

# Shoreditch Trust

# PIGGEON

"Coo-ee!"

Winter  
2021-2022

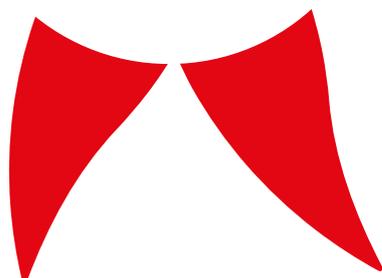
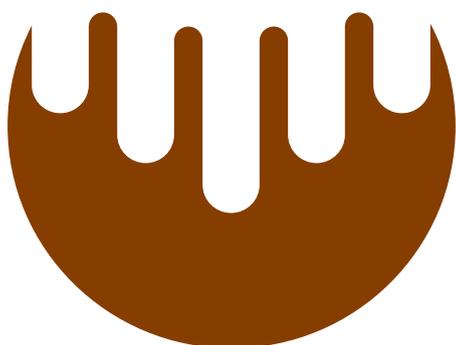
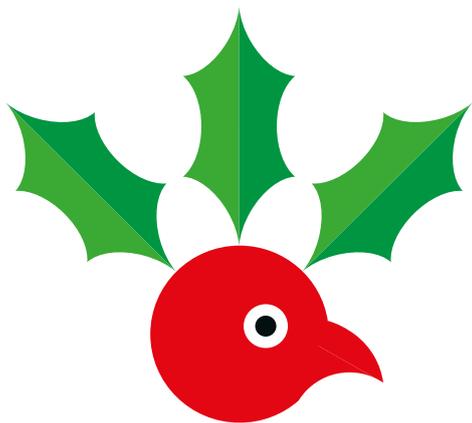
Our vision for Hackney is a society where we support each other to flourish — socially, economically, in our health and in our wellbeing.

## Hello Hackney!

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

Shoreditch Trust works with and supports communities to take charge of their health and wellbeing, develop social networks, build skills and access opportunities.

You may know us for providing support, meals, walking groups and wellbeing classes or have visited our Healthy Living Centre where we run activities and provide space for hire, or you may have eaten at WaterHouse Restaurant, our social enterprise training restaurant, or work from one of our workspaces. You can find out more about all of these in the coming pages.



## Bite Back!

Over the Summer of 2021, young people at Shoreditch Trust took part in Bite Back 2030 Community Food Champion campaign training.

Bite Back 2030 is led by youth across the UK who want to share the truth about the food system and the inequalities designed into it. At Shoreditch Trust, our trainee chefs are already actively involved in promoting nourishing food for all, preparing food for our Community Table, Free School Meals projects and dishes at WaterHouse restaurant.

Bite Back has given our young people a chance to explore their own interests and passions to develop a campaign around food. We explored our local food environment, met business owners and decision-makers and got to do what we all love — getting creative in the kitchen.

Our Food Champions discovered they all felt strongly about the environment and animal welfare, so together they decided to create a menu that nudges us closer to eating less meat, more vegetables and more variety. As was pointed out, healthy food is not just about salad!

In November, our Bite Back Community Food Champions showcased their recipes on the WaterHouse daily specials menu. Now you can try these recipes at home (see pages 4-5). Keep an eye on our social media for more events and takeovers, you will find us here:  
twitter: @1Waterhouse  
facebook: @TheWaterhouseRestaurant  
instagram: @the\_waterhouse\_restaurant

Find out more about Bite Back on their website:  
[www.biteback2030.com](http://www.biteback2030.com)

To find out more about our young people's programme, get involved or sign up for cooking and baking workshops, visit:  
[www.shoreditchtrust.org.uk/health-and-wellbeing/blue-marble-training](http://www.shoreditchtrust.org.uk/health-and-wellbeing/blue-marble-training)

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

We are proud to be  
**#HackneyandtheCityPigeons**

**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

email: [connect@shoreditchtrust.org.uk](mailto:connect@shoreditchtrust.org.uk)  
call: 020 3559 9234

[www.shoreditchtrust.org.uk](http://www.shoreditchtrust.org.uk)

Prefer to navigate independently?  
The London Borough of Hackney Find Support Services map is a great starting point for people who are digitally connected.  
<https://hackney.gov.uk/find-support-services>

# Free Weekly Activities

## MONDAYS

**Walking for Wellbeing Shoreditch Park**  
Walk around Shoreditch Park, meet new people, enjoy fresh air and company.  
For Hackney residents or those registered with a Hackney GP.  
12–1 pm  
meeting point: Britannia Leisure Centre, front entrance (stone seating area), Pitfield Street, N1 5FT  
contact: [shanaz@shoreditchtrust.org.uk](mailto:shanaz@shoreditchtrust.org.uk)

