

PIGEON

Our vision for Hackney is a society where we support each other to flourish — socially, economically, in our health and in our wellbeing. Join us in celebrating the power of community organisations — working together for positive social change. We are here for you.

Welcome to the Summer issue of the Pigeon, Shoreditch Trust's seasonal newsletter for all of our friends in Hackney and the City.

Shoreditch Trust believe everyone has the right to lead healthy and fulfilling lives, and have been supporting people to challenge inequality and engage with opportunities for positive action since 1999.

You may know us for providing support, meals, walking groups and wellbeing classes or have visited our Pitfield Street Civic Hub where we run activities and provide space for hire, or you may have eaten at WaterHouse restaurant, or work from one of our workspaces. You can find out more about all of these here in the Pigeon pages.

Let's Walk!

Walk & Talk groups are not only a great way to enjoy the seasonal sights and sounds of local gardens and greenery, they are places to meet people in a relaxed outdoor setting, whether you already enjoy getting active outdoors or are building your confidence to get out and about.

They are spaces to walk and talk with others or, if you prefer, to just quietly take in the sights and sounds with no pressure to talk.

Walk & Talk groups were inspired by the work of Guy Holmes, a clinical psychologist based in an NHS Community Mental Health Team in Shropshire who set up the first Walk & Talk group in 2010 as a community psychology intervention.

Shoreditch Trust's first Walk & Talk group, launched in 2011, was one of the first to transfer the model to a city landscape.

Walk & Talk is different to other walking groups in that there is less focus on the walking pace and destination and more on the environment and interaction between ourselves and nature and each other. These gentle walks are ideal for emotional and physical wellbeing and recovery and can help with fatigue and sleep problems.

A trained Walk Leader will be there to welcome you, to guide you along the route and rest stops and help you to pace yourself.

Thank you to our funder, Transport for London, who share our vision for increased opportunities for people to improve their health and build connections in their communities through facilitated walks.

OUR WEEKLY FREE WALK & TALK GROUPS

For Hackney and City residents or those registered with a Hackney / City GP.

WEDNESDAYS: HAGGERSTON PARK 11.30 am – 12.30 pm

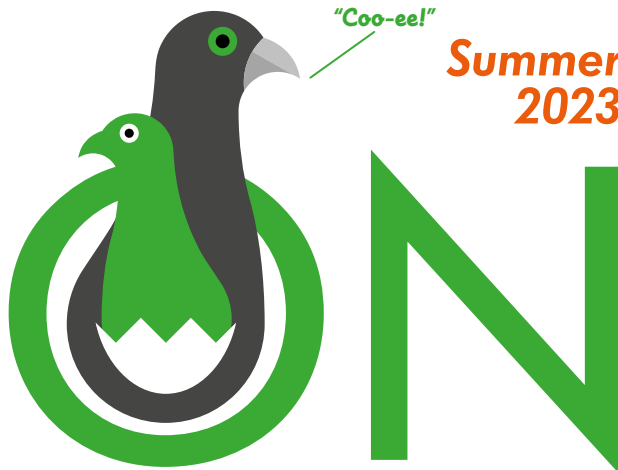
Meet at the Queensbridge Road / Edith Street entrance of:

Haggerston Park, E2 8EA
contact nazmun@shoreditchtrust.org.uk

THURSDAYS: VICTORIA PARK 2 – 3 pm

Meet outside:

New Kingshold Community Centre, E9 7JE
contact joanne@shoreditchtrust.org.uk



"Nice hat!"



Shoreditch Trust

Shoreditch Trust is a registered charity (1086812) based in Hackney. We support people who are facing challenging situations. Our work supports people to make positive life changes, overcome challenges and build connections with our amazing community of clients, staff, volunteers, partners and supporters.

If you, or someone you know in Hackney or the City, needs support, please get in touch.

Shoreditch Trust works together with some great organisations in the borough who are ready to help people find their way to activities and services, from lighter touch to more intensive support.

If you are a resident looking for help to find community activities or support, we can point you in the right direction or offer some time to talk through your needs, interests and help you get connected.

Professionals looking for support for a client, or keen to find out more about community navigation services, please get in touch.

