



STROKE PROJECT

For *Stoke Survivors* living in Hackney and the City.

MONDAYS COMMUNICATION GROUP

1.30–3 pm
WaterHouse Restaurant
N1 5QJ

TUESDAYS YOUNGER STROKE SURVIVORS

11.30 am–1.30 pm
Shoreditch Town Hall
EC1V 9LT

WEDNESDAYS HIGH CARE GROUP

2–3.30 pm
WaterHouse Restaurant
N1 5QJ

THURSDAYS SELF HELP GROUP

1–2.30 pm
WaterHouse Restaurant
N1 5QJ

WE CONNECT GROUPS

The Sharp End groups for Hackney and the City residents over 55.
Walking Groups for all Hackney and the City residents.

TUESDAYS THE SHARP END KNIT & CROCHET

1.30–3.30 pm
WaterHouse Restaurant
N1 5QJ

WEDNESDAYS HAGGERSTON PARK WALK

2–3 pm
Meeting at Queensbridge Road
entrance of Haggerston Park
E2 8EA

THURSDAYS VICTORIA PARK WALK

2–3 pm
Meeting at New Kingshold
Community Centre
E9 7JE

THE SHARP END SINGING TOGETHER

2.30–4 pm
Every 4th Thursday of the month
WaterHouse Restaurant
N1 5QJ

WOMEN & CHILDREN

For *Pregnant Women and Mums and Babies* registered with a Hackney GP.

TUESDAYS ADVICE & ASSISTANCE

10–11.30 am
St Peter's Church De Beauvoir
N1 5AT

WEDNESDAYS BUMP BUDDIES

coffee morning
10–11.45 am
WaterHouse Restaurant
N1 5QJ

COMMUNITY TABLE

Community Settings lunch, open to all.
Flavours of Home for asylum seekers housed in local hotels.

WEDNESDAYS COMMUNITY SETTINGS PAY-WHAT-YOU-CAN LUNCH CLUB

12–2.30 pm
WaterHouse Restaurant
N1 5QJ

Shoreditch Trust

GROUPS FOR WINTER 2024-25

If you or someone you know is interested in joining any of our groups please complete a referral form here:

[Shoreditch Trust Referral Form](#)

For our other services such as **Young Chefs, Health & Wellbeing Coaching** and **Flavours of Home** please get in touch for times and eligibility.

connect@shoreditchtrust.org.uk

020 7033 8500

www.shoreditchtrust.org.uk