## TUESDAYS

**Communication Group for Stroke Survivors**  
Providing support to encourage communication skills for those whose speech is affected by stroke.  
For adults.  
1–3.30pm  
location: Stamford Hill Community Centre, N16 6RZ  
contact: [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)

## WEDNESDAYS

**Baby Buddies**  
This friendly peer-led group encourages listening, sharing experiences, reflecting on taking care of a baby and family, and joining in on activities.  
For pregnant women and mums & babies registered with a Hackney GP.  
11 am–12.30 pm  
location: Healthy Living Centre, 170 Pitfield Street, N1 6JP  
contact: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

**Stroke Survivors High Care Group**  
The High Care Group brings together senior stroke survivors with high care or mobility needs.  
For stroke survivors living in Hackney or the City.  
3–4:30pm  
location: 10 Orsman Rd, N1 5QJ  
contact: [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)

## THURSDAYS

**Baby Buddies**  
This friendly peer-led group encourages listening, sharing experiences, reflecting on taking care of a baby and family, and joining in on activities.  
1–2.30 pm  
For pregnant women and mums & babies registered with a Hackney GP.  
location: online Zoom  
contact: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

**Walking For Wellbeing Victoria Park**  
Walk around Victoria Park, meet new people, enjoy fresh air and company.  
For Hackney residents.  
2–3 pm  
meeting point: in front of New Kingshild Community Centre, Ainsworth Road, E9 7JE  
contact: [joanne@shoreditchtrust.org.uk](mailto:joanne@shoreditchtrust.org.uk)

**Younger Stroke Survivors (YSS) Group**  
YSS 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.  
For stroke survivors living in Hackney or the City of working age.  
*resuming Thursday 25 November*  
2–3.30 pm  
location: Healthy Living Centre, 170 Pitfield Street, N1 6JP  
contact: [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)

**Breathe & De-stress Workshop**  
This workshop incorporates gentle movement alongside classical and contemporary breathing techniques.  
For women only, suitable for all ages and level of fitness.  
*starting 11 November*  
5.15–6 pm  
location: Spring Hill Practice, 57 Stamford Hill, N16 5SR  
contact: [francesca@shoreditchtrust.org.uk](mailto:francesca@shoreditchtrust.org.uk)

## FRIDAYS

**Stroke Survivors Self Help Group (SHG)**  
We support stroke survivors to become more independent and active in their community.  
For stroke survivors living in Hackney or the City.  
1–2.30 pm  
location: Healthy Living Centre, 170 Pitfield Street, N1 6JP  
contact: [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)

# GOAL!

### Effective Goal-Setting

At Shoreditch Trust we love working with people to help them make changes that will improve their lives. This might be about how we take care of our bodies, introducing more daily physical activity or nutritious food into our diets. It is about building nourishing social relationships or more effectively engaging with local services. It could also be about developing new skills and knowledge.

### Setting goals is the first step to improving our lives

Converting our intentions into actions, and following them through, is often the most challenging step. To support people to move towards goals, we use a simple framework that helps us sort our thoughts, identify realistic actions and consider what might get in the way.

## 5 STEPS FOR COMMITTED ACTION

### 1. Identify your guiding values

- What personal qualities might help you to step out of your comfort zone and persist in your plans? Actions towards a goal are an opportunity to express qualities that matter to you, like courage, persistence, fun or self-care. Take a few minutes to identify 3-5 personal values that can act as a beacon when the going gets tough.

### 2. Make a SMART goal

- **Specific** — Don't set a fuzzy goal like, 'I'll be more loving'. Instead, be specific: 'I'll give my partner a good, long hug when I get home from work'. In other words, specify what actions you will take.
- **Meaningful** — Make sure this goal is aligned with important values (see step 1).
- **Adaptive** — Is this goal likely to improve your life in some way?
- **Realistic** — Make sure the goal is realistic for the resources you have available. This could include: time, money, physical health, social support, knowledge and skills. If these resources are necessary but unavailable, you will need to adapt your goal to a more realistic one. The new goal might actually be to find the missing resources: to save the money, or develop the skills, or build the social network.
- **Time-framed** — Put a specific time frame on the goal: specify the day, date and time as accurately as possible that you will take the proposed actions.



