

Wellbeing

MONDAY MEET-UPS

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

Kew Gardens

12th Oct, 12 – 3pm

Costa Coffee, Caledonian Road

26th Oct, 1 – 3pm

Wallace Collection

9th Nov, 12 – 3pm

Costa Coffee, Caledonian Road

30th Nov, 1 – 3pm

MINDFULNESS COURSE

Old Diorama Arts Centre, Euston

Join Katy for our rejuvenating 6-session Mindfulness course. Learn and practice helpful mindfulness techniques in a supportive friendly group, to help promote relaxation and wellbeing.'

Book for the full term

Every Saturday at 1.30 – 3.45 pm

Starts 24th Oct

Break 14th Nov

Ends 5th Dec



Booking or more info:

To book your place on any activities, please contact us via:

Email: 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 and physical wellbeing.

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

www.slt.org.uk

Charity number 1102325

Company number 5001948

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.

Book for the full term

Every Saturday at 1.30 – 3.45pm

Starts 12th Sept

Ends 17th Oct

What's on AUTUMN TERM OCT - DEC 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*

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.

9TH OCT

Spooky Quiz Night with Bill

Join our Halloween-themed quiz night, with prizes up for grabs. Work together to test your knowledge on spooky fun facts, and most importantly, have fun!

23RD OCT

Glenn Bassett

Enjoy foot-tapping singalong songs from every era, and maybe some original songs too. From Marley, Johnny Cash, Motown to Frank Sinatra, the Beatles and Monty Python.

6TH NOV

Katy's Music Game Night

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!

20TH NOV

Have Your Say Event

Have your say at how SLT could do things differently! Let us know in this event hosted by our CEO Mark and have some fun along the way with a music quiz and prizes.

FREE!

Events and activities
for everyone!

4TH DEC

SLT Choir Carols Sing Along

Enjoy this special performance of Christmas songs sung by the super talented SLT choir. Sing along to some classic Christmas Carols, such as Silent Night and Rudolf The Red Nose Reindeer.

18TH DEC

Metropolitan Brass Band

Get into the Christmas spirit with the wonderful Metropolitan Brass Band! Sing and dance to traditional Christmas songs with this North London band in an out-of-this-world performance.



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.

Further info will be provided once booking confirmation is received.

The timings provided below are guidelines and could vary slightly.

LEVEL 1

Gentle Walks

Shorter walks, suitable for those with some mobility challenges.

LEVEL 2

Moderate Walks

Longer walks, slightly more challenging. Best for people who are fairly active.

LEVEL 1

Regent's Canal

Wednesday 7th Oct
11 – 1pm

Regent's Canal is like stepping into a hidden world. A collection of narrowboats at Little Venice and also runs on through Regent's Park.

Mudchute City Farm

Wednesday 21st Oct
11 – 1pm

Among the largest city farms in Europe, come along to the home of a wide variety of animals - including sheep, goats, pigs, and llamas.

Kyoto Gardens

Wednesday 4th Nov
11 – 1pm

Peaceful Japanese-style garden, featuring a waterfall, koi pond, maple trees and stone lanterns, offering a escape from the city.

Clissold Park

Wednesday 18th Nov
11 – 1pm

Join our visit to this large park in Stoke Newington, home to ponds, glorious old trees and a lively animal enclosure.

LEVEL 2

Regent's Park Frieze Sculpture

Wednesday 14th Oct
12 – 4pm

Enjoy London's free outdoor exhibition, which will feature 11 international artists, including Angel Otero, Conrad Shawcross, Tarini Sethi and Ivana Bašić.



Arts



ESTORICK ART WORKSHOPS

Estorick Gallery, Highbury & Islington

Workshops inspired by Wanda and Marion Wulz, 1900s photographers, exploring 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 our very talented leader Cici, where 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. Express yourself in a safe space and explore your imagination. All levels welcome.

Book for the full term

Tuesdays, 2 – 3.30pm

8-week course:

Starts 1st Sept

Ends 20th Oct

Eligibility criteria may apply

PHILOSOPHY FORUM

Old Diorama Arts Centre, Euston

Join our Philosophy discussion group and ponder the greater questions in life.

Book for the full term

Weekly, Sundays at 3.30 – 6pm

Starts 4th Oct

Breaks: Oct 11th + Oct 18th + Nov 1st + Nov 15th

Ends 29th Nov

ART VISITS

The Armourer's Hall

Thursday 15th October
10am – 12.30pm

Enjoy a trip to Armourer's Hall, exploring the historic surroundings, learn about its history as a grade 2 listed building around since the 1300's. Come and enjoy the beautiful historic armour and artefacts.

Sadler's Wells Theatre (Cinderella)

Wednesday 9th December
7.30 – 9.45pm

Experience New Adventures' spectacular 30th Anniversary production of Matthew Bourne's Cinderella. Set in wartime London, this thrilling love story interpretation of the classic fairytale and design.