

What's On Summer Term July-Sept 2024



The Stuart Low Trust

Bringing people together for better health and wellbeing



Arts

Monday Meet-Ups Social Group

The group will get together twice per month, one social in Costa Coffee on Caledonian Road and one social outing, supported by SLT staff Katy and Cady.

8th July, 1-3pm at Costa Coffee, Caledonian Road

22nd July, 12-3pm Outing to Spitalfields Market

5th August, 1-3pm at Costa Coffee, Caledonian Road

19th August, 12-3 pm Outing to St James Park

9th September, 1-3pm at Costa Coffee, Caledonian Road

23rd September, 12-3pm Outing to Coal Drops Yard

Estorick Art Workshops

Join our friendly, creative community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and be inspired to create your own artwork. (F2F)

Tuesday 9th July, 3-5pm

Tuesday 23rd July, 3-5pm

Tuesday 10th Sept, 3-5pm

Tuesday 24th Sept, 3-5pm

'Write Away' - A Poetry Course with Bill Dury

Thursdays 2-3:30pm (F2F)

Starts 5th September, ends 24th October.

8-week creative writing and poetry course run in collaboration with Islington Mind. Explore your imagination and learn new techniques and writing styles. Connect with like-minded individuals and self-express in a safe and friendly environment. All levels are welcome. *(Some eligibility criteria apply.)*

Conservation for Wellbeing Project

Taster Session Friday 9th August (F2F)

Join us for a behind-the-scenes visit to the London Metropolitan Archives. A taster session for our exciting NEW September course.

10 week course every Friday

Starts 6th September, ends 11th October

Break 18th October (1 week)

Learn how heritage collections are protected and stored at the London Metropolitan Archives. This is an interactive, hands-on course with the chance to examine real historic documents and practise conservation techniques. Friendly staff and a relaxed, social setting, with a tea and coffee break.

Art Visit

Museum of the Order of St John

Monday 16th September, 2-4pm (F2F)

Explore the medicinal garden and historic Church, with tea and a garden-inspired craft activity.

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Friday Evening Events

Jean Stokes Community Centre, N1 0DX
Friday FORTNIGHTLY, 6.30 - 8.45pm.

Enjoy the entertainment, connect with the community, meet new people, and have fun! There is something for everyone.

Refreshments included! Vegetarian options available. Gluten-free and vegan options available on request.

No booking required (Friday Evening Events only).

Healthy Minds, Healthy Bodies
Interactive Talk Part 1

Friday 12th July, 6.30-8.45pm

Curious about your health? Come along and learn how to make positive changes to your lifestyle. Interactive events focusing on mindset, nutrition, and exercise.

Healthy Minds, Healthy Bodies
Interactive Talk Part 2

Friday 26th July, 6.30-8.45pm

More health and lifestyle top tips. Learn about what our bodies need to stay healthy in this interactive, uplifting session.

Have Your Say And Social

Friday 9th August, 6.30-8.45pm

What do you want SLT to do differently in the future? Let us know in this HYS event and social night.

Marvellous Marylebone

Friday 23rd August, 6.30-8.45pm

An illustrated talk exploring Marvellous Marylebone. Discover the area's history and how it got its name. We will meet some of the people connected to the district, from Madame Tussaud, the Suffragettes to the Fab Four With Tina Hodgkinson.

Special Stage

Friday 6th Sept, 6.30-8.45pm

Sing along, enjoy the music and vote for your favourite performance!

Social Night

Friday 20th Sept, 6.30-8.45pm

Join us for an evening of games and laughter. More opportunities to connect with the community and have fun!

Charterhouse Visits

History, Coffee and Chats

Thursday 25th July (F2F)

Come along to The Charterhouse for tea, coffee and a history discussion with Nichola. Learn about its historic buildings dating back to the 14th century.

Sensory Poetry Garden Tour

Wednesday 4th September (F2F)

Join us outside for a poetry-themed garden tour and explore the historic Charterhouse with Nichola.

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Wellbeing

Mindfulness (Zoom)

Saturday 29th June, 2.30-3.30pm

Join our rejuvenating mindfulness class. Learn and practice helpful mindfulness techniques in a supportive friendly group, for relaxation and wellbeing. With Katy.

Chi Kung (F2F)

Re-boot & re-balance your body, mind and spirit! The classes are based on gentle, rhythmic movements that de-stress and enhance wellbeing.

