

Shoreditch Trust

What's on at Shoreditch Trust: July, August, September 2023



	Free Activity	When & Where?	Who can come?	Contact Lead
Monday	Communication Group for Stroke Survivors Providing support to encourage communication skills for those whose speech is affected by stroke.	1.30-3pm Stamford Hill Community Centre, N16 6RZ	For stroke survivors living in Hackney/ the City	seth@shoreditch trust.org.uk
	Walk & Talk Long COVID A gentle walk with plenty of rest stops and green spaces.	1.30-2.30pm—From 5th July to 24th July Meeting outside Hoxton Overground Station, E2 8FF	Received a Long COVID diagnosis + referred from Homerton Long COVID service	neofita@shoredi tchtrust.org.uk
	Meditation Meditation for health and wellbeing, to understand and develop focus.	Timing Varies Online Zoom Meeting	For Hackney residents aged 50+	nazmun@shored itchtrust.org.uk
	Group Health & Wellbeing Coaching—Clissold Park Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates. Somerford Grove Surgery, N16 7UA	For 18+ Hackney/ City residents, or registered with a Hackney/City GP	lorraine@shored itchtrust.org.uk
	Group Health & Wellbeing Coaching-London Fields Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates. Richmond Road Surgery, E8 3HN	For 18+ Hackney/ City residents, or registered with a Hackney/City GP	rebecca@shore ditchtrust.org.uk
Tuesday	Keep Fit Body conditioning exercise, with music from disco and 80s medley.	10-11am Pitfield Street Civic Hub, N1 6JP	For Hackney residents aged 50+	nazmun@shore ditchtrust.org.uk
	Advice & Assistance—Stroke Project + Long Term Conditions Advice & Assistance clinic for Stroke and Long Term Conditions clients—pre booked appointments only.	10.30am-12pm Pitfield Street Civic Hub, N1 6JP	For 18+ Hackney/ City residents, or registered with a Hackney/City GP	seth@shoreditch trust.org.uk
	Advice & Assistance—Women + Children Advice & Assistance clinic for vulnerable pregnant women/women in early parenthood—pre booked appointments.	10-11.30am Starting 5th September St Peters De Beauvoir, N1 5AT	For pregnant women/mums and babies registered with a Hackney GP.	jane@shoreditc htrust.org.uk
	Younger Stroke Survivors Group Social group for Stroke Survivors of working age (under 65)	11.30am-1.30pm Pitfield Street Civic Hub, N1 6JP	For Stroke Survivors living in Hackney/City of working age	joanne@shoredi tchtrust.org.uk

	Calm & Connect Long COVID	12pm-2pm : 5th	Received a Long	
	Build confidence to notice early signs of	September—26th	COVID diagnosis +	jhenry@sho
Tuesday	stress, explore how values can help to take	September	referred from	reditchtrust.
	actions that matter to you in face of health	Pitfield Street Civic Hub, N1	Homerton Long	org.uk
	challenges.	6JP	COVID service.	
	Knitting & Crochet Club			nazmun@sh
	Knit, crochet and chat—suitable for	1.30pm-3.30pm	For Hackney residents	oreditchtrust
	beginners to advance level.	Waterhouse, N1 5QJ	aged 50+	.org.uk
	- Community Kitchens—Adults	11.30am-1.30pm: 22nd	For 18+ Hackney	
	Six week Cook & Eat course to learn new	August—26th September	residents or those	food@shor
	recipes, meet new people and get tips on	New Kingshold Community	registered with a	editchtrust.o
	healthy eating.	Centre, E9 7JE	Hackney GP.	rg.uk
	Group Health & Wellbeing Coaching-	Courses delivered over 4	Fa.: 10 Haralin a.: /Cit.	
	Well Street Common	weeks across the year-	For 18+ Hackney/City residents, or	rebecca@s
	Build knowledge, skills and confidence to	contact your HWBC for next	•	horeditchtru
	take charge of your health and wellbeing.	dates.	Hackney/City GP	st.org.uk
	Bump Buddies		For pregnant women	
	Supportive coffee morning for pregnant	10-11.30am	and mums with babies	jane@shore
	woman or mums with babies to share	Waterhouse, N1 5QJ	registered with a	ditchtrust.or
	experiences.	, , ,	Hackney GP.	g.uk
	Cools O Fact Long COVID	12-2pm	Received a Long	
	Cook & Eat Long COVID	23rd August-27th	COVID diagnosis and	marilene@s
	Prepare and eat a meal together, join	September	referred from	horeditchtru
	discussions and activities on nutrition and	Pitfield Street Civic Hub, N1	Homerton Long	st.org.uk
	cooking topics.	6JP	COVID Service.	
	Walk & Talk	12-1pm	For Hackney residents	nazmun@sh
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Walk around Haggerston Park, meet new	Meet at Queensbridge	or those registered	oreditchtrust
	people, enjoy fresh air and company.	Road / Edith Street entrance	with a Hackney GP.	.org.uk
wednesday		1-2pm		
DE	Chair Based Exercises	·	For Hackney residents	nazmun@sh oreditchtrust
~	Gentle seated exercises for all abilities.	Queensbridge Community Centre, E8 3XW	aged 50+	.org.uk
	Guarra Haralah G Marilla da da da	Courses delivered over 4		
	Group Health & Wellbeing Coaching-	weeks across the year-	For 18+ Hackney/City	ade@shore
	Shoreditch Park	contact your HWBC for next dates.	10010011107 01	ditchtrust.or
	Build knowledge, skills and confidence to		registered with a Hackney/City GP	g.uk
	take charge of your health and wellbeing.	Shoreditch Park Surgery, N1 5DR		
	High Care Group		For stroke survivors	maria@sha
	Our High Care Group brings together	2-3.30pm	living in Hackney or	maria@sho reditchtrust.
	senior survivors with high care or mobility	Waterhouse, N1 5QJ	the City.	org.uk
	needs.		mo cny.	51 g.0k

