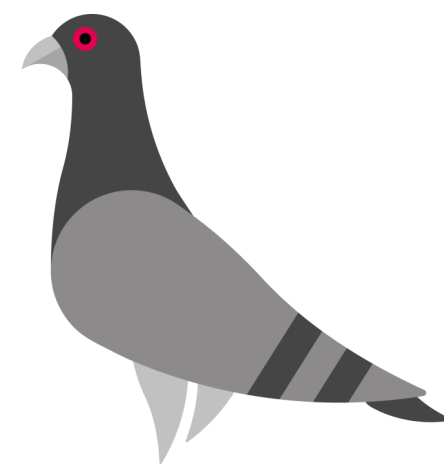


Shoreditch Trust



What's on at Shoreditch Trust - Quarter 2 2021

	Free Activity	When?	Who can come?	Book your place
Tuesday	<p>Communication Group for Stroke survivors</p> <p>Providing support to encourage communication skills for those whose speech is affected by stroke</p>	<p>Starting Tuesday 29th of June</p> <p>Tuesdays: 3 – 4 pm</p> <p>In Person</p>	Adults	maria@shoreditchtrust.org.uk
Wednesday	<p>Baby Buddies</p> <p>Providing a supportive space for women to consider how they can improve their mental health, using the 5 Ways to wellbeing.</p>	<p>Wednesday: 11 am - 12.30 pm</p> <p>In Person preferred & online</p>	Pregnant women, mums and babies	jane@shoreditchtrust.org.uk
	<p>High Care Group</p> <p>The High Care Group Wednesday brings together senior stroke survivors living in Hackney or the city</p>	<p>Starting Wednesday 30th June</p> <p>Wednesdays: 3 - 4:30 pm</p> <p>In Person</p>	Seniors	maria@shoreditchtrust.org.uk
	<p>Springfield Park Walk</p> <p>Relax with a lovely walk around Springfield park</p>	<p>Wednesdays 2 – 3 pm</p> <p>In Person</p>	Adults	carol@shoreditchtrust.org.uk
Thursday	<p>Baby Buddies</p> <p>This friendly peer-led group encourages listening, sharing experiences and joining in activities.</p>	<p>Thursday: 1 - 2pm</p> <p>Online</p>	Mums, babies & pregnant women living in Hackney	jane@shoreditchtrust.org.uk
	<p>Adult Cook and Eat Course</p> <p>Be inspired and gain the confidence to create new tasty, healthy dishes.</p>	<p>Starting Thursday 1st July</p> <p>Thursdays: 4 – 6 pm</p> <p>In Person</p>	Adults	jane@shoreditchtrust.org.uk
	<p>Weekly Walking For Wellbeing</p> <p>Walk around Victoria Park, meet new people enjoy fresh air and company.</p>	<p>Thursdays: 2 - 3 pm</p> <p>In Person</p>	People living in Hackney	joanne@shoreditchtrust.org.uk
	<p>Younger Stroke Survivors (YSS) Group</p> <p>YSS online supports members to share personal experiences and feelings, coping strategies, or first-hand information about stroke and other important topics for their health and wellbeing.</p>	<p>Thursdays: 2 - 4 pm</p> <p>Online</p>	Stroke survivors living in Hackney or the city of working age	joana@shoreditchtrust.org.uk
	<p>Bite Back</p> <p>We want to build a movement of young people who can get the big players in business and government to listen and act on a very important topic - your right to health.</p>	<p>26th July—27th August</p> <p>Thursdays : 9 am—3 pm</p> <p>In person</p>	Hackney residents aged 14—18 years old	Mahima@shoreditchtrust.org.uk
Friday	<p>Blue Marble Socials – Introduction to Baking</p> <p>Young people engage in a 7 week baking block where they learn to make pastries, biscuits and dough work.</p>	<p>Fridays: 10.30 am - 12pm</p> <p>In Person</p>	11-16 year olds	femi@shoreditchtrust.org.uk
	<p>Self Help Group (SHG)</p> <p>We support stroke survivors to become more independent and active in their community.</p>	<p>Starting Friday 2nd of July</p> <p>Fridays: 1 - 2 pm</p> <p>In Person</p>	Stroke survivors living in Hackney or the City	maria@shoreditchtrust.org.uk