

# What's On Winter Term Oct - Dec 2025

## Arts

### 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 7th Oct**, 3 - 5 pm  
**Tuesday 21st Oct**, 3 - 5 pm

**Tuesday 4th Nov**, 3 - 5 pm  
**Tuesday 18th Nov**, 3 - 5 pm  
Break for December

### Art Visits

#### Frieze Sculpture Park

**Wednesday 15<sup>th</sup> Oct**, 1 - 3 pm  
Frieze Sculpture Park transforms Regent's Park into an open-air gallery. Wander among bold, thought-provoking artworks in a stunning natural setting.

#### The Peacock Theatre- The Snowman Saturday 22nd Nov (Afternoon)

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. We will prioritise participants who have not attended this visit before.

### '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.)*

### Choir

**Thursdays**, 5.30 - 7 pm  
**Book for the full term.**  
**5-week course: 30th October, ends 27<sup>th</sup> Nov**

#### St Luke's Community Centre, Old Street

Join a new term of our friendly community choir with Cici, all levels are welcome.

### Philosophy Forum

**Old Diorama Arts Centre, Euston**  
Join our Philosophy discussion group and ponder the greater questions in life.  
**Book for the full term.**

**Sunday 5th Oct**, 3.30 - 6 pm  
**Sunday 19th Oct**, 3.30 - 6 pm  
**Sunday 2nd Nov**, 3.30 - 6 pm  
**Sunday 16th Nov**, 3.30 - 6 pm  
**Sunday 30th Nov**, 3.30 - 6 pm

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## 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.*

### Billy's Bingo

**Friday 3rd Oct**, 6.30 - 8.45 pm  
Join our bingo night hosted by Bill Dury for a chance to win vouchers as prizes.

### My Mate George

**Friday 17th Oct**, 6.30 - 8.45 pm  
Enjoy acoustic guitar songs with performer My Mate George. Sing-along to a range of songs, from pop, country, reggae, musicals, rock 'n' roll, and a few original tunes!

### A Ghostly Friday with John Hegley

**Friday 31st Oct**, 6.30 - 8.45 pm  
Join us for an evening with John Hegley, a poet, musician and comedian, with the chance to design your own ghost.

### Lucinda Sieger Music Night

**Friday 14th Nov**, 6.30- 8.45 pm  
Enjoy listening to Glasgow-born singer-songwriter Lucinda Sieger. Lucinda will perform catchy Latin, Jazz pop interactively.

### Quiz Night: Travel Through the Ages

**Friday 28<sup>th</sup> Nov**, 6.30 - 8.45 pm  
Come along and test your knowledge at our Friday Night quiz. Prizes to be won!

### Festive Songs with SLT Choir and Whiskey General

**Friday 5th Dec**, 6.30 - 8.45 pm  
Enjoy some Christmas songs sung by the SLT choir and local musician Jay Serrao, also known as Whiskey General. Listen to a special performance of our SLT Christmas single 'Guiding Star'.

### London Metropolitan Brass Band

**Friday 19th Dec**, 6.30 - 8.45 pm  
Join us as we get into the Christmas spirit! Enjoy Christmas-themed refreshments and traditional Christmas carols with the wonderful Metropolitan Brass Band.

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, relax the body, and positively impact well-being. Led by Maurizio. No experience needed.

Mildmay Community Centre

Book for the full term.

- 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
- Saturday 1st Nov, 1.30 - 3.45 pm

Yoga Course

Warm up this winter and join our 5-week yoga course with Nahdeannah. Learn some strength-building poses to energise your mind and body. No experience needed.

Mildmay Community Centre

Book for the full term.

- Saturday 8th Nov, 1.30 - 3.45 pm
- Saturday 15th Nov, 1.30 - 3.45 pm

Monday Meet-Ups

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

Costa Coffee, Caledonian Road  
6th October, 1 - 3 pm

Battersea Park/Power Station  
20th October, 12 - 3 pm

Costa Coffee, Caledonian Road  
3rd November, 1 - 3 pm

Natural History Museum  
17th November, 12 - 3 pm

Break for December

- Saturday 22nd Nov, 1.30 - 3.45 pm
- Saturday 29th Nov, 1.30 - 3.45 pm
- Saturday 6th Dec, 1.30 - 3.45 pm

BOOKING OR MORE INFO:

Email: info@slt.org.uk

Call and leave a message on: 020 7713 9304.

Places are limited, booking essential.

Nature

All of our nature visits are run by our trained nature leaders, Michael or Chris. We have 2 types of walks for different mobility needs outlined below.

Level 1 – Gentle Walks

Shorter walks, suitable for those with some mobility challenges.

Level 2 – Moderate Walks

Longer walks, slightly more challenging and are best for people who are fairly active and steady on their feet.

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

Longer Nature Visits

Kew Gardens (Level 2)

Wednesday 5th Nov, 11 - 3 pm

Shorter Nature Visits

Nature and History tour at Balls Pond Road Cemetery (Level 1)

Wednesday 15<sup>th</sup> Oct, 11.30 - 1.30 pm

Wednesday 29<sup>th</sup> Oct, 11.30 - 1.30 pm

Balls Pond Road Cemetery is rich in history and nature. Join our combined history and nature walk in collaboration with the Islington Heritage Service. Learn about its hidden stories and efforts to preserve this historic site founded in 1843.

Parliament Hill (Kenwood House Area) (Level 1)

Wednesday 12th Nov, 11.30 - 1.30 pm

Gillespie Park (Level 1)

Wednesday 26th Nov, 11.30 - 1.30 pm

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

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The Queen's Award  
for Voluntary Service



MAYOR OF LONDON