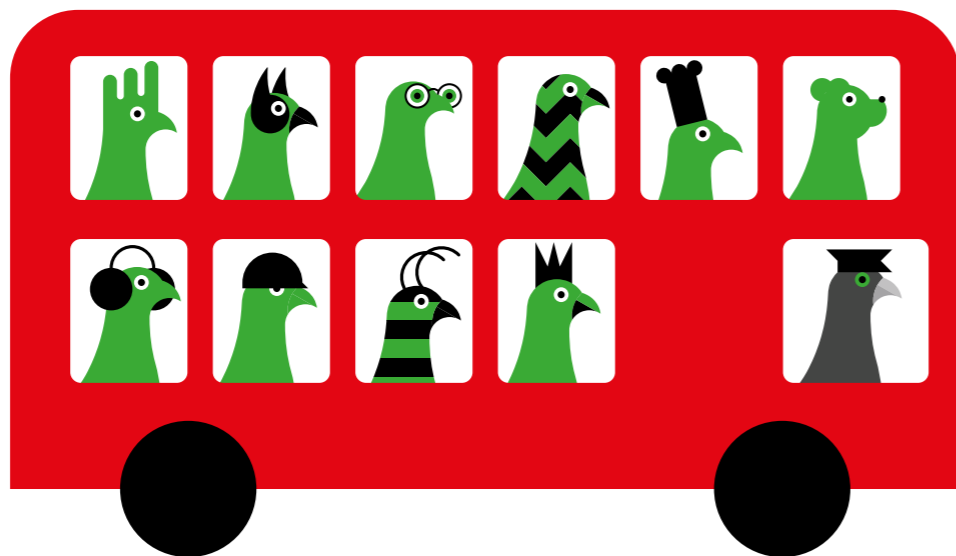
CONTACT US
connect@shoreditchtrust.org.uk
020 7033 8500
www.shoreditchtrust.org.uk

DONATE
Voluntary organisations like ours are seeing ever greater demands made of them to fill the gaps and support people during a cost-of-living crisis. We need your support more than ever. If you can, donate here:

www.shoreditchtrust.org.uk/donate



Your support makes a difference to individuals and communities and ensures that there is space for people's voices to be heard and sit at the heart of service design.



WORKSPACES

Shoreditch Trust continues to work with tenants who value our work as an anchor organisation in our community and we want to work with tenants who believe in working with us to generate income that helps us to provide key services and support for our residents.

If you're a more established company, seeking a secure space to settle from 850sq, our Orsman Road office spaces offer long term secure leases for larger companies, with helpful extras added in.

You will be joining a community of social enterprises, fashion, record, tech and design companies who have grown and flourished in the building over the last decade including Roksanda fashion house, Nissen Richards architectural studio, Disturbing London records and Dezeen magazine.

For more information and details of the spaces currently available, contact: workspace@shoreditchtrust.org.uk 020 7033 8500

THANK YOU FOR YOUR SUPPORT!

Thank you to Generation Foundation and Mama Shelter Shoreditch, for their recent generous donations.

As well as raising funds to support our activities, corporate partners can increase the social value of their spending by booking lunch meetings and staff celebrations in WaterHouse, our social enterprise restaurant, becoming a tenant in one of our office spaces, or by engaging us to deliver bespoke Workplace Wellbeing workshops to staff.

SHOREDITCH TRUST PITFIELD STREET CIVIC HUB

Our Civic Hub in Hoxton is a welcoming community space which offers a wide range of free and affordable health and wellbeing activities in a supportive environment, with group sessions and one-to-one support.

We have low-cost meeting rooms and a community kitchen that can also be hired by local groups and organisations. Both of our meeting rooms come with a great new range of IT equipment.

The Centre can be hired for daytime, evening and weekend bookings, for as little as £15 an hour for our smaller rooms and £30 an hour for our large room.

For enquires about hiring the space, please contact: workspace@shoreditchtrust.org.uk

NEIGHBOURHOOD NAVIGATION NETWORKS

Are you a professional working with local residents? If you work in one or more of the neighbourhoods of Hackney or the City and provide community navigation to residents, you are invited to join our Neighbourhood Navigation Networks (NNN).

To find out more or join an NNN, contact laura@shoreditchtrust.org.uk

Neighbourhood Forums take place in each neighbourhood. Your Neighbourhood Forum is the place where organisations providing health, care and support services meet with residents and community members to share updates, design or improve services and strengthen connections. Find out more: www.cityandhackneyneighbourhoods.org.uk



Shoreditch Trust welcomes The Sharp End

The Sharp End is a much-loved community organisation with a long history in Hackney. Founded in 1995, the organisation has provided physical and social activities for residents aged 50+, supporting them to remain active and engaged in their local community.

