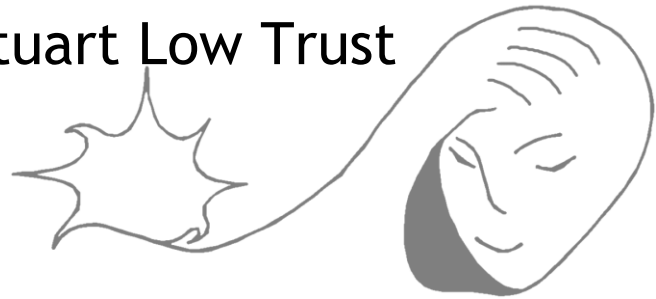




The Stuart Low Trust



bringing people together for better health and wellbeing

Marketing & Communications Officer - Background information

About the Stuart Low Trust

Mental health is a major challenge and priority for Islington. 17,900 Islington residents are living with depression and around 3,750 experience serious mental health problems, the highest rates in London. In addition, the pandemic and the cost-of-living crisis have caused increased mental distress.

The Stuart Low Trust (SLT) exists to provide specialist and targeted early intervention and preventative support to Islington adults experiencing mental health problems and socially marginalised. SLT was set up in 1997 by Islington residents in memory of Stuart Low, who was diagnosed with schizophrenia and took his own life aged 27, when he couldn't find the right help at the right time. SLT aims to fill a service gap which continues, so that local people have quick access to community-based mental health specialist support groups.

SLT provides safe, non-judgemental environments that combat social isolation and stigma, by building community resilience, mental wellbeing, coping skills and social inclusion. Through outcomes evaluation surveys completed at sessions, 89% participants report improved wellbeing at the end of the sessions.

SLT is uniquely:

- **accessible** by offering support at times of increased risk from isolation at evenings and weekends.
- **inclusive** by avoiding the complex eligibility criteria of publicly-funded services.
- **community-embedded** by running all activities in collaboration with community partners.

About the Marketing & Communications Officer

The Marketing & Communications Officer be supervised and work closely with the Events Programme Manager, who coordinates our programmes. As a new post created through additional funding secured, the postholder will have the opportunity to develop and boost our reach. The post will benefit from a new marketing strategy, guidance and templates, developed through a corporate partnership project with Expedia and City law firm.

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Charity Registered in England & Wales No. 1102325



The Marketing & Communications Officer role can be hybrid working both from home and in person.

SLT is a small charity with 6 part-time core staff (including Chief Executive, Fundraising Manager, Finance Manager and Admin Assistant), a team of sessional staff who support the running of events and activities and 6-7 session leaders who specialise in nature, arts or wellbeing topics, such as Yoga, Mindfulness and dance. In addition, SLT's core approach is to work in partnership with community organisations which provide the specialist expertise to run some of our programmes including a local art gallery, local charities and a community farm. A team of around 20 volunteers assist at activities and events.

You will be joining the organisation after a period of positive change with a new centre base, new partners, improved marketing & communications and impact measurement. SLT is based in the Jean Stokes Community Centre, with three other charities in the Caledonian Road about 5 minutes by bus north of Kings Cross Station.

About our Events Programme

SLT achieves our mission through delivery of up to 200 free, socially therapeutic activities per annum in three holistic programmes Arts, Nature and Wellbeing with over 1,000 places filled each year.

Arts Programme

- **Sunday Philosophy Forum** - The Forum is led by a team of volunteer facilitators under the expert guidance of philosophy graduates on Sundays.
- **Art Workshops** - SLT runs fortnightly art activity workshops in partnership with and on the site of Estorick Gallery of Italian Art.
- **Art outings** - Visits included private tours around the Neo-gothic mansion Two Temple Place, the British Museum, the Armourers & Brasiers Livery Company and the Museum of London.
- **Choir** - The Choir relaunched in person at the new venue of the St Luke's Community Centre from the autumn 2022.

Nature Programme

- **Nature visits** - A varied programme of visits to a wide variety of nature sites and activities through the seasons, including nature reserves, gardens, farms and canal walks.
- **Nature outings** - Outings further afield including Kew Gardens and Regents Park.

Wellbeing Programme

- **Friday Evening Events** - Friday evening events are run on a drop-in basis at our new venue the Jean Stokes Community Centre and are SLT's flagship service.
- **Wellbeing Workshops** - SLT's Wellbeing Workshops enable participants by providing a toolkit of coping strategies and techniques to use at home including gentle activity, Yoga, Chi Kung, mindfulness, dance, visualisation and relaxation. 25% of the programme is run online via Zoom.