



### Love Hackney, love life, love yourself!

Love is in the air this Valentine's Day, with a packed month of activities designed to help you love life and love living in Hackney. From relaxing 'Calm and Connect' sessions, to community walking groups and 'Find Your Voice' singing classes for survivors of cancer and stroke, we hope that this February you find something you love to do.

	Free Activity	When and where?	Who can come?	Book your place
Monday	<b>Stroke Specialist Exercise (Standing)</b> Standing exercise and fitness classes for different levels of mobility. Suggested contribution £2.	Mondays 1.15pm - 2.15pm Milton Gardens Community Hall Shakespeare Walk, N16 8TA	Stroke survivors living in Hackney or the City	Joana 020 7033 8543 joana@shoreditchtrust.org.uk
	<b>Stroke Specialist Exercise (Chair-based)</b> Chair based exercise and fitness classes for different levels of mobility. Suggested contribution £2.	Mondays 2.15pm - 4.15pm Milton Gardens Community Hall Shakespeare Walk, N16 8TA	Stroke survivors living in Hackney or the City	Joana 020 7033 8543 joana@shoreditchtrust.org.uk
	<b>Cook and Eat</b> Prepare quick tasty dishes with affordable ingredients, then share what you've cooked. Ingredients and equipment provided.	Mondays until 9 March 1.30pm - 3.30pm New Kingshold Community Centre, 49 Ainsworth Road, E9 7JE	Anyone living in Hackney	Olivia 020 7033 8529 food@shoreditchtrust.org.uk
	<b>Blue Marble Training</b> Professional chef training and support.	Monday - Thursday from 27 January 9.00am - 3.30pm Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25	Femi 020 7033 8539 femi@shoreditchtrust.org.uk
Tuesday	<b>Calm and Connect</b> A course for people who are feeling worried, low or anxious. You will learn about managing stress, relaxation techniques, understanding anxiety, how exercise helps us feel good and food and mood.	Tuesdays until 25 February 10.30am - 12.30pm New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP	Anyone living in Hackney	Teresa 020 7033 8587 teresa@shoreditchtrust.org.uk
	<b>Gentle Yoga</b> Stretches to help you build strength, flexibility and stamina. These calming sessions are specially designed to relax and de-stress you. Suitable for mixed abilities. Yoga mats available.	Tuesdays 10.30am - 11.30am Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	<b>Walk &amp; Talk</b> Connect with others and your surroundings with a local walk led by volunteers. Bring yourself, comfortable shoes and money for refreshments. You need to be able to walk 2 miles comfortably. No pressure to talk!	Tuesdays 1.30pm - 4.00pm Call or email for this week's meeting point	People living in Hackney	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	<b>Younger Stroke Survivors Group</b> Build your confidence, join social activities, develop organisation skills and explore learning, volunteering or work.	Tuesdays 1.00pm - 3.00pm New Kingshold Community Centre, 49 Ainsworth Road, E9 7JE	Stroke survivors of working age living in Hackney or the City	Joana 020 7033 8543 joana@shoreditchtrust.org.uk
	<b>Create-it-Yourself: Sewing</b> Join us for a beginners class, where you can learn how to use a sewing machine and make beautiful items to use at home.	Tuesdays 25 February - 17 March, 2.00pm - 4.00pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	<b>Cook and Eat with the Family</b> Teach your children to cook, with easy fun recipes and chance to eat what you've cooked. Ingredients and equipment provided.	Tuesdays (excluding 18 February) 4.30pm - 6.30pm until 17 March Stamford Hill Community Centre, N16 6RS	Hackney families with children.	Olivia 020 7033 8529 food@shoreditchtrust.org.uk
	<b>Blue Marble Training</b> Professional chef training and support.	Monday - Thursday 9.00am - 3.30pm Waterhouse Restaurant 10 Orsman Road, N1 5QJ	Young people aged 16-25	Femi 020 7033 8539 femi@shoreditchtrust.org.uk
Wednesday	<b>Baby Buddies</b> Meet other mums, try relaxation, find out about useful services, and explore our baby play space.	Wednesdays 10.00am - 12.00pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	Mums to be, mums, babies & toddlers in Hackney	Jane 020 7033 8524 jane@shoreditchtrust.org.uk
	<b>Cook and Eat Accessible Recipes</b> A cooking course with a focus on people with mobility issues and physical support needs. Learn to prepare quick tasty affordable dishes, then share what you've cooked. Ingredients and equipment provided.	Wednesdays until 11 March, 1.00pm - 3.00pm Banister House Community Centre, Homerton High Street, E9 7PQ	People living in Hackney, especially disabled people	Olivia 020 7033 8529 food@shoreditchtrust.org.uk
	<b>Self Help Group For Stroke Survivors</b> Promoting independent living and healthy lifestyles.	Wednesdays 1.30pm - 3.30pm Boiler House Community Centre, George Downing Estate, Cazenove Road, N16 6BE	Stroke survivors living in Hackney or the City	Maria 020 7033 8509 maria@shoreditchtrust.org.uk
	<b>Weekly Walking For Wellbeing</b> Let's come together for gentle outdoor exercise.	Wednesdays 2.00pm - 3.00pm Stamford Hill Community Centre, N16 6RS	People living in Hackney	Jo W 020 7033 8500 jwilliams@shoreditchtrust.org.uk
	<b>Blue Marble Training</b> Professional chef training and support.	Monday - Thursday 9.00am - 3.30pm Waterhouse Restaurant 10 Orsman Road, N1 5QJ	Young people aged 16-25	Femi 020 7033 8539 femi@shoreditchtrust.org.uk