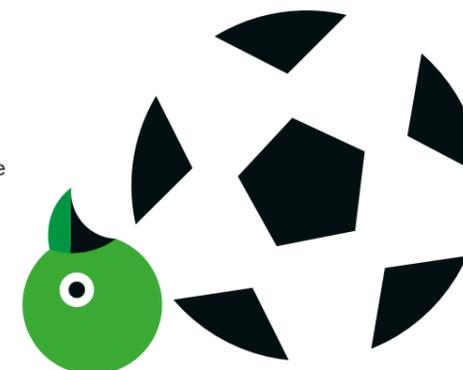
## HEALTH AND WELLBEING COACHES — HELPING YOU TAKE CHARGE

Would you like more confidence to manage a long-term health condition? Health and Wellbeing Coaches provide one to one support to help you take charge by listening to what's important to you and helping you to create goals, a plan of action and to feel motivated to make changes.

You can refer yourself — call: 020 3559 9234 or email: [referrals@shoreditchtrust.org.uk](mailto:referrals@shoreditchtrust.org.uk) Or ask staff at your GP practice to refer you.

*"I feel really proud of myself"  
"Coaching has helped me keep up a momentum of positive changes."*

For more information on this service, visit: [www.shoreditchtrust.org.uk/health-and-wellbeing/health-and-wellbeing-coaching](http://www.shoreditchtrust.org.uk/health-and-wellbeing/health-and-wellbeing-coaching)



# Bite Back!

Amrit, our head chef at WaterHouse says that reducing the amount of meat we eat can be quite easy. Often, the meat-free alternatives that are available to buy can be highly processed or packed full of salt and sugar. Amrit says, "You can make your own plant-based meat-free alternatives, using pulses, veg, nuts, or beans. The HL burger uses tinned kidney beans for protein and to create texture."

At WaterHouse, we have been inspired by our young chefs to reduce meat on our menus. As well as four recipes from our young participants at Bite Back 2030, we have included another two recipes from our daily specials winter menu, both with a festive twist!

[www.waterhouserestaurant.co.uk](http://www.waterhouserestaurant.co.uk)

## LAMB KOFTE KEBABS WITH CHICKPEAS

These kebabs make a quick and healthy alternative to takeaway options. By choosing lean minced lamb and adding chickpeas, they contain less saturated fat and more healthy fibre.

**serves: 4**  
**time: prep 40 mins / cooking 20 mins**

**ingredients:**  
500g lean minced lamb.  
1 tin chickpeas, coarsely blended.  
2 teaspoon cumin powder.  
2 teaspoon coriander powder.  
2 large garlic cloves, grated.  
1 tablespoon chopped fresh mint leaves.  
1 courgette, grated and excess water squeezed out.  
1 red chilli, finely diced.  
1 egg, beaten.  
1 onion, grated or minced.  
2 tablespoon breadcrumbs.  
1 tablespoon finely chopped parsley.

**method:**  
1. Place all of the kofta ingredients into a bowl and mix together with your hands.  
2. Divide the mix into 12 balls, and press each one to flatten so it cooks evenly.  
3. Heat the grill on a high setting and cover the grill pan with kitchen foil.  
4. Lay the koftas on the foil and grill for 10–12 minutes turning occasionally so that they cook evenly.

**serve:**  
With wholemeal pita breads and Tzatziki or mint and yogurt sauce.

## SHER'NYA'S 50/50 CAULIFLOWER AND CHICKEN BITES

**serves: 4**  
**time: prep 45 mins / cooking 30 mins**

**ingredients:**  
1 whole head of cauliflower cut into smaller pieces.  
2 chicken breasts diced into medium-sized pieces.  
1 teaspoon paprika.  
1 teaspoon chilli flakes.  
1 teaspoon salt.  
1 teaspoon garlic powder.  
1 teaspoon onion powder.  
2 medium sized eggs.  
Pinch of salt.  
Pinch of pepper.  
275g breadcrumbs (we used 50/50 panko and standard breadcrumbs).  
1 tablespoon of olive oil.

**optional — ingredients for sweet mayo dipping sauce :**  
120g mayonnaise.  
1 tablespoon sweet chilli sauce.  
Squeeze ½ a lime.  
1 teaspoon chilli flakes.