The Sharp End is now entering a new phase, becoming part of Shoreditch Trust's group activities programme, and we are thrilled to be providing a home for the project. We also welcome new staff member, Nazmun, who joins the Trust in her role coordinating and delivering community activities.

Our new activities and groups schedule has increased, with peer-led activities, including a weekly Community Meal, Cook & Eat courses, Walk & Talk, singing, art, meditation, and knitting, as well as free exercise classes for the over 50s.

All Shoreditch Trust courses, workshops and groups are free to attend and open to those who meet the eligibility criteria.

We'd love to see you!

For more information, please contact: nazmun@shoreditchtrust.org.uk

OUR WEEKLY FREE SHARP END GROUPS

For Hackney and City residents aged 50+

MONDAYS: MEDITATION

time varies
Meditation for health and wellbeing, to understand and develop focus.
Online Zoom
contact nazmun@shoreditchtrust.org.uk

TUESDAYS: KEEP FIT

10–11 am
Body conditioning exercise, with music from disco and 80s medley.
Pitfield Street Civic Hub, N1 6JP
contact nazmun@shoreditchtrust.org.uk

KNITTING & CROCHET CLUB

1.30–3.30 pm
Knit, crochet and chat—suitable for beginners to advanced level.
WaterHouse, 8 Orsman Road, N1 5QJ
contact nazmun@shoreditchtrust.org.uk

WEDNESDAYS: CHAIR BASED EXERCISES

1–2 pm
Gentle seated exercises for all abilities.
Queensbridge Community Centre, E8 3XW
contact nazmun@shoreditchtrust.org.uk

THURSDAYS: SINGING TOGETHER

4TH THURSDAY OF EVERY MONTH
3–4 pm
Group singing with a professional guitarist.
WaterHouse, 8 Orsman Road, N1 5QJ
contact nazmun@shoreditchtrust.org.uk

ART!

10.30 am–12.30 pm
Fun, peer supported art group to learn new techniques, experiment and create. No experience necessary!
Pitfield Street Civic Hub, N1 6JP
contact nazmun@shoreditchtrust.org.uk

FRIDAYS: TAI CHI

10–11 am
Tai Chi is martial art in slow motion. Great for relaxation, building strength and balance.
WaterHouse, 8 Orsman Road, N1 5QJ
contact nazmun@shoreditchtrust.org.uk

With thanks to Healthier Hackney and the GLA for supporting our Sharp End activities.

COMMUNITY TABLE

Shoreditch Trust believes that coming together to cook and share good food can be transformative. Our Community Table meal takes place every Friday at WaterHouse, with a nutritious meal prepared with love by our chefs. This lunch is facilitated by our Community Coordinators, supporting attendees with community navigation and signposting.

Anyone is welcome to join our Community Table lunch, we run the lunch on a **Pay What You Can** basis—to ensure that it is accessible to as many people as possible.

Our Community Table meal is designed each week by our chef, Sec, with a focus on providing healthy balanced meals.

YOUNG CHEFS

At Shoreditch Trust, we take great joy in making something from scratch, preparing and sharing food with others, discovering new and interesting flavours and gaining confidence in the kitchen.

Our Young Chefs programme uses food to connect with young people. Open to 11-16 year olds in Hackney, we work with schools, youth clubs and education providers to deliver exciting weekly sessions. Young Chefs takes place at our Waterhouse Restaurant, introducing young people to a live kitchen and workplace with facilitation from our trained Chefs.

If you would like to find out more about this programme, contact: ken@shoreditchtrust.org.uk

Thank you to our funders, the Leathersellers Foundation and the Julia and Hans Rausing Trust, who share our vision for improving childrens' lives through innovative community activities.

