

# What's On Spring Term April - June 2026



The Stuart Low Trust

Bringing people together for better health and wellbeing



## Arts

### Estorick Art Workshops

Estorick Gallery, Highbury & Islington

Join our friendly 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 12th May, 3 - 5 pm**

**Tuesday 26th May, 3 - 5 pm**

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

**Tuesday 23rd June, 3 - 5 pm**

**Tuesday 7th July, 3 - 5 pm**

**Tuesday 21st July, 3 - 5 pm**

### Choir

St Luke's Community Centre, Old Street

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

**Book for the full term.**

*Term Break on the 18th June + 17th July*

**Thursday 28th May, 5.30 - 7 pm**

**Thursday 4th June, 5.30 - 7 pm**

**Thursday 11th June, 5.30 - 7 pm**

**Thursday 25th June, 5.30 - 7 pm**

**Thursday 2nd July, 5.30 - 7 pm**

**Thursday 9th July, 5.30 - 7 pm**

**Thursday 23rd July, 5.30 - 7 pm**

### 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 3rd May, 3.30 - 6 pm**

**Sunday 17th May, 3.30 - 6 pm**

**Sunday 31st May, 3.30 - 6 pm**

**Sunday 14th June, 3.30 - 6 pm**

**Sunday 28th June, 3.30 - 6 pm**

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

Islington Mind Centre, Archway

Creative writing and poetry course in collaboration with Islington Mind. Explore your imagination, connect with peers and self-express in a safe space. All levels welcome. Some eligibility criteria apply.

**Book for the full term.**

**Tuesday 19th May, 2 - 3.30 pm**

**Tuesday 26th May, 2 - 3.30 pm**

**Tuesday 2nd June, 2 - 3.30 pm**

**Tuesday 9th June, 2 - 3.30 pm**

**Tuesday 16th June, 2 - 3.30 pm**

**Tuesday 23rd June, 2 - 3.30 pm**

**Tuesday 30th June, 2 - 3.30 pm**

**Tuesday 7th July, 2 - 3.30 pm**

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## Friday Evening Events

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

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

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 10th April, 6.30 - 8.45 pm**

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

### Markus Michelucci

**Friday 24th April, 6.30 - 8.45 pm**

Markus is the frontman of London-based folk collective Sound Refuge. Expect heartfelt stories and uplifting songs filled with life and hope. *"Markus is the creator of brilliant original songs and performs them to perfection."* - Doug Welch, former presenter of BBC Radio Kent Folk.

### Tina Hodgkinson

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

An illustrated talk about Fleet Street and its alleyways. We will explore the areas of printing and newspaper history, visit the "Wedding Cake Church", and meet Samuel Pepys, Dr Johnson, Sweeny Todd the Demon Barber of Fleet Street and Polly the foul mouth parrot.

### Lucinda Sieger

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

Enjoy listening to Glasgow-born singer-songwriter Lucinda Sieger. Lucinda will perform catchy Latin, Jazz pop interactively.

### Rona Topaz

**Friday 5th June, 6.30 - 8.45 pm**

Enjoy an evening of cabaret, featuring original songs and well known covers from the 60's to the Noughties.

### Drama Performance Project

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

Watch our talented Drama Performance Project group rehearse and perform their co-created play, developed over the past 16 weeks, ahead of the Cally Road Festival.

## 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 (Level 1)

**Regents Park & Spring Highlights**  
Wednesday 22nd April, 11- 1 pm

**Cody Docks**  
Wednesday 6th May, 11 - 1 pm

**Parkland Walk**  
Wednesday 20th May, 11 - 1 pm

**New River Walk**  
Wednesday 27th May, 11 - 1 pm

**Victoria Park**  
Wednesday 10th June, 11 - 1 pm

**Regent's Canal**  
Wednesday 24th June, 11 - 1 pm

#### Long Nature Visits (Level 2)

**Canary Wharf Roof Gardens**  
Wednesday 29th April, 12- 4 pm

**Inner Temple Gardens**  
Wednesday 17th June, 12 - 4 pm

**Epping Forest**  
Date changed to:  
Wednesday 22nd July, 12 - 4 pm  
no longer 13<sup>th</sup> May

### BOOKING OR MORE INFO:

**Email:** [info@slt.org.uk](mailto:info@slt.org.uk)

**Call and leave a message on:** 020 7713 9304.

***Places are limited, booking essential.***

## Wellbeing

### Let's Dance

Start the new year with our rejuvenating 6-week dance course focusing on Latin style dances. This class lifts the spirit with invigorating, easy dance moves. Come to learn and practice some new moves.

**Old Diorama Arts Centre, Euston**

**Book for the full term.**

**Saturday 16th May, 1.30 - 3.45 pm**

**Saturday 23rd May, 1.30 - 3.45 pm**

**Saturday 30th May, 1.30 - 3.45 pm**

**Saturday 6th June, 1.30 - 3.45 pm**

**Saturday 13th June, 1.30 - 3.45 pm**

**Saturday 20th June, 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**  
**13th April, 1 - 3 pm**

**RAF Museum, Colindale**  
**27th April, 12 - 3 pm**

**Costa Coffee, Caledonian Road**  
**11th May, 1 - 3 pm**

**Abney Park Cemetery / Clissold Park**  
**18th May, 12 - 3 pm**

**Costa Coffee, Caledonian Road**  
**1st June, 1 - 3 pm**

**Regents Park**  
**15th June, 12 - 3 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](http://www.slt.org.uk)

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