

What's On Winter Term Oct - Dec 2024



The Stuart Low Trust

Bringing people together for better health and wellbeing



Arts

Philosophy Forum

Old Diorama Arts Centre, Euston

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

Sunday 6th October, 3.30-6pm

Sunday 20th October, 3.30-6pm

Sunday 3rd November, 3.30-6pm

Sunday 17th November, 3.30-6pm

Sunday 1st December, 3.30-6pm

'Write Away' - A Poetry Course with Bill Dury

Thursdays 2-3.30pm (F2F)

Starts 5th September, ends 24th October

Islington Mind Centre, Archway

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

Choir

Thursdays, 5.30-7pm (F2F)

St Luke's Community Centre, Old Street

Choir is back with Cici for a new term. A friendly community choir, all levels, everyone welcome. Book full term.

8 week course every Thursday

Start 26th Sept, Ends 28th Nov.

2 week break October 24th and 31st.

Estorick Art Workshops

Estorick Gallery, Highbury & Islington

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 8th October, 3-5pm

Tuesday 22nd October, 3-5pm

Tuesday 12th November, 3-5pm

Tuesday 26th November, 3-5pm

Tuesday 10th December, 3-5pm

Art Visit

Frieze Sculpture at Regents Park

Wednesday 9th October, 1-3pm (F2F)

Discover the fascinating artworks of leading artists in this major public art exhibition in Regent's Park.

The Wellcome Collection

Tuesday 5th November, 2 – 4pm (F2F)

Come along for a guided tour of 'Jason and the Adventure of 254'. Artist Jason Wilsher-Mills displays a joyful exploration of the body with large colourful installations and sculptures.

'The Snowman' at Peacock Theatre

Saturday 30th November, Afternoon (F2F)

Join us to watch a tale of a boy and a snowman who comes to life. Enjoy a blend of storytelling, live music and dance.

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Drop-in (No Booking) Events at Jean Stokes Community Centre

Friday Evening Events

Jean Stokes Community Centre, Caledonian Road, 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, Gluten-free and vegan options available on request.

Stand Up in the Canal- Lester Hillman

Friday 4th October, 6.30-8.45pm

Take a look at all things comedy, Goon shows, canal submarines, puppets, hilarious events on the canal, boat names, and more.

Special Stage

Friday 18th October, 6.30-8.45pm

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

Have Your Say And Social

Friday 1st November, 6.30-8.45pm

How can SLT do things differently? Let us know in this HYS event and social night.

Special Stage Final

Friday 15th November, 6.30-8.45pm

It's the final! Your favourite acts from Special Stage battle it out for the winning spot!

SMOLOWIK

Friday 29th November, 6.30-8.45pm

Enjoy music from around the world with SMOLOWIK. Join in, have a dance, and have some fun!

SLT Christmas Special with the London Metropolitan Brass Band

Friday 13th December, 6.30-8.45pm

Join us as we get into the Christmas spirit! Enjoy Christmas-themed refreshments and traditional Christmas carols with the wonderful Metropolitan Brass Band.

John and Jane's Christmas Joy and Comfort

Friday 27th December, 6.30-8.45pm

A participating session with songs and poems, some of a festive nature, many telling tales of family and 'Frenchness'.

DROP-IN COFFEE AFTERNOON

Drop into the Jean Stokes Centre for our new SLT coffee afternoon! meet new people over a hot drink and a chat.

Wednesday 23rd Oct 2-3.30pm

Wednesday 20th Nov 2-3.30pm

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Wellbeing

All Face-to-Face (F2F) Wellbeing Workshops take place at The Mildmay Community Centre, Newington Green.

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. *1 Week Break 29th October. Term ends 26th November.*

Meditation & Meridian Exercises 4 Week Course (F2F/Zoom)

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

Book 4 weeks or Zoom Booking Available

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)

Sitting Yoga (ZOOM)

Saturday 26th Oct 2.30-4.45pm

Re-boot & re-balance to your body, mind and spirit! Suitable for all levels of experience. Based around gentle, rhythmic movements that get under the radar to soften, de-stress and enhance your wellbeing. Feel great. Release stress. Cultivate stillness. With Belinda.

Let's Dance (F2F)

Saturday 9th Nov 2.30-4.45pm

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

Monday Meetups

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.

7th October, 1-3pm

Costa Coffee, Caledonian Road

21st October, 12-3pm

South Bank, River Thames

4th November, 1-3pm

Costa Coffee, Caledonian Road

18th November, 12-3pm

Brick Lane, Tower Hamlets

BOOKING OR MORE INFO:

Email: info@slt.org.uk

Call and leave a message on: 020 7713 9304.

Places are limited, booking essential.

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Conservation for Wellbeing Project

10 week course every Friday

Started 6th Sept, Ends 15th Nov

Break 18th October (1 week)

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

Performance Workshops

Wednesdays 6.30-8.30pm

Start 16th Oct, Ends 4th Dec 2024

**Jean Stokes Community Centre,
Caledonian Road, N1 0DX**

8-week Workshops for anyone aged 18-35, suiting all levels of experience, run by Odd Eyes Theatre.

Explore different aspects of theatre making from improvisation, character development, script interpretation or creating theatre from personal experience, is something for everyone.

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

Nature

Epping Forest (F2F)

Wednesday 16th October, 11-4pm

Epping Forest with its unique mix of habitats and species, making it an internationally important place. It is an ancient forest, with rare or important habitats, including 55,000 ancient trees.

Hampstead Heath (F2F)

Wednesday 30th October, 12-2pm

Hampstead Heath is a vast London park with rolling hills, ponds, and stunning views - home to many famous buildings, including George Orwells short-term home.

Highgate Woods (F2F)

Wednesday 13th November, 12-2pm

Highgate Wood is a 28-hectare expanse of ancient woodland nestled between East Finchley, Highgate, and Muswell Hill. It was once a part of the vast Forest of Middlesex, which stretched across much of London, Hertfordshire, and Essex, and was even documented in the Domesday Book.

Registered with