### Turn over for more activities and events

Shoreditch Trust is a charity registered in England and Wales.  
Charity no: 1086812 Company no: 03894363

	<b>Free Activity</b>	<b>When and where?</b>	<b>Who can come?</b>	<b>Book your place</b>
<b>Thursday</b>	<b>Stroke Group - High Care Supported Group</b> Trained care staff on site, accessible transport available	Thursdays 10.30am - 12.00pm Oswald Street Day Centre, E5 0DG	Stroke survivors living in Hackney or the City	Joana 020 7033 8543 joana@shoreditchtrust.org.uk
	<b>Build your Resilience</b> How do you respond to stress? Find new ways to manage and cope, and explore how practical techniques like relaxation and journaling can help us feel calm and focused when life is difficult.	Thursdays 6 February – 12 March 11.30 - 1.30 Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	<b>Find Your Voice</b> Singing and movement sessions adapted to meet the needs of people living with cancer, the effects of stroke, or an acquired brain injury.	Thursdays 1.00pm - 2.30pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	Residents living with cancer, brain injury or stroke.	Maria 020 7033 8509 maria@shoreditchtrust.org.uk
	<b>Health Walk</b> Meet new people, get fit and improve your wellbeing, with free weekly walks, led by local guides.	Thursdays 2.00pm - 3.00pm Victoria Park, Grove Road, E3 5TB	People living in Hackney	Jo E 020 7033 8500 joanne@shoreditchtrust.org.uk
	<b>Yoga For The Mind</b> A class with strong emphasis on the breath. This is a supportive session where you can move and learn at your own pace. Suitable for mixed abilities. Yoga mats are available.	Thursdays 6.30pm - 7.30pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	<b>Blue Marble Training - Fitness Day</b> Meet Born4Sport in a group sports session about working as a team, as part of the 5 ways to wellbeing 'connection' target.	Thursdays Contact Femi for details	Young people on the Blue Marble Training programme	Femi 020 7033 8539 femi@shoreditchtrust.org.uk
<b>Friday</b>	<b>Stroke Project Drop In</b> Find out about stroke survivor support, help for carers and family, and help with benefits, letters or filling in forms.	Friday 7 and 21 February 10.00am - 12.00pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	Stroke survivors living in Hackney or the City	Monika 020 7033 8584 monika@shoreditchtrust.org.uk
	<b>Stroke Group - High Care Support</b> Trained care staff on site and accessible transport available	Fridays 10.00am - 12.00pm Limetree Court, 174 Clapton Common, E5 9AL	Stroke survivors living in Hackney or the City	Maria 020 7033 8509 maria@shoreditchtrust.org.uk
	<b>Exercise for All</b> Exercise class for people who have had a stroke, or who are frail or older. Run by MRS Independent Living, in partnership with Shoreditch Trust	Fridays 12.00pm - 1.00pm Queensbridge Sports and Community Centre 30 Holly Street, E8 3XW	Stroke survivors or frail older people in Hackney or the City	020 7033 8509 strokeproject@shoreditchtrust.org.uk or Julie.bromwich@mrsindependentliving.org
	<b>Friendship Group</b> Meet new people, be a bit adventurous, do things you wouldn't normally do, and see places you haven't seen.	Fridays 1.30pm onwards call or email for the weekly meeting point	People living in Hackney	Paul 020 7033 8501 paul@shoreditchtrust.org.uk