

Shoreditch Trust What's on at Shoreditch Trust:

October, November, December 2023

Groups won't run between the 20th December and 3rd January

Daily Offer: Community Table Meal, on a Pay What You Can basis, @ Waterhouse N1 5QJ

	Free Activity	When & Where?	Who can come?	Contact Lead
Monday	Communication Group for Stroke Survivors Providing support to encourage communication skills for those whose speech is affected by stroke.	1.30-3pm Stamford Hill Community Centre, N16 6RZ	For stroke survivors living in Hackney/the City	seth@shoreditchtrust.org.uk
	Meditation Meditation for health and wellbeing, to understand and develop focus.	Timing Varies Online Zoom Meeting	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching – Clissold Park Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates. Somerset Grove Surgery, N16 7UA	For 18+ Hackney/City residents, or registered with a Hackney/City GP	lorraine@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching – London Fields Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates. Richmond Road Surgery, E8 3HN	For 18+ Hackney/City residents, or registered with a Hackney/City GP	rebecca@shoreditchtrust.org.uk
Tuesday	Keep Fit Body conditioning exercise, with music from disco and 80s medley.	10-11 am Pitfield Street Civic Hub, N1 6JP	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
	Advice & Assistance – Stroke Project + Long Term Conditions Advice & Assistance clinic for Stroke and Long Term Conditions clients – pre booked appointments only.	10am-12pm Pitfield Street Civic Hub, N1 6JP	For Hackney/City residents, or registered with a Hackney/City GP	seth@shoreditchtrust.org.uk
	Advice & Assistance – Women + Children Advice & Assistance clinic for vulnerable pregnant women/women in early parenthood – pre booked appointments only.	10-11.30am School term times only St Peter De Beauvoir, N1 5AT	For pregnant mums/mums and babies registered with a Hackney GP.	jane@shoreditchtrust.org.uk
	Younger Stroke Survivors Social group for Stroke Survivors of work age (under 65)	11.30am-1.30pm Pitfield Street Civic Hub, N1 6JP	For Stroke Survivors living in Hackney/City of working age	joanne@shoreditchtrust.org.uk

Tuesday	Long COVID Gentle Movement for Wellbeing	6 week course from 31st Oct-5 th Dec 1-2pm Online Zoom Meeting	Received a Long COVID diagnosis + referred from Homerton Long COVID service	janeh@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching – Well Street Common Build knowledge, skills and confidence to take charge of your health + wellbeing.	Courses delivered over 4 weeks across the year-contact your HWBC for next dates.	For 18+ Hackney/City residents, or registered with a Hackney/City GP	rebecca@shoreditchtrust.org.uk
	Knitting & Crochet Club Knit, crochet and chat – suitable for beginners to advance level.	1.30-3.30pm Waterhouse, N1 5QJ	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
	Cook & Eat – Family Six week Cook & Eat course to learn new recipes and get tips on healthy eating.	7 th November-12 th December 4.30-6.30pm Stamford Hill Community Centre, N16 6RS	For families who live in Hackney, or are registered with a Hackney GP. Children must be accompanied.	janeh@shoreditchtrust.org.uk
Wednesday	Bump Buddies Supportive coffee morning for pregnant woman or mums with babies to share experiences.	10-11.30am Waterhouse, N1 5QJ	For pregnant women/mums with babies registered with a Hackney GP.	jane@shoreditchtrust.org.uk
	Walk & Talk Walk around Haggerston Park, meet new people and enjoy fresh air and company.	11.30am-12.30pm Meet at Queensbridge Road/Edith Street entrance	For Hackney residents or those registered with a Hackney GP.	nazmun@shoreditchtrust.org.uk
	Cook & Eat – Long COVID Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics.	8 th November-13 th December 12-2pm Pitfield Street Civic Hub, N1 6JP	Received a Long COVID diagnosis + referred from Homerton Long COVID service.	janeh@shoreditchtrust.org.uk
	Chair-based Exercises Gentle seated exercises for all abilities	1-2pm Queensbridge Community Centre, E8 3XW	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
	Cook & Eat – Adult Six week Cook & Eat course to learn new recipes and get tips on healthy eating.	25 th October-29 th November 12.30-2.30pm Wyke Community Centre, E9 6HA	For 18+ Hackney residents or registered with Hackney GP	janeh@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching-Hackney Downs Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year-contact your HWBC for next dates. Nightingale Surgery, E5 8BY	For 18+ Hackney/City residents, or registered with a Hackney/City GP	alea@shoreditchtrust.org.uk

Wednesday	High Care Group Our High Care Group brings together senior survivors with high care or mobility needs.	2-3.30pm Waterhouse, N1 5QJ	For stroke survivors living in Hackney/City	maria@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching-Online Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates.	For 18+ Hackney/City residents, or registered with a Hackney/City GP	shanaz@shoreditchtrust.org.uk
Thursday	Art Fun peer-supported art group to learn new techniques, experiment and create. No experience necessary.	10.30am-12.30pm Pitfield Street Civic Hub, N1 6JP	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching – Hackney Marshes + London Fields Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates. Pitfield Street Civic Hub, N1 6JP	For 18+ Hackney/City residents, or registered with a Hackney/City GP	silvana@shoreditchtrust.org.uk lewis@shoreditchtrust.org.uk
	Group Health & Wellbeing Coaching –Well Street Common Build knowledge, skills and confidence to take charge of your health and wellbeing.	Courses delivered over 4 weeks across the year- contact your HWBC for next dates.	For 18+ Hackney/City residents, or registered with a Hackney/City GP	shenelle@shoreditchtrust.org.uk
	Cook & Eat – Wellbeing Network 4 week Cook & Eat course to learn new recipes and get tips on healthy eating.	12 th October-2 nd November 1.30-3.30pm Pitfield Street Civic Hub, N1 6JP	For 18+ Hackney/City residents, or registered with a Hackney/City GP.	marilene@shoreditchtrust.org.uk
	ACT for Life – Long COVID For anyone who would like a better understanding of how to improve their psychological wellbeing.	16 th November-7 th December 12-2pm Online Zoom Meeting	Received a Long COVID diagnosis+ referred from Homerton Long COVID service	jhenry@shoreditchtrust.org.uk
	Walk & Talk Walk around Victoria Park, meet new people and enjoy fresh air and company.	2-3pm Meeting outside New Kingshold Community Centre	For 18+ Hackney/City residents, or registered with a Hackney/City GP	joanne@shoreditchtrust.org.uk
	Singing Together Singing in a group with a professional guitarist.	3-4pm Every 4 th Thursday Waterhouse, N1 5QJ	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk
Friday	Tai Chi Tai Chi is martial art in slow motion. Great for relaxation, building strength and balance.	10-11am 8 Orsman Road, N1 5QJ	For Hackney residents aