

# Wellbeing

## GENTLE MOVEMENT COURSE

Old Diorama Arts Centre, Euston

During this 6-week course, we are going to explore mindful movements and breath work with our host Maurizio. Regulate your breathing, bring enjoyment into your body, and release stuck energy!

### Book for the full term

Every Saturday at 1.30-3.45pm  
Starts 12th Sept  
Ends 17th Oct

## 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 July, 1-3pm

**Barbican Music Library**  
20th July, 12-3pm

**Costa Coffee, Caledonian Road**  
14th Sept, 1-3pm

**Rembrandt Gardens**  
28th Sept, 12-3pm

## Booking or more info:

To book your place on any of the events, please contact us via email or a phone call:

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

Call and leave a message on:  
020 7713 9304

Places are limited,  
booking essential.



## ABOUT STUART LOW TRUST

We bring people together through a supportive community based in Islington to reduce isolation and enhance mental wellbeing.

Office 1,  
Jean Stokes Community Centre,  
Carnoustie Drive,  
London, N1 0DX

[www.slt.org.uk](http://www.slt.org.uk)

Charity number 1102325  
Company number 5001948

# What's on SUMMER TERM JULY - SEPT 2026



# STUART LOW TRUST

## FRIDAY EVENING EVENTS

Drop-in events, no booking required.

6.30-8.45pm FORTNIGHTLY	Jean Stokes Community Centre, Caledonian Road, N1 0DX
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Enjoy the entertainment, connect with the community, meet new people, and have fun! From musical performances and illustrated talks to quizzes and bingo. Refreshments are also included, with vegetarian, vegan, and gluten-free options available.

### 3RD JULY

**Silvia Rox**

A musical journey through Latin America, with heartfelt lyrics, virtuoso guitar playing and passionate singing, topped with melodic songs that have inspired generations.

### 17TH JULY

**Music Game Night with Katy**

Enjoy an evening of music-themed games with Katy, inspired by the 60s, 70s, and 80s. Take part in the fun and compete for some exciting prizes!

### 31ST JULY

**Scott McMahon**

Playing a variety of acoustic covers and some original songs from Scott. This will be topped with some informative chats between songs.

### 14TH AUGUST

**Bill's Quiz Night**

Join our quiz night, with prizes up for grabs. Work together to test your geography knowledge with this week's theme being countries and borders. And most importantly have fun!

## FREE!

Events and activities for everyone!

### 28TH AUGUST

**Hugh Dennis**

A deep look at London's main railway stations plus an analysis of how they developed: the good, the bad, and the not so ugly!

### 11TH SEPT

**Bill's Bingo Night**

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

### 25TH SEPT

**Richard Smolowik**

Songs from around the world from the UK, USA, Jamaica, Barbados, Trinidad, Italy, Spain, Poland, Ireland, France and more. There will be audience participation and a jovial atmosphere.



# 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.

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

## 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.

## LEVEL 1

### Parliament Hill

Wednesday 1st July  
11-1pm

### Gillespie Park

Wednesday 26th August  
11-1pm

### Kentish City Farm

Wednesday 8th July  
11-1pm

### OmVed Gardens

Wednesday 9th Sept  
11-1pm

### Royal College of Physicians

Wednesday 15th July  
11-1pm

### Hampstead Heath + Kenwood House

Wednesday 23rd Sept  
11-1pm

## LEVEL 2

### Epping forest

Wednesday 22nd July  
12-4pm

### Kew Gardens

Wednesday 19th August  
12-4pm

### Gardens at Horniman Museum

Wednesday 16th Sept  
12-4pm



# Arts



## ESTORICK ART WORKSHOPS

### Estorick Gallery, Highbury & Islington

Inspired by Wanda and Marion Wulz, photographers from the 1900s, these workshops explore portraiture, Futurism, and identity through experimental photography that reimagines how we see the world.

**Book for the full term**  
Tuesdays, 3-5pm  
Bi-weekly

**6-week course:**  
Starts 8th Sept  
Ends 17th Nov

## 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**  
Thursdays, 5.30-7pm

**8-week course:**  
Starts 24th Sept  
Break 29th Oct + 5th Nov  
Ends 10th Dec

## 'WRITE AWAY'

### Islington Mind Centre, Archway

A creative writing and poetry course with Bill Dury in collaboration with Islington Mind. Self-express in a safe space and explore your imagination. All levels welcome.

**Book for the full term**  
Tuesday's 2-3.30pm

**8-week course:**  
Starts 1st Sept  
Ends 20th Oct

*Some eligibility criteria may apply.*

## ART VISITS

### London Canal Museum

Tuesday 7th July  
10.30am-12.45 pm

Explore the fascinating history of London's waterways and the city's unique ice trade. The visit will begin with a guided tour of the museum, followed by a relaxing boat trip along some of London's beautiful canals.

### Sadler's Wells Theatre (A Car Man)

Saturday 15th August  
7.30-9.45 pm

Join us to see A Car Man, a thrilling theatre production that reimagines the classic story of Carmen in a gritty 1960s American garage. It combines powerful dance, drama, passion, jealousy, and betrayal.