

# What's On Spring Term April-June 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 April, 1-3pm** at Costa Coffee, Caledonian Road

**22nd April, 1-3pm** Outing to Alexandra Palace

**13th May, 1-3pm** at Costa Coffee, Caledonian Road

**20th May, 1-3 pm** Outing to ST Martin-In-the-Field

**10th June, 1-3pm** at Costa Coffee, Caledonian Road

**24th June, 1-3pm** Outing to Waterlow Park

### 'Write Away' - A Poetry Course with Bill Dury

**Thursdays 2-3pm (F2F)**

*Starts 23rd May, ends 11th July.*

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

### 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 collections and be inspired to create your own artwork.

(F2F)

**Tuesday 21st May, 3-5pm**

**Tuesday 4th June, 3-5pm**

**Tuesday 18th June, 3-5pm**

### Choir

**Thursdays, 5.30-7pm (F2F)**

Choir is back with Cici for a new term, starting 9th May. Runs **weekly** every Thursday until the *end of term 4th July*. *There will be a week break 30th May* *We will be back again 3rd October.*

### Philosophy Forum

Join our Philosophy discussion group and ponder the greater questions in life. (F2F)

**Sunday 5th May, 3.30-6pm**

**Sunday 19th May, 3.30-6pm**

**Sunday 2nd June, 3.30-6pm**

**Sunday 16th June, 3.30-6pm**

**Sunday 30th June, 3.30-6pm**

## Face-to-Face Friday Evening Events

### Friday Evening Events

**At Jean Stokes Community Centre, N1 0DX.**

**Friday FORTNIGHTLY, 6.30-8.45pm.**

*No booking required (Friday Evening Events only).*

Enjoy the entertainment, connect with the community, meet new people, and have fun! From Music and Comedy, to History and Health, there is something for everyone.

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

**THREE: Theatre Show**

**Friday 5th April, 6.30-8.45pm**

Theatre company Dangersity presents THREE, a tragicomic piece of theatre about what it means to be human; highlighting themes of self-love, compassion, and loneliness.

**Managing Sleep and Wellbeing**

**Friday 19th April, 6.30-8.45pm**

Explore how to manage sleep and wellbeing with Icope. Come along to find out more about the topic and chat to others who share an interest.

**Comedy: Murky Malarky at Hatton Garden**

**Friday 3rd May, 6.30-8.45pm**

Lester Hillman is back to explore all things comedy in and around our area. Murky Malarky at Hatton Garden is what will be explored this week.

**Special Stage and Ivor Game**

**Friday 17th May, 6.30-8.45pm**

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

**Have Your Say And Social**

**Friday 31st May, 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.

**Rona Topaz**

**Friday 14th June, 6.30-8.45pm**

Enjoy an evening of cabaret, featuring original songs and well known covers from the 60's to the Noughties.

**Comedy: The Clerk's Well**

**Friday 28th June, 6.30-8.45pm**

Lester Hillman is back to explore all things comedy in and around our area. The Clerk's Well is what will be explored this week.

# What's On Spring Term April-June

## Art Visit

### Charter House Tour

**Thursdays 18th April, 2-3.30pm (F2F)**

Tour of this historic building dating back to the 14th century. The tour will be led by one of the Charter House brothers and followed by a tea/coffee break.

## Wellbeing

### 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. It is a great way to exercise and strengthen most muscles, joints and bones. Come and get stronger! *Term starts on 7th May and ends 23rd July.*

### 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. *Term starts on 11th April.*

### Let's Sing (F2F)

**Saturday 27th April, 2.30-4.45pm**

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

### Let's Dance

**Saturday 25th May, 2.30-4.45pm**

Mark runs a Lift the spirit and have fun with invigorating easy dance moves.

### 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, to promote relaxation and wellbeing. With Katy.

### Chi Kung and Sitting Yoga (F2F) 6-Week Course

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

Suitable for all levels of experience. Zoom-only booking is available.

The first 3 weeks will be Chi Kung, followed by 3 weeks of sitting yoga:

**Saturday 4th May, 2:30-4.45pm (F2F)**

**Saturday 11th May, 2:30-3:30pm (ZOOM)**

**Saturday 15th June, 2:30-4.45pm (F2F)**

**Saturday 22nd June, 2:30-4.45pm (F2F)**

**Saturday 13th July 2:30-3:30pm (ZOOM)**

**Saturday 20th July 2:30-4.45pm (F2F)**

# What's On Spring Term April-June

## Nature

### Kew Gardens (F2F)

**Wednesday 3rd April, 11-3pm**

Trees and flowers from around the world in vast gardens with huge greenhouses and treetop walkways.

### Camley Street Natural Park (F2F)

**Wednesday 10th April, 1.30-3pm**

Discover Camley Street in Spring and learn about the seasonal flora and fauna with canals, interesting wildlife architecture.

### Regent's Park St John's Lodge (F2F)

**Wednesday 24th April, 1.30-3pm**

Designed as a series of compartments ornamented with sculpture and stonework, made to be 'fit for meditation' by Robert Weir Schultz in 1889.

### Queen Elizabeth Olympic Park (F2F)

**Wednesday 1st May, 12-3.30pm**

World-renowned destination nestled in the heart of east London. This iconic park was home to the 2012 Summer Olympics.

### New River Walk and St Paul's Shrubbery (F2F)

**Wednesday 15th May, 1.30-3pm**

Discover signs of spring along the river. Hosts a wide variety of tree and birds.

### Gillespie Park and Ecology Centre (F2F)

**Wednesday 29th May, 1.30-3pm**

A guided walk and private tour of the park and centre. Beautifully scenic walkways.

### Kensington Gardens (F2F)

**Wednesday 5th June, 12-4pm**

Explore historic tree avenues, majestic vistas, amazing statues and blossoming flower walks.

### Queen Mary's Rose Garden (F2F)

**Wednesday 12th June, 1.30-3pm**

In 1932 Queen Mary's Gardens opened to the public. The rose garden is London's largest collection of roses with approximately 12,000 roses.

### Calthorpe Community Gardens (F2F)

**Wednesday 26th June, 1:30 - 3pm**

Discover an oasis of green in the heart of Kings Cross. This community garden promotes sustainable gardening, filled with wonderful plants and homegrown food crops.

## BOOKING OR MORE INFO:

**Email:** [info@slt.org.uk](mailto: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](http://www.slt.org.uk)

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