



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 20th Jan, 3 - 5 pm

Tuesday 3rd Feb, 3 - 5 pm

Tuesday 17th Feb, 3 - 5 pm

Tuesday 3rd Mar, 3 - 5 pm

Tuesday 17th Mar, 3 - 5 pm

Tuesday 31st Mar, 3 - 5 pm

'Write Away' - A Poetry Course with Bill Dury

Tuesday's 2 - 3.30 pm

20th Jan - 10th Mar

Book for the full term.

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.)

Art Visits

British Library - Secret Maps Tour

Wednesday 14th Jan, 2.30 - 4.30 pm

Come along and visit the Secret Maps exhibition at the UK's national library. Get the chance to do an art workshop based on the exhibition afterwards.

Choir

Thursdays, 5.30 - 7 pm

Book for the full term.

8-week course:

22nd Jan, ends 26th Mar

Break 19th and 26th Feb

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 1st Feb, 3.30 - 6 pm

Sunday 15th Feb, 3.30 - 6 pm

Sunday 1st Mar, 3.30 - 6 pm

Sunday 15th Mar, 3.30 - 6 pm

Sunday 29th Mar, 3.30 - 6 pm

What's On Spring Term Jan - March 2026

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.

Hidè Takamoto

Friday 2nd Jan, 6.30 - 8.45 pm

Join an amazing performance from Hidè Takamoto (classically trained in Japan and Guildhall Music School). Blending styles like blues, jazz, rock and heavy metal, merged with creative classical guitar style pieces.

Billy's Bingo

Friday 16th Jan, 6.30 - 8.45 pm

Join our bingo night hosted by Bill Dury for a chance to win vouchers as prizes.

Special Stage Music Contest

Friday 30th Jan, 6.30 - 8.45 pm

Enjoy live music performances as part of Special Stage's music contest. Come along and vote for the winning act!

Illustrated Talk by Paul Baker - Street Art in Shoreditch and Spitalfields

Friday 13th Feb, 6.30 - 8.45 pm

The street art of Shoreditch and Spitalfields is world famous. Explore the best and most beautiful examples, and hear about the artists behind them.

Have Your Say & Music Quiz Night

Friday 27th Feb, 6.30- 8.45 pm

How can SLT do things differently? Let us know at this event, plus music quiz with prizes to be won.

Quiz Night: Travel Thru the Ages

Friday 13th Mar, 6.30 - 8.45 pm

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

Music Night with Tonia

Friday 27th Mar, 6.30 - 8.45 pm

Join us for a performance from Tonia Thorne, an English-Filipina singer, songwriter and voice actor from North London. Enjoy Tonia's versatile, warm voice with a chance to listen to some original songs.

Wellbeing

Mindfulness Course

Start the new year with our rejuvenating 7-week mindfulness course. Learn and practice helpful mindfulness techniques in a supportive, friendly group, to promote relaxation and wellbeing. Led by Katy.

Mildmay Community Centre
Newington Green N16 8NA

Book for the full term.

Saturday 17th Jan, 1.30 - 3.45 pm
Saturday 24th Jan, 1.30 - 3.45 pm
Saturday 31st Jan, 1.30 - 3.45 pm
Saturday 7th Feb, 1.30 - 3.45 pm
Saturday 14th Feb, 1.30 - 3.45 pm
Saturday 21st Feb, 1.30 - 3.45 pm
Saturday 21st Mar, 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.

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

12th Jan, 1 - 3 pm

Canary Wharf

26th Jan, 12 - 3 pm

Costa Coffee, Caledonian Road

9th Feb, 1 - 3 pm

Tate Britain

23rd Feb, 12 - 3 pm

Costa Coffee, Caledonian Road

9th Mar, 1 - 3 pm

Greenwich Market

23rd Mar, 12 - 3 pm

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.

Shorter Nature Visits

Highgate Cemetery (Level 1)

Wednesday 21st January, 11- 1 pm

Join us to explore Highgate Cemetery, a historic Victorian burial ground in London, famous for its Gothic architecture and overgrown, atmospheric beauty. It is the final resting place of notable figures like Karl Marx and George Eliot.

Camley Street Natural Park (Level 1)

Wednesday 18th February, 11 - 1 pm

Camley Street Natural Park is a two-acre urban nature reserve and "wildlife oasis" tucked between King's Cross and St Pancras stations. It features a diverse mosaic of woodland, grassland, and wetland habitats that provide a sanctuary for kingfishers, bats, and rare wildflowers in the heart of central London.

St James Park (Level 1)

Wednesday 18th March, 11 - 1 pm

As the oldest of London's eight Royal Parks, St. James's Park is a scenic 57-acre oasis famous for its resident pelicans and its central lake with the iconic Blue Bridge.

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

