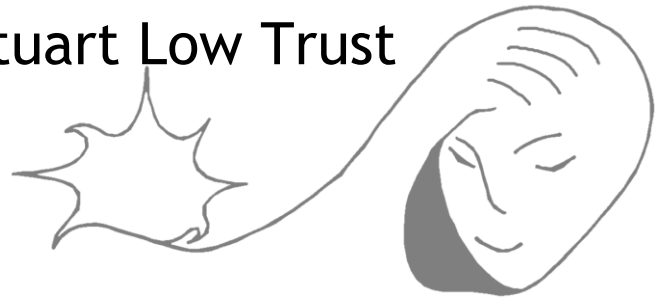




The Stuart Low Trust



bringing people together for better health and wellbeing

Programmes Manager - Background information

About the Stuart Low Trust

The Stuart Low Trust (SLT) is an award-winning charity, supporting around 500 adults per year living in Islington and surrounding boroughs who are socially marginalised and experiencing mental health issues. 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 activity support groups.

SLT provides safe, non-judgemental environments that combat social isolation and stigma, by building resilience, mental wellbeing and coping skills. 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.

SLT is based in the Jean Stokes Community Centre with three other local charities, which is situated on the Caledonian Road about 5 minutes by bus north of Kings Cross Station. We delivery activities across Islington and our nature outings extend across North London.

About the Programmes Manager

SLT is a small charity with 7 core staff, a team of 6 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 cultural centres (eg theatres). A team of up to 20 volunteers assist at activities and events.

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The Programmes Manager's role is to coordinate with this team and partner organisations to deliver our programmes. You will be assisted by two part-time staff, whom you will supervise: a Programmes Data Officer for monitoring & evaluation and a Marketing & Communications Officer.

You will have help from two other staff to deliver the activity programmes (supervised by the Chief Executive):

- The Volunteer Support Manager, who recruits, inducts and supports volunteers to assist with programme activities.
- The Admin Communications Officer, who manages email communications with participants.

The Programmes Manager role can be hybrid, working both from home and in person. Occasional evening or weekend work may be required.

About our Activity Programmes

SLT achieves our mission through delivery of free, socially therapeutic activities per annum in three holistic programmes Arts, Nature and Wellbeing.

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 have included private tours around the Neo-gothic mansion Two Temple Place, the British Museum and the Museum of London.
- **Choir** - The Choir runs at the St Luke's Community Centre in Islington and performs at public events, including our Friday event in December.
- **Drama performance project** - Launched in 2024, the project is led by partner Odd Eyes Theatre to support young adults aged 18-35 to develop and perform their own work.

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.

Community & 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 run on Saturdays 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.
- **Monday Meet-ups** - Launched in 2024 as a new peer-led approach, the group meets once per month in a cafe to plan activities and once per month for an outing.