52 weeks a year, 6.30pm to 9.00pm

WHAT HAPPENS

- 6.30pm–7.00pm: Tea & coffee
- 7.00pm–7.30pm: Sandwich, fresh fruit, and juice
- 7.30pm–8.30pm: Presentation/performance—see each week's listing above for details

WHERE St Mary's Neighbourhood Centre, Upper Street, Islington N1 2TU (between St Mary's Church garden and Dansk Florists)

HOW TO GET THERE Ten minute walk from Angel and Highbury & Islington stations; buses 4, 19, 30 & 43 stop outside



Friday Evening Events

March

Friday Tunnel Vision

- 1** Lester Hillman is back with a celebration of the Islington Tunnel, the Regent's Canal infrastructure masterpiece on our doorstep.

Friday Mari Wilson

- 8** Mari Wilson – The Neasden Queen of Soul – arrived on the scene in the early eighties with her skyscraper beehive hairdo, retro sense of fashion and fully choreographed twelve piece band The Wilsations. Following hits including Just What I've Always Wanted and Cry Me A River, Mari changed direction with more intimate shows and performances in musical theatre – Mari was the obvious choice to play Dusty Springfield in Dusty The Musical. It's a privilege to be able to say “Tonight, at the Stuart Low Trust Friday Evening Event – heeeeeeeere's Mari!!”

Friday Managing Migraine

- 15** Migraine is a complex condition with a wide variety of symptoms. It is the third most common disease in the world, affecting around one in seven people globally. Susan Haydon and Helen Balami of The Migraine Trust will discuss how migraine can be managed and provide information on access to health services and welfare benefits for people with migraine.

Friday How We Can Combat Climate Change

- 22** Climate change is one of the most serious issues humanity faces. Tim Root of Muswell Hill and Hornsey Friends of the Earth will outline current efforts to combat climate change and how they can be made more effective.

Friday National Interest

- 29** National Interest sing about the world as it is and how they'd like it to be. Their songs are funny and stirring – and you can join in the choruses!
-

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 at the Estorick Collection

All are welcome to take part in these sessions based around the Estorick Collection's current exhibition *Fausto Melotti: Counterpoint*.

Balance: Wire Mobiles Tuesday 12th February

Using a range of wires and light and heavy materials, this workshop will experiment with balance to create your own kinetic sculpture inspired by Fausto Melotti's metal sculptures.

Mythological Mark Making Tuesday 19th March

Taking inspiration from Fausto Melotti's artworks and tales from Greek mythology, this class will explore mark-making and grids to look at the relationship between light and dark.

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.

Canal Museum Outing

Discover the history of London's canals with SLT as we visit the London Canal Museum.

When: Tuesday 26 February

Meet: Outside Angel tube station, 1.00pm

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

Two Temple Place Outing

Join SLT for a guided tour of this spectacular neo-Gothic mansion near Victoria Embankment and take in the new exhibition *John Ruskin: The Power of Seeing*.

When: Thursday 21 March

Meet: Outside Angel tube station, 12.45pm

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

Gardening Project

Our weekly Gardening Project starts up again on Thursday 7 March. Come and take part in light gardening duties at our award-winning plots.

When: Thursdays, 2.00 – 5.00pm

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

Stuart Low Trust Choir

All are welcome to join SLT's Thursday evening choir in Archway, 5.45 to 7.15pm. £2 per session, first session free. **There will be no class on the 7th of February.** There will be a one week break on the 7th of March. Contact us for venue details.

Philosophy Forum

Join our Sunday philosophy discussion group in Archway, 4.00pm to 6.15pm. Sessions resume on 20th January with a break on the 24th of February. 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, Registered with 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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