

# What's On Summer Term July - Sept 2025

## Arts

### Choir

Thursdays, 5.30 - 7 pm

St Luke's Community Centre,  
Old Street

#### Summer Break

**8-week course starts again on 25<sup>th</sup>  
September**

Choir with Cici for a new term.

A friendly community choir, all levels,  
everyone welcome. Book full term.

### Estorick Art Workshops

Estorick Gallery, Highbury &  
Islington

Join our friendly, creative community art  
workshops. Get creative and relax with  
like-minded people. Make artwork  
inspired by the gallery's internationally  
acclaimed exhibitions.

**Book for the full term.**

**Tuesday 8th July, 3 - 5 pm**

**Tuesday 22nd July, 3 - 5 pm**

*Break for August*

**Tuesday 9th September, 3 - 5 pm**

**Tuesday 22nd September, 3 - 5 pm**

### Art Visits

**London Canal Museum and Canal  
Boat Tour**

**Tuesday 29<sup>th</sup> July, 11 - 1 pm**

Join us for a visit to the London Canal  
Museum. Learn about the history of  
London's canals and enjoy a canal  
boat tour on the 'Long Tom' narrow  
boat this summer.

**British Library Art Workshop**

**Tuesday 16th Sept, 11 - 1pm**

Come along and visit the UK's national  
library. This is a wonderful chance to  
do an art workshop based on one of  
the British Library's collections.

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

**Tuesday's, 2 - 3.30 pm**

**9<sup>th</sup> September - 28<sup>th</sup> October**

**Islington Mind Centre, Archway**

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

# What's On Summer Term July - Sept 2025

## Friday Evening Events

**Drop-in events, no booking required.**

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

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

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

*Refreshments included! Vegetarian, gluten free and vegan options available.*

**Music Contest with Special Stage**

**Friday 11th July, 6.30 - 8.45 pm**

Enjoy live music performances and vote  
for your favourite act!

**Quiz Night**

**Friday 22nd August, 6.30- 8.45 pm**

Come along and test your knowledge at  
our Friday Night quiz. Prizes to be won!

**Billy's Bingo**

**Friday 25th July, 6.30 - 8.45 pm**

Join us for our bingo night with the  
chance to win M&S and Gails bakery  
vouchers as prizes. Hosted by writer and  
comedian Bill Dury - SLT's creative  
writing facilitator.

**SMOLOWIK**

**Friday 5<sup>th</sup> September, 6.30 - 8.45 pm**

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

**Sing-along and Karaoke Night**

**Friday 8th August, 6.30 - 8.45 pm**

Start the night off with some songs to  
sing-along to, then have some fun with  
karaoke.

**Have Your Say Event and Quiz Night**

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

How can SLT do things differently? Let us  
know in this HYS event and music quiz  
night with prizes to be won.

Wellbeing

Meditation & Mindful Movements

Over these 6 sessions, experience how the power of seated meditation, breath work and mindful movements can help calm the mind and relax the body. Explore how these techniques can positively impact the health & well-being of the body and mind. Led by Maurizio. No experience needed.

Mildmay Community Centre  
Book for the full term.

- Saturday 20th Sept, 1.30 - 3.45 pm
- Saturday 27th Sept, 1.30 - 3.45 pm
- Saturday 4th Oct, 1.30 - 3.45 pm
- Saturday 11th Oct, 1.30 - 3.45 pm
- Saturday 18th Oct, 1.30 - 3.45 pm
- Saturday 25th Oct, 1.30 - 3.45 pm

Drop-In Coffee Afternoon

Drop into the Jean Stokes Community Centre for our SLT coffee afternoon. There is no need to book; just turn up and chat with new people over a hot drink. If you like, you can join in with a small arts and crafts activity run by SLT staff member Farhana.

Refreshments provided.

- Wednesday 16th July, 2 - 3.30 pm
- Wednesday 24th September, 2 - 3.30pm

Monday Meet-Ups

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

Costa Coffee, Caledonian Road  
14th July, 1 - 3 pm

Holland Park  
28th July, 12 - 3 pm

Break for August

Costa Coffee, Caledonian Road  
8th September, 1 - 3 pm

Covent Garden  
22nd September, 12 - 3 pm

Nature

All of our nature visits are run by our trained nature leaders, Michael or Chris.

Please note the meeting point will be provided once booking confirmation is received.

Shorter Nature Visits

Parkland Walk  
Wednesday 9th July, 11 - 1 pm

OmVed Gardens  
Wednesday 23rd July, 11 - 1 pm

Regents Canal Walk  
Wednesday 13th August, 11 - 1 pm

Victoria Park  
Wednesday 20th August, 11 - 1 pm

Cody Dock Walk  
Wednesday 3rd September, 12 - 2 pm

Spitalfiels City Farm  
Wednesday 17th September, 12 - 2 pm

Longer Nature Visits

Epping Forest  
Wednesday 2nd July, 11 - 4 pm

Kew Gardens  
Wednesday 6th August, 11 - 4 pm

Walthamstow Wetlands  
Wednesday 10th September, 11 - 3 pm

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

Registered with