**method:**  
1. Preheat oven to 200C / gas mark 6.  
2. Line two baking trays with baking/greaseproof paper.  
3. In separate bowls, season the cauliflower and chicken with salt and pepper.  
4. In another bowl, whisk the eggs.  
5. In a different bowl, add the breadcrumbs, salt, pepper, onion powder, garlic powder and paprika together.  
6. Add the cauliflower pieces to the egg and dredge in breadcrumbs mixture until they are fully coated.  
7. Place the pieces on one baking tray.  
8. Do the same with the chicken pieces and spread evenly on the second baking tray.  
9. Lightly drizzle the cauliflower and chicken pieces with olive oil.  
10. Bake the chicken and cauliflower pieces until golden and cooked through, flipping halfway through, for 25 minutes.

**optional — sweet mayo dipping sauce:**  
11. Meanwhile, in a small bowl, mix together mayonnaise, sweet chilli sauce, lime juice and chilli flakes until well combined.

**serve:**  
Serve the bites with the dipping sauce and a mixed salad.

## LAYLA'S TERIYAKI CAULIFLOWER BITES

**serves: 4**  
**time: prep 30 mins / cooking 40 mins**

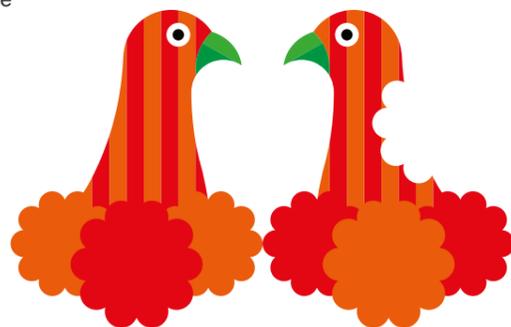
**ingredients:**  
1 head cauliflower.  
95g plain flour.  
1 teaspoon paprika.  
2 teaspoons garlic powder.  
1 teaspoon salt.  
½ teaspoon pepper.  
180ml of dairy-free milk alternative.  
½ lemon juice.  
75g teriyaki sauce.  
2 tablespoons coconut oil or vegetable oil.  
1 tablespoon honey.

**optional — ingredients for the rice:**  
1 spring onion, chopped.  
250g of cooked rice.  
1 teaspoon Chinese five spice.

**method:**  
1. Preheat oven to 230C / gas mark 8.  
2. Line a baking sheet with parchment paper.  
3. In a large bowl, add the flour, paprika, garlic powder, salt, pepper, milk and lemon juice and stir until well-combined.  
4. Break the head of cauliflower into florets, about 1½ inches wide.  
5. Add the cauliflower florets to the batter, making sure each piece is evenly coated.  
6. Leave the cauliflower in the mix and put in the fridge for 1 hour.  
7. After the hour is up, arrange the coated cauliflower on the baking sheet.  
8. Bake for 20 minutes, flipping halfway.  
9. Meanwhile, in a small bowl, combine the teriyaki sauce, melted coconut oil and honey and stir until evenly combined.  
10. Brush the teriyaki sauce mixture on the cauliflower and bake for another 20 minutes.

**optional — five-spiced rice:**  
11. Whilst this is baking, prepare your rice by adding the cooked rice to a medium hot pan with a tablespoon of vegetable oil.  
12. Add a teaspoon of black pepper, pinch of salt and the Chinese five spice.

**serve:**  
Serve your cauliflower teriyaki bites with the rice, garnished with chopped spring onions.



## HARRY'S HL BURGER

**makes: 4 burgers**  
**time: prep 30 mins / cooking 30 mins**

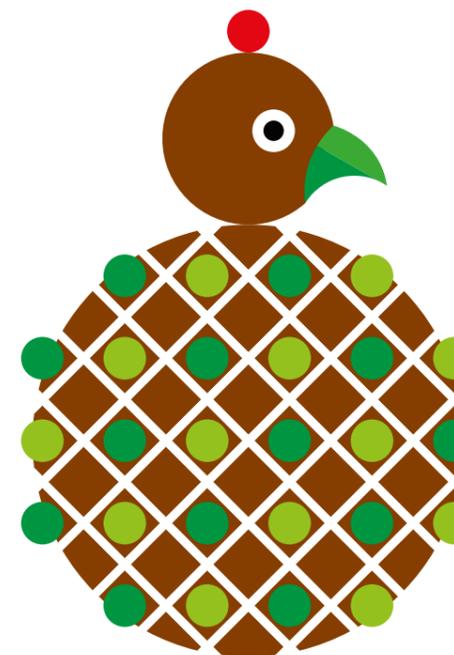
**ingredients for the burger:**  
1 can kidney beans.  
1 can butter beans.  
2 grated carrots.  
200g broccoli.  
1 diced onion.  
1 leek, diced.  
1 or 2 teaspoon Cajun seasoning (or make your own blend with paprika, oregano, cumin and cayenne pepper).  
1 teaspoon garlic powder.  
1 teaspoon salt.  
1 teaspoon pepper.  
100g rolled oats.  
4 burger buns.