SEC'S LENTIL BOLOGNESE

This is a great way to reduce meat in our diets and is a healthy alternative to traditional bolognese. It is very versatile and can be served with rice or even made into a lasagna.

serves: 4

time: prep 30 mins / cooking 1.5 hours

ingredients:

- 500g green lentils.
- 2 onions, diced.
- 2 carrots, diced.
- 4 celery sticks, diced.
- 4 garlic cloves, crushed.
- 2 red peppers, diced.
- 2 green peppers, diced.
- 2 tablespoons tomato purée.
- 1 cube vegetable stock.
- 2 tins chopped tomatoes.
- 1 teaspoon smoked paprika.
- 1 tin kidney beans, drained and washed.

method:

- Put the lentils in a pot of cold water. Bring to the boil and skim off the scum. Simmer for 25-30 mins (if the water evaporates, top up with slightly more water).
- Drain the lentils.
- While the lentils are cooking, fry the onions and carrots in a large pot with a tablespoon oil for 8 minutes on a medium heat.
- Add the garlic to the pot and cook for a further 5 minutes.
- Then add the spices and tomato purée; cook for a further 5 minutes.
- Add the peppers and fry for 2 minutes.
- Add the chopped tomatoes, kidney beans and vegetable stock. Bring to boil and then simmer for 20-30 minutes (if it gets a bit dry, just add a bit more water).
- Add the cooked lentils and bring back to the boil. Simmer for 15 minutes.
- While the above pot is simmering, add spaghetti to a separate pot of boiling water and cook as per packet instructions.
- Drain the spaghetti and serve alongside the lentil and tomato sauce.

OUR WEEKLY FREE COMMUNITY TABLE GROUPS

TUESDAYS:

YOUNG CHEFS

3.30 – 5.30 pm

For young people aged 11–16 in Hackney, in school or youth settings.

Group workshops where our young participants learn to prepare a recipe together, then enjoy the meal over a group discussion.

WaterHouse, 8 Orsman Road, N1 5QJ
contact ken@shoreditchtrust.org.uk

COMMUNITY KITCHENS ADULTS

22 AUGUST – 26 SEPTEMBER

11.30 am – 1.30 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP

Six week Cook & Eat Course to learn new recipes, meet new people and get tips on healthy eating.

New Kingshold Community Centre, E9 7JE
contact food@shoreditchtrust.org.uk

WEDNESDAYS:

COMMUNITY KITCHENS ADULTS

23 AUGUST – 27 SEPTEMBER

4.30 – 6.30 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP

Six week Cook & Eat Course to learn new recipes, meet new people and get tips on healthy eating.

Pitfield Street Civic Hub, N1 6JP
contact food@shoreditchtrust.org.uk

THURSDAYS:

YOUNG CHEFS

10 am – 12 pm

Details as above (Tuesdays)

contact ken@shoreditchtrust.org.uk

FRIDAYS:

YOUNG CHEFS

10 am – 12 pm

Details as above (Tuesdays)

contact ken@shoreditchtrust.org.uk

COMMUNITY TABLE LUNCH

12 – 1.30 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP.

Drop-in community meal, serving a delicious meal each week on a Pay What You Can basis.

WaterHouse, 8 Orsman Road, N1 5QJ
contact seth@shoreditchtrust.org.uk

BUMP BUDDIES

Bump Buddies is a trusted community project, that has been working with women in pregnancy and early parenthood to achieve the best outcomes for them and their children, since 2007. The project offers professional 1-2-1 support and regular weekly groups and activities. Our friendly peer-led groups encourage listening, sharing experiences and reflecting on taking care of ourselves, babies and families.

To find out more information, contact: jane@shoreditchtrust.org.uk
07443 670 634

OUR WEEKLY FREE BUMP BUDDIES GROUPS

For pregnant women and mums & babies registered with a Hackney/City GP.

WEDNESDAYS:

BUMP BUDDIES

10 – 11.30 am

We meet on Wednesdays at our community hub Waterhouse Restaurant for coffee and pastries. Our peer-led coffee mornings are a safe, women-only group where mums and expectant mums can receive support and advice from peers and professionals.

WaterHouse, 8 Orsman Road, N1 5QJ
contact jane@shoreditchtrust.org.uk

TUESDAYS:

