



Cooking up a storm

Spring is here, and we're weathering the spring storms by cooking up a storm of our own. Join us for free, all ingredients provided 'cook and eat' groups, including specific groups for people who are disabled, living with mental health problems, and families with children.

Shoreditch Trust projects (Monday to Friday)

Blue Marble Training

A professional chef training programme for 16 to 25 year olds from any area, who are overcoming challenging circumstances such as problems with housing, parents, relationships or crime.

Contact Femi 020 7033 8539
femi@shoreditchtrust.org.uk

Community Connections

One to one support for anyone in Hackney who wants to try something new, especially if you don't see many people during the week or don't go out very often. We can visit you at home or in a community centre and share information about groups and activities, so you can rediscover the things you enjoy.

Contact Teresa 020 7033 8587
teresa@shoreditchtrust.org.uk

Stroke Project

Long-term support for people in Hackney and the City who are affected by stroke, with group support around speaking and communication, movement, benefits and return to work. The team also offer talks on prevention and free blood pressure checks.

Contact Laura 020 7033 8500
laura@shoreditchtrust.org.uk

Bump Buddies

Peer mentoring, groups and support for pregnant women and new mums in Hackney, including information on planning your labour, support at antenatal appointments, breastfeeding support and help to access low cost baby equipment and clothing.

Contact Jane 020 7033 8524
jane@shoreditchtrust.org.uk

Food for Life

Free cooking groups for everyone in Hackney who wants to learn about eating well on a budget. We run specialist groups for people living with physical and mental health problems, adults, and families. You can commission sessions for your school or club.

Contact Olivia 020 7033 8529
food@shoreditchtrust.org.uk

This month

	Activity	When and where?	For	Book your place
Monday	Blue Marble Training 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
	Stroke Specialist Exercise (Standing) 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
	Stroke Specialist Exercise (Chair-based) 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
	Cook and Eat Learn to prepare quick, easy 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
Tuesday	Blue Marble Training 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
	Gentle Yoga Stretches to help you build strength, flexibility and stamina. These calming sessions are mixed ability and are specially designed to relax and de-stress you. 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
	Walk & Talk Connect with others and your surroundings with a local walk led by volunteers. Bring yourself, comfortable shoes and money for refreshments. We will walk around 2 miles - 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
	Younger Stroke Survivors Group 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
	Create-it-Yourself: Sewing A beginners sewing class where you can learn how to use a sewing machine and make beautiful items to use at home.	Tuesdays until 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
	Cook and Eat with the Family Teach your children to cook, with easy fun recipes and chance to eat what you've cooked. Ingredients and equipment provided.	Tuesdays until 17 March 4.30pm - 6.30pm Stamford Hill Community Centre, N16 6RS	Hackney families with children.	Olivia 020 7033 8529 food@shoreditchtrust.org.uk

Turn over for more activities and events

	Free Activity	When and where?	Who can come?	Book your place
Wednesday	Blue Marble Training 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
	Baby Buddies 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
	Calm and Connect A group for people who are feeling worried, low or anxious. You will learn about managing stress, relaxation techniques, understanding anxiety, and how gentle walking helps us feel good.	Wednesdays 25 March - 22 April 12.30pm - 2.30pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	People living in Hackney	Teresa 020 7033 8587 teresa@shoreditchtrust.org.uk
	Cook and Eat for Mental Health A cooking course in a supportive environment, with an emphasis on how food effects our mood and cooking for physical and mental health.	Wednesdays 4 - 25 March, 12.30pm - 2.30pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	Cook and Eat Accessible Recipes A cooking course suitable for 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
	Self Help Group For Stroke Survivors 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
	Weekly Walking For Wellbeing 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
Thursday	Blue Marble Personal Development A morning of fitness training followed by an afternoon of learning, from days out to creative workshop.	Thursdays Contact Femi for this week's details.	Young people on Blue Marble	Femi 020 7033 8539 femi@shoreditchtrust.org.uk
	Stroke Group - High Care Supported Group 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
	Build your Resilience How do you respond to stress? Find new ways to manage and cope, and explore how practical techniques like relaxation and journalling can help us feel calm and focused when life is difficult.	Thursdays until 19 March 11.30am - 1.30pm Healthy Living Centre, 170 Pitfield Street, N1 6JP	People on the Wellbeing Network	Paul 020 7033 8501 paul@shoreditchtrust.org.uk
	Find Your Voice 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
	Health Walk 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
	Yoga For The Mind A class with strong emphasis on the breath. This is a supportive, mixed ability session where you can move and learn at your own pace. Yoga mats provided,	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
Friday	Stroke Project Drop In Find out about stroke survivor support, help for carers and family, and help with benefits, letters or filling in forms.	Friday 6 and 20 March 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
	Stroke Group - High Care Support 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
	Exercise for All 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
	Friendship Group 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