**ingredients for the relish:**  
3 tablespoons mayonnaise.  
½ red onion.  
1 teaspoon olive oil.  
½ lemon zest.  
½ lemon juice.  
1 teaspoon Cajun seasoning.

**method:**  
1. Preheat oven to 180C / gas mark 5.  
2. In a food processor, blend the kidney beans, butter beans, Cajun seasoning, diced onions, leeks, grated carrots and broccoli.  
3. Then add the oats and mold the paste into patty shapes and refrigerate for 30 minutes whilst making the relish.  
4. Fry the burgers in a nonstick pan until golden and then place on a tray to cook in the oven for 5 minutes.  
**relish:**  
5. Chop the onion and sauté in olive oil.  
6. Add 3 tablespoons of mayonnaise, Cajun seasoning, zest of ½ lemon and juice of ½ lemon in a bowl.  
7. Add in the cooked onion and mix.

**serve:**  
Sandwich a burger and some relish in each bun. You could pre-toast the buns (pop them in the already hot oven for a couple of minutes), or add extra salad leaves, sliced red onion, or whatever you like!

*It's important to buy local and avoid air freight but it's also good to use surplus and get your hands on fruit and vegetables that might otherwise go to landfill. There are lots of schemes that offer fruit and vegetable deliveries using surplus stock. Visit your local market or simply choose seasonal fruit and vegetables grown in the UK in your local supermarket.*



## FESTIVE LEFTOVER ROSTI

What to do with those leftovers? The humble rosti is delicious and helps to reduce waste! Use potato as the basis and then add in your leftover vegetables (brussels sprouts, broccoli, parsnips, carrots...). As most of the ingredients would have been seasoned from Christmas day, no salt or pepper is needed. If you do not have leftovers from Christmas, you can use fresh ingredients. Just par-boil any of your chosen vegetables, to take the 'bite' out.

**makes: 6–8 rosti**  
**time: prep 15–20mins / cooking 15 mins**

**ingredients:**  
500g roasted or boiled potatoes, grated.  
100g broccoli, chopped or grated.  
100g parsnips, chopped or grated.  
100g carrots, chopped or grated.  
1 red onion, grated.  
1 egg.  
4 teaspoon oil for frying (you can use olive oil).

**method:**  
1. Preheat oven to 180C / gas mark 5.  
2. In a mixing bowl add all the grated leftover potatoes and vegetables.  
3. Add the egg and mix together to bind.  
4. Portion the mixture into equal balls, setting them aside on a plate or tray.  
5. Lightly oil a frying pan and heat it.  
6. Batch fry your rosti — flatten each ball into a flat fritter and fry for 4 minutes on each side.  
7. Place the rostis on a baking tray and finish them in the oven for 5 minutes.

**serve:**  
You can have these for breakfast by adding a poached or fried egg, or for lunch or dinner with other leftovers added on top, all with some cranberry sauce of course!

## CHRISTMAS STRUDEL WITH HOMEMADE MINCEMEAT

**serves: 4–6**  
**time: prep 20 mins / cooking 50 mins – 1 hr**

**ingredients for mincemeat:**  
150g currants.  
150g cranberries.  
100g raisins.  
½ teaspoon ground ginger.  
1 lemon, zested and juiced.  
1 orange, zested.  
75g vegetarian suet.  
1½ teaspoon nutmeg.  
1 teaspoon ground cinnamon.  
150g dark muscovado sugar.  
3 cloves.  
100ml orange juice.

**ingredients for the filo pastry:**  
95g melted unsalted butter.  
6 sheets filo pastry.  
Icing sugar, for dusting.

**method:**  
1. Place all the ingredients for the mincemeat, except the orange juice, in a large saucepan.  
2. Cook over a low heat for 10 minutes, stirring occasionally, until the sugar and suet have completely dissolved.  
3. Remove from the heat and leave to cool to room temperature before stirring in the juice. Allow the mixture to thicken and then cool.  
4. Prepare your filo pastry: Melt the unsalted butter and prepare a clean surface to lay your pastry on. With a pastry brush, brush the first layer of filo with some of the melted butter and then lay on the second layer. Repeat the process with all the remaining layers of filo pastry.  
5. On the last layer, spoon on the mincemeat mixture along the length of the pastry, leaving a 2 cm border. Roll the pastry into a log with the filling in the middle. Brush some of the melted butter on the ends to seal and tuck in the sides.  
6. Brush the top and sides of the strudel with a little more butter.  
7. Place the strudel in the fridge for 30 minutes to 1 hour, to firm.  
8. Preheat oven to 185C / gas mark 5.  
9. Bake the strudel for 40–45 minutes. (or you can keep the rolled strudel in the freezer to be baked and eaten later).  
10. Once baked, leave to cool and dust with icing sugar.