ADVICE & ASSISTANCE

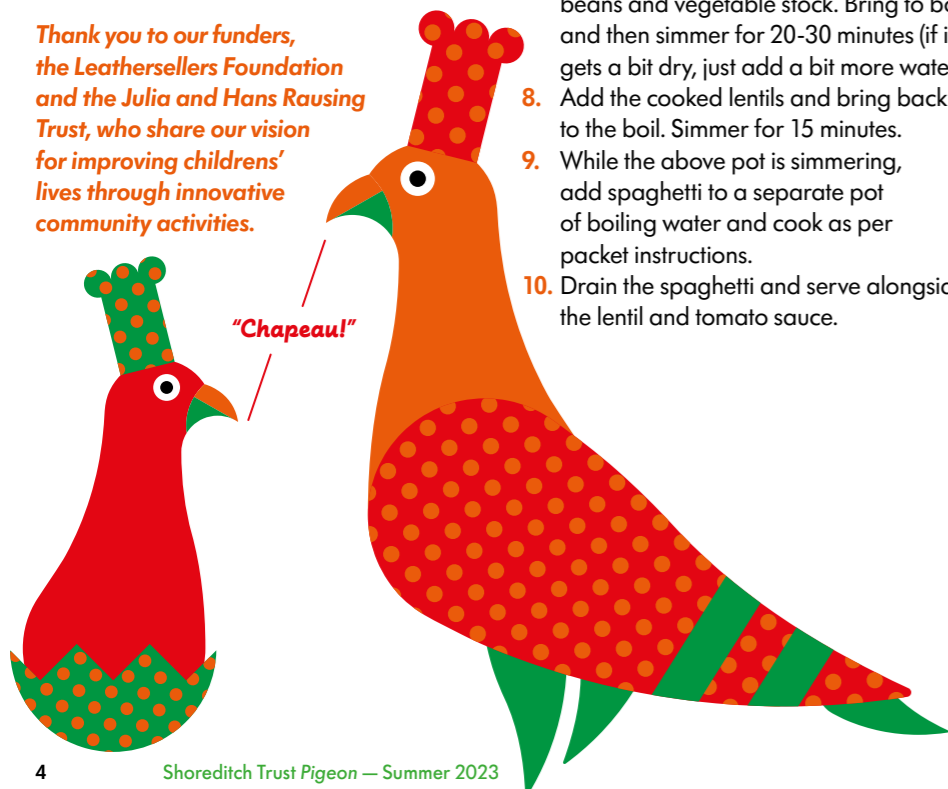
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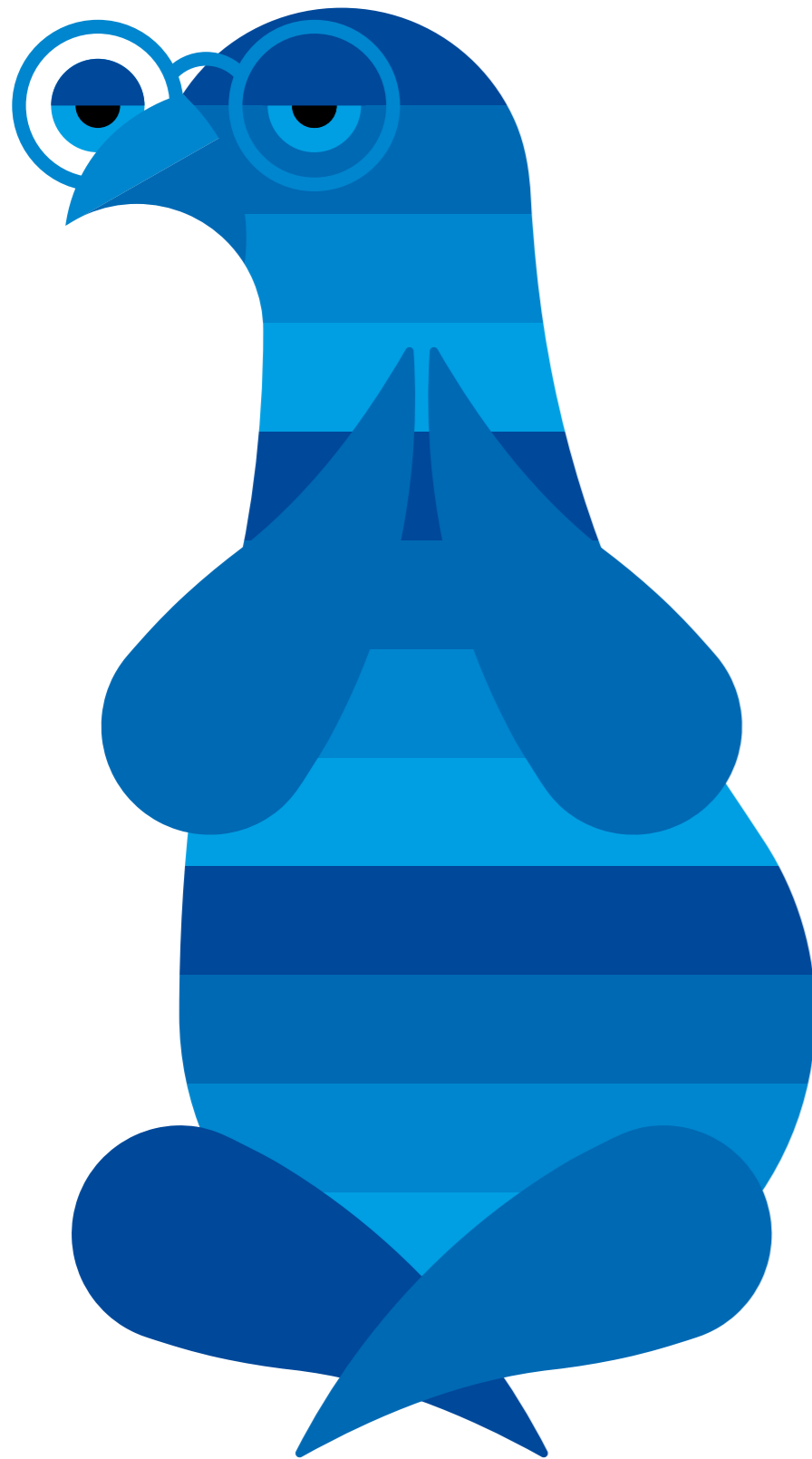
10 – 11.30 am