Saturday 13th July, 2.30-3.30pm (Zoom)

Saturday 20th July, 2.30- 4.45pm (F2F)

Meditation & Meridian Exercises

6 Week Course (F2F/Zoom)

Come along and improve your wellbeing with body, mind and spirit harmony. Explore meridian exercises, acupuncture points and breathing techniques with Maurizio. These exercises help to reduce stress, pain in joints and improve quality of sleep.

Book 6 weeks or Zoom Booking Available

Saturday 14th Sept 2.30-4.45pm (F2F)

Saturday 21st Sept 2.30-3.30PM (ZOOM)

Saturday 12th Oct 2.30-4.45 (F2F)

Saturday 19th Oct 2.30-4.45pm (F2F)

Saturday 16th Nov 2.30-3.30PM (ZOOM)

Saturday 23rd Nov 2.30-4.45pm (F2F)

Let's Dance (F2F)

Saturday 27th July 2.30-4.45pm

Saturday 28th Sept 2.30-4.45pm

Lift the spirit and have fun with easy, invigorating dance moves. Led by Mark

Gentle Exercise: Building Energy through Movement (Zoom)

Tuesdays, 12-1pm

Lift your energy with a mixture of Tai Chi, Chi Gung and Yoga with Peter. A great way to exercise and strengthen muscles, joints and bones. Come and get stronger! *Term ends 23rd July.*

Restarts 3rd Sept.

Let's Sing (F2F)

Saturday 31st August, 2.30-4.45pm

Enjoy singing heart-warming songs together in a fun and informal workshop with Cici. No experience needed!

NEW COFFEE MEET-UP

Join our new SLT coffee afternoon! Come along and meet new people over a tea, coffee, and a chat in a friendly atmosphere. (F2F)

Wednesday 24th July 2-3.30pm

Wednesday 14th August 2-3.30pm

Wednesday 11th Sept 2-3.30pm

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Men's Club: Keep fit and chat (F2F)

Thursdays, 1.30-2.45pm

Longevity Keep Fit with Qi Gong

Exercises followed by a coffee social.

Nature

Inner Temple Gardens (F2F)

Wednesday 3rd July, 12-3pm

Visit the historic and beautiful Temple Garden. Learn about its history and plant collection.

Stephney City Farm (F2F)

Wednesday 17th July, 11-1pm

Stepney City Farm is a 4.5 acre working farm; a rural oasis in Tower Hamlets. Take the chance to meet farm animals during this tour of the farm.

Waterlow Park (F2F)

Wednesday 31st July, 11-1pm

Waterlow Park is a large, leafy park in Highgate. Lauderdale House looks out over the beautiful Tea Lawn.

Rembrandt Gardens and Little Venice (F2F)

Wednesday 7th August, 11-1pm

Rembrandt Gardens overlook the Regent's Canal filled with floral beds and shrubs.

Clissold Park (F2F)

Wednesday 21st August, 11-1pm

A beautiful park that includes St Mary's Old Church, now an arts venue, cafe and a small outdoor animal park with goats, birds, deers and more.

Kew Gardens (F2F)

Wednesday 28th August, 11-4pm

Thousands of trees and flowers from around the world in vast gardens with huge greenhouses and treetop walkways.

Woodberry Down Wetlands (F2F)

Wednesday 11th Sept, 1-3pm

A haven for wildlife and people in Hackney. Wooden walks ways through nature with distant city vistas.

Kenwood House and Gardens (F2F)

Wednesday 18th Sept, 12-3pm

On the edge of Hampstead Heath and surrounded by tranquil landscaped gardens, one of London's hidden gems. A world-renowned collection of paintings

Dalston Eastern Curve Garden (F2F)

Wednesday 25th Sept, 1-3pm

Part urban forest, part urban agriculture, the garden is a haven for education, growth, relaxation and play in wildlife.

BOOKING OR MORE INFO:

Email: info@slt.org.uk

Call and leave a message on: 020 7713 9304.

Places are limited, booking essential.

About Stuart Low Trust

Stuart Low Trust Hopes to bring people together through our free activities, to help people find enjoyable activities, friendly faces and all without monetary limitation.

More about us

Office 1, Jean Stokes Community Centre,

Carnoustie Drive, London, N1 0DX

Website: www.slt.org.uk

Charity number 1102325 Company number 5001948

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