**serve:**  
With custard or some vanilla ice cream.

# Volunteer with Shoreditch Trust



## Community Kitchen

### Cook and Eat Session Support

This is an ideal opportunity for people who enjoy working with groups of people from a range of ages and backgrounds. If you love food, enjoy sharing with and learning from others in a relaxed environment and have an interest in supporting people to access a nutritious and balanced diet, then these sessions would be a great fit.

For more information, please email: [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk)

## Active Citizens

### Locally Connected, Globally Engaged

Shoreditch Trust delivers Active Citizens training in partnership with the British Council. The programme trains and works with local people who want to make a difference in their community, promoting community led social action.

The next round of Active Citizens training will take place in February 2022. For more information, email: [info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk)  
To find out more visit: [www.shoreditchtrust.org.uk/volunteering](http://www.shoreditchtrust.org.uk/volunteering)

## We Connect

### Distance Befrienders

We are looking for friendly people to make a weekly call to isolated residents, who are have been lacking social interaction. As a Volunteer Distance Befriender you can talk about hobbies and interests, and crucially listen and understand, offering a friendly ear.

For more information and apply for this role, visit our website: [shoreditchtrust.org.uk/jobs-and-volunteering](http://shoreditchtrust.org.uk/jobs-and-volunteering)

## Bump Buddies

### Mentors

We are looking for women in Hackney, who can give a few hours a week to mentor to mothers-to-be who are struggling during their pregnancy. Mentors provide advice, information and support. Mentors should be friendly and open minded, with an enthusiasm for being active in the community.

To apply for this role, visit our website: [www.shoreditchtrust.org.uk/jobs-and-volunteering](http://www.shoreditchtrust.org.uk/jobs-and-volunteering)  
For more information, please email: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

### Administrative Support

Support Bump Buddies administration, by helping to co-ordinate staff diaries and booking appointments, communicating with clients and professionals and maintaining spreadsheets.

To apply for this role, visit our website: [www.shoreditchtrust.org.uk/jobs-and-volunteering](http://www.shoreditchtrust.org.uk/jobs-and-volunteering)  
For more information, please email: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

### Doulas

Bump Buddies are looking for doulas who can volunteer their time to support Bump Buddy clients. For more information, email: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

## Stroke Survivors

### Group Support Volunteer

We are looking for a volunteer interested in supporting the running of our group sessions for stroke survivors. As a volunteer you will ideally be available for one regular weekly group sessions slot.

We currently provide four face-to-face group sessions for stroke survivors every week, with one session being attended by members via Zoom as well. Sessions last up to two hours at a time.

The groups bring together stroke survivors living in Hackney or the City. Each group has a different support focus: stroke survivors with communication difficulties; younger stroke survivors; stroke survivors who are practicing with more independence; stroke survivors with care needs.

For more information or to apply, email: [laura@shoreditchtrust.org.uk](mailto:laura@shoreditchtrust.org.uk)

# Winter Warmers

## KEEPING BABY WARM THIS WINTER

### Advice from our Baby Buddy mums and mentors

#### How can I tell if my baby is warm enough or too cold?

Feel their tummy. If the tummy is cold to the touch, you could add a vest or if it is hot, remove layers as necessary.

#### Layering

To keep your baby warm, you can use multi-layers — with thin inner layers of clothing to keep the heat in. You can add or take off layers as necessary.

#### Hats, gloves, bonnets and beanies

Hats should cover those baby ears. Gloves can be difficult to keep on! You could look out for jackets that have handy fold down gloves on the sleeves.

#### Sleeping soundly

It's a good idea to create a cooler bedroom for your baby. Babies can overheat because their room can be too hot or there might be too much bedding. The ideal temperature is between 16C and 20C.

If you're using a sleeping bag, check the manufacturer's recommendation for winter tog thickness (bags with a 2.5 tog rating should be plenty). You can add a blanket, if necessary, but always remember to put them to sleep at the bottom of their cots. That way baby doesn't wriggle down underneath it.

If you're co-sleeping, remember that baby will have the extra warmth from your body too!

#### Getting out and about with baby

Even in the chilly days of mid-winter, it is important for you and your baby to go out for fresh air and a change of scenery — even if it is just a short walk. Babies sleep better at night if they have had some fresh air during the day. Babies napping outdoors is coming back 'in fashion'; with some saying it has added benefits such as being self-soothing.

#### Babies in buggies

The rain cover on your buggy can also trap heat so it should be open up once you are inside. Also, remove their hat and pull back any blankets you may have used.

#### If a sling is your thing

If you are using a sling, your baby will have that wonderful extra source of warmth — your body. Just be sure to check regularly that your baby is not too hot.



#### Support

At Shoreditch Trust we work closely with women around their priorities, we help with accessing local services, and developing new knowledge and skills to improve outcomes for them and their children.

Bump Buddies Mentoring offers support from trained peer mentors, Hackney mothers, who provide reassurance, answer questions, and connect women to local resources. Meetings take place in the community or over the phone.

#### Become a mentor

Baby Buddies is a weekly drop-in group, providing a supportive space for women to consider how they can improve their mental health, using the framework of 5 Ways to Wellbeing. This friendly peer-led group encourages listening, sharing experiences, taking care of baby and joining in on activities. [www.shoreditchtrust.org.uk/jobs-and-volunteering](http://www.shoreditchtrust.org.uk/jobs-and-volunteering)

#### Our groups

Wednesdays, 11 am–12.30 pm  
Shoreditch Trust Healthy Living Centre  
170 Pitfield Street, N1 6JH  
Thursdays, 1–2.30 pm  
This is a Zoom-only group.  
For more information, please contact: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)  
020 7033 8524  
Visit our website: [www.shoreditchtrust.org.uk/health-and-wellbeing/bump-buddies](http://www.shoreditchtrust.org.uk/health-and-wellbeing/bump-buddies)

## KEEPING OUR HOMES WARM THIS WINTER

You can get advice and support from Hackney Shine <https://hackney.gov.uk/shine>

Hackney SHINE energy advice has been set up to help residents keep well and warm throughout the year and avoid cold-related conditions during winter as well as the anxiety of paying the fuel bills. Make sure you check if your heating is working, well before the weather gets colder.

Our Bump Buddy staff can make a referral on request for low-income families with under-5s.

You may also be able to get additional help from Warm Home Discount. This one-off payment gives eligible older and low-income consumers £140 off their energy bill. Warm Home Discount Scheme: [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

## KEEPING WELL DURING THE WINTER MONTHS

Make sure you get your flu vaccine if eligible. You can find out more on the NHS website [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine)

For older people, or those with long term health conditions, lower temperatures can create additional health risks.

Please remember the following:

- Keep temperatures above 21C in living rooms and above 18C in bedrooms, check your heating works in advance of the colder weather.
- Ensure you eat warming, nutritious meals. Consider joining one of 14 lunch clubs — Hackney Council for Voluntary Services (HCVS) has a booklet on lunch clubs, contact Suj Ahmed: 020 7923 1962 [suj@hcvs.org.uk](mailto:suj@hcvs.org.uk)
- Make sure you have enough blankets and warm clothing.

More guidance can be found on the NHS website: [www.nhs.uk/live-well/healthy-body/keep-warm-keep-well](http://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well)

## FOR GOOD WINTER MENTAL HEALTH

- Spend time together either on the phone or in person
- Get out in the community and meet new people
- Stay as active as you can, any exercise can bring health benefits. Walking is a great way of taking in the crisp air and keeping fit.
- Eat well, try and get a variety of fruit and veg into your tummy — there's nothing like a healthy gut to keep us going through the winter months.

Always follow COVID-19 guidance and keep yourself and those around you safe.

# Festive Feasting with Local Flavour

## Making lunch and changing lives

Shoreditch Trust's social enterprise restaurant, WaterHouse, trains young people as chefs and bakers, through our Blue Marble Training programme. It supports young people to build skills, gain confidence and develop careers.

We have a selection of hot drinks and daily specials, created and freshly prepared by our young trainee chefs and bakers.

Come pay us a visit, we are open from Monday to Friday 9 am – 3 pm.

You can also order online here:

<https://waterhouse-restaurant.square.site> and set a collection time.