Pre-booked appointments only.

An advice and assistance clinic for pregnant women and women in early parenthood who may need support accessing local resources, such as food and baby banks, and in linking with targeted support for essentials such as housing, immigration, and health. The clinic runs every Tuesday morning at St Peter's Church, De Beauvoir.

St Peter's Church, De Beauvoir, N1 5AT
contact jane@shoreditchtrust.org.uk





OUR WEEKLY FREE LONG COVID GROUPS

These groups are for those who have received a Long COVID diagnosis and referred from Homerton Long COVID Service.

MONDAYS: WALK & TALK 1.30–2.30 pm

A gentle walk, with time to talk with others recovering from Long COVID, to sit and rest and enjoy green spaces. For a gentle (re)introduction to movement and community spaces. Walking can support recovery and build confidence by gradually increasing activity and by connecting you to the outdoors.

Meet outside:
Hoxton Overground Station, E2 8FF
contact neofita@shoreditchtrust.org.uk

TUESDAYS: CALM & CONNECT 5–26 SEPTEMBER 12–2 pm

Build confidence to notice early signs of stress, explore how values can help to take actions that matter to you in the face of health challenges. Develop a toolbox of strategies to respond, including mindfulness practice, relaxation techniques and 6 ways to wellbeing.

Pitfield Street Civic Hub, N1 6JP
contact jhenry@shoreditchtrust.org.uk

WEDNESDAYS: COOK & EAT 23 AUGUST–27 SEPTEMBER 12–2 pm

Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics. Explore balanced diet and links between mood and food using interactive activities and tools.

Pitfield Street Civic Hub, N1 6JP
contact marilene@shoreditchtrust.org.uk

SUPPORT FOR LONG COVID THROUGH COMMUNITY ACTIVITIES

Long COVID symptoms can affect your confidence and your ability to do your day-to-day activities. The community activity programme supports adults living with a Long COVID diagnosis who have received support from the Homerton Covid Rehabilitation Team.

The programme is a step into lower intensity support and includes practical, enjoyable and welcoming activities that build knowledge, skills and confidence to help you take charge of your recovery and connect with local activities to support your health and wellbeing.

You can find out more about the programme and who it is suitable for here: www.shoreditchtrust.org.uk/health-and-wellbeing/long-covid-activities
Find out more about Long COVID services in Hackney and the City here: www.homerton.nhs.uk/covid-recovery-and-rehabilitation

STROKE PROJECT

OUR WEEKLY FREE STROKE PROJECT GROUPS

MONDAYS: COMMUNICATION 1.30–3 pm

For stroke survivors living in Hackney and City. Providing support to encourage communication skills for those whose speech is affected by stroke.

Stamford Hill Community Centre, N16 6RZ
contact seth@shoreditchtrust.org.uk

TUESDAYS: YOUNGER SURVIVORS 11.30 am–1.30 pm

For stroke survivors under 65 living in Hackney and City.

Social group for stroke survivors of a working age.
Pitfield Street Civic Hub, N1 6JP
contact joanne@shoreditchtrust.org.uk

ADVICE & ASSISTANCE 10.30 am–12 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP.