\$	Community Kitchens—Adults	4.30-6.30pm: 23rd August-	For 18+ Hackney	
Wednesday	Six Week Cook & Eat course to learn	27th September	residents or those	food@shoredit
3	new recipes, meet new people and get	 Pitfield Street Civic Hub, N1	registered with a	chtrust.org.uk
es	tips on healthy eating.	6JP	Hackney GP.	9
d	Group Health & Wellbeing	Courses delivered over 4	,	
	Coaching-Hackney Downs	weeks across the year-	For 18+ Hackney/City	
	•	contact your HWBC for next	residents, or	alea@shoredtic
	Build knowledge, skills and confidence	dates.	registered with a	htrust.org.uk
	to take charge of your health and	Nightingale Surgery, E5	Hackney/City GP	
	wellbeing.	8BY		
	Group Health & Wellbeing		F 10: 11 1 (C)	
	Coaching-Online	Courses delivered over 4 weeks across the year-	For 18+ Hackney/City residents, or	shanaz@shore
	Build knowledge, skills and confidence	contact your HWBC for next		ditchtrust.org.uk
	to take charge of your health and	dates.	Hackney/City GP	anem conorgion
	wellbeing.			
H	Young Chefs		Vauna naanla maad	
Thursday	Group workshops for school and youth	10am—12pm/3.30pm-	Young people aged 11-16 in Hackney, in	ken@shoreditc
b	settings. Participants learn to prepare a	5.30pm	school or youth	htrust.org.uk
γ	recipe together, then enjoy the meal	Waterhouse, N1 5QJ	settings.	illi osi.org.ok
	over a group discussion.		sennigs.	
	Art	10.30am-12.30pm		
	Fun peer-supported art group to learn	•	For Hackney	nazmun@shore
	new techniques, experiment and create.	Pitfield Street Civic Hub, N1	residents aged 50+	ditchtrust.org.uk
	No experience necessary.	6JP		
	Group Health & Wellbeing	Courses delivered over 4		
	Coaching-Hackney Marshes +	weeks across the year-	For 18+ Hackney/City	
	London Fields	contact your HWBC for next	1031401113, 01	silvana@shore
	Build knowledge, skills and confidence	dates.	registered with a	ditchtrust.org.uk
	to take charge of your health and	Pitfield Street Civic Hub, N1 6JP	Hackney/City GP	
	wellbeing. Group Health & Wellbeing	ОЈГ		
	Coaching –Well Street Common	Courses delivered over 4	For 18+ Hackney/City	
	•	weeks across the year-	residents, or	shenelle@shore
	Build knowledge, skills and confidence	contact your HWBC for next	· ·	ditchtrust.org.uk
	to take charge of your health and	dates.	Hackney/City GP	
	wellbeing.	2.4		
	Singing Together	3-4pm	For Hackney	nazmun@shore
	Singing in a group with a professional	Every 4th Thursday	residents aged 50+	ditchtrust.org.uk
	guitarist.	Waterhouse, N1 5QJ		g.c
	Tai Chi			
Friday	Tai Chi is martial art in slow motion.	10-11am	For Hackney	nazmun@shore
d	Great for relaxation, building strength	8 Orsman Road, N1 5QJ	residents aged 50+	ditchtrust.org.uk
~	and balance.			

Friday	Young Chefs Group workshop for school and youth settings. Participants learn to prepare a recipe together, then enjoy the meal over a group discussion.	10am-12pm Waterhouse, N1 5QJ	Young people aged 11-16 in Hackney, in school or youth settings.	ken@shoreditc htrust.org.uk
	Advice & Assistance Stroke Project + Long Term Conditions Advice & Assistance Clinic for Stroke and Long Term Condition clients—pre booked appointments only.	10.30am-12pm Waterhouse, N1 5QJ	For 18+ Hackney or City residents, or registered with a Hackney/City GP.	seth@shoreditc htrust.org.uk
	Community Table Lunch Drop-in community meal, serving a delicious meal each week on a Pay What You Can basis.	12-1.30pm Waterhouse, N1 5QJ	For 18+ Hackney or City residents, or registered with a Hackney/City GP.	seth@shoreditc htrust.org.uk
	Self Help Group for Stroke Survivors We support stroke survivors to become more independent and active in their community.	1-2.30pm Pitfield Street Civic Hub, N1 6JP	For stroke survivors over 65, living in Hackney or the City.	maria@shoredi tchtrust.org.uk

If you would like more information about Shoreditch Trust groups, please email contact leads about their groups who will be able to assist further or visit our website:

shoreditchtrust.org.uk

020 7033 8500 or email connect@shoreditchtrust.org.uk

Groups won't run between the 31st July and 11st August.

Shoreditch Trust is a charity registered in England and Wales.

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