For daily specials you can find us on:

twitter: [@1Waterhouse](https://twitter.com/1Waterhouse)

facebook: [@TheWaterhouseRestaurant](https://www.facebook.com/TheWaterhouseRestaurant)

instagram: [@the\\_waterhouse\\_restaurant](https://www.instagram.com/the_waterhouse_restaurant)

## WaterHouse Restaurant

10 Orsman Road  
London N1 5QJ

[eat@waterhouserestaurant.co.uk](mailto:eat@waterhouserestaurant.co.uk)

020 7033 0123

[www.waterhouserestaurant.co.uk](http://www.waterhouserestaurant.co.uk)

## Feeling festive?

Feasting is so much more festive when your fun is helping Hackney!

We have a great selection of Christmas favourites — Thyme & Garlic Roasted Turkey, Vegetables en Croûte, Pan Roasted Cod Loin, Roasted Butternut Squash with Wilted Spinach and with a vegan option. For dessert, we have Sticky Toffee Pudding, Mango, Passionfruit & Raspberry Mess and Chocolate Tart. Take your pick.

Waterhouse is conscious of its impact in the food industry which is why many of our suppliers come from sustainable and fair-traded backgrounds.

Our coffee supplier, Ozone, responsibly sources their coffee beans from Brazil. Every purchase of our Lemonaid drink contributes to the Lemonaid & ChariTea Foundation which supports a variety of social projects.

**Book your Christmas party at WaterHouse, and have a great time while supporting your local community!**

For our Christmas menu, we have carefully selected suppliers that reflect our values.

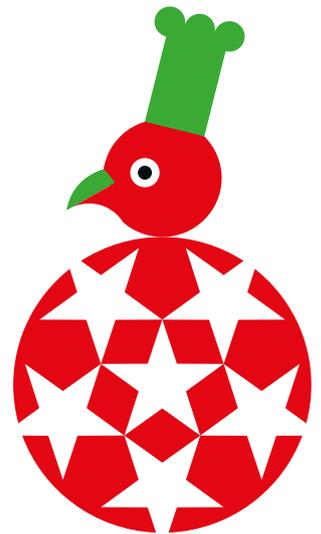
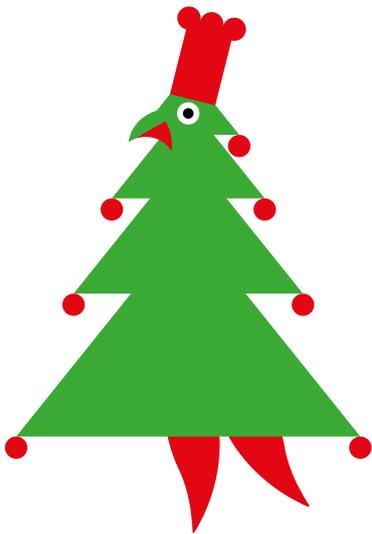
Our alcohol selection from Borough Wines focuses on sustainability, accessibility and approachability. They deliver in recycled plastic crates and returned empty bottles are refilled with wine ready for the next dispatch.

Our meat and fish comes from Billfields and our vegetables are selected daily from County Supplies. Both Billfields and County Supplies work with New Covent Garden Market, who recycle an astonishing 15,000 tons of material a year, without sending any waste to landfill. They are a keen carbon footprint conscious organisation, collaborating with other local businesses to educate and practice sustainable food habits.

## Events catering and venue hire

We cater for all events and we offer a tailored venue for weddings, parties and events — all at great value.

**For all events, catering, hire and Christmas party bookings, please email Fatima: [fatima@shoreditchtrust.org.uk](mailto:fatima@shoreditchtrust.org.uk)**



## PITFIELD STREET CIVIC HUB CENTRE

Our community and civic hub in Hoxton is home to many of our cooking classes, exercise groups, creative sessions, and 1-2-1 support. It is also home to our Civic Hub programme — bringing people together to collaborate on local challenges and opportunities.

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.

Hire our space 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 email Fatima Aihoud, our head of customer services:

[fatima@shoreditchtrust.org.uk](mailto:fatima@shoreditchtrust.org.uk)

[workspace@shoreditchtrust.org.uk](mailto:workspace@shoreditchtrust.org.uk)

## iNDUSTRY

We provide affordable workspace for local start-ups, SME's and charities across a variety of sectors including media, design & architecture, music, fashion, education and health. Our office units range from small, low-cost spaces helping companies taking their first steps and charities keeping costs low, others are large offices filled with thriving companies.

- 200–500 sq ft office studios
- Flexible leases from 6–12 months
- Prices from £1,000 pcm

To view and lease office spaces and studios in Hackney from £1,000 pcm contact the team:

020 7033 8500

[workspace@shoreditchtrust.org.uk](mailto:workspace@shoreditchtrust.org.uk)