Advice and Assistance Clinic for Stroke and Long-Term Conditions clients, pre-booked appointments only.
Pitfield Street Civic Hub, N1 6JP
contact seth@shoreditchtrust.org.uk

WEDNESDAYS: HIGH CARE 2–3.30 pm

For stroke survivors living in Hackney and City. Our High Care Group brings together senior stroke survivors with high care or mobility needs.

WaterHouse, 8 Orsman Road, N1 5QJ
contact maria@shoreditchtrust.org.uk

FRIDAYS: SELF HELP 1–2.30 pm

For stroke survivors under 65 living in Hackney and City.

We support stroke survivors to become more independent and active in their community.
Pitfield Street Civic Hub, N1 6JP
contact maria@shoreditchtrust.org.uk

ADVICE & ASSISTANCE 10.30 am–12 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP.

Advice and Assistance Clinic for Stroke and Long-Term Conditions clients, pre-booked appointments only.
WaterHouse, 8 Orsman Road, N1 5QJ
contact seth@shoreditchtrust.org.uk

We are here to help anyone in Hackney who has had a stroke to improve their physical, social and emotional wellbeing and get back to a fulfilling life. We offer lots of different useful services, get in touch and we will help you find the right ones for you.

Make the most of warmer and brighter days to get out and about. Join any activity in the community. You might wish to come to a group session, we regularly plan outings. We also encourage stroke survivors to try out exercise sessions including walking groups.

When days are hot, do remember to carry a bottle of water with you, wear a hat and keep in the shade!

To find out more or receive support, contact: strokeproject@shoreditchtrust.org.uk
020 7033 8500

You can also find information on our website: www.shoreditchtrust.org.uk/health-and-wellbeing/stroke-project

Advice & Assistance

Shoreditch Trust offers weekly slots for advice and assistance. We can give advice, help with form-filling and connect you with specialist support where needed.
connect@shoreditchtrust.org.uk
020 7033 8500



HEALTH AND WELLBEING COACHING



City & Hackney Health & Wellbeing Coaches are now running practical, enjoyable and welcoming group sessions where you can build knowledge, skills and confidence to take charge of your health and wellbeing.

Coaches are a part of your local GP surgery and the Shoreditch Trust team and are experienced in helping people to plan and take small steps toward better health and wellbeing and to tackle the obstacles in the most supportive way possible.

We help people to make life changes that will protect health and help to feel more in control of health issues such as diabetes, high cholesterol, high blood pressure, anxiety and low mood.

Coaching groups are for anyone 18+ and registered with a City & Hackney GP who is interested in building a healthier lifestyle or managing a health condition.

Courses delivered over 4 weeks, across the year. Groups are held at GP surgeries or community venues both online or face to face.

Take some time for yourself, some space for reflection and peer support whilst we guide you through practical tools to explore wellbeing, connect with your personal values and set meaningful goals.

Sessions are themed around:

- 6 Ways to Wellbeing.
- AWARE: connecting to now.
- OPEN: managing difficult thoughts and feelings.
- ACTIVE: moving towards what matters to you.

Contact us if you have any questions or need help to register:

connect@shoreditchtrust.org.uk
020 7033 8500

OUR FREE HEALTH & WELLBEING 18+ COACHING GROUPS

For anyone 18+ and registered with a Hackney/City GP. For dates and times, simply contact your local Health & Wellbeing Coach, their email addresses are listed below.

Clissold Park

contact lorraine@shoreditchtrust.org.uk

Hackney Downs

contact alea@shoreditchtrust.org.uk

Hackney Marshes

contact silvana@shoreditchtrust.org.uk

London Fields

contact lewis@shoreditchtrust.org.uk

Springfield Park

contact roger@shoreditchtrust.org.uk

Shoreditch Park & the City

contact ade@shoreditchtrust.org.uk

Well Street Common

contact rebecca@shoreditchtrust.org.uk

OUR FREE ONE-TO-ONE HEALTH & WELLBEING COACHING FOR YOUNG PEOPLE AGED 12-19 YEARS

For young people registered at: De Beauvoir Surgery, Hoxton Surgery, Lawson Practice, Neaman Practice, or Shoreditch Park Surgery.

Free, confidential, one-to-one support to talk about your health and wellbeing.

- Explore what is most important to you.
- Get active, eat well or protect your emotional wellbeing.
- Access information & guidance.
- Connect with groups and activities.

contact alice@shoreditchtrust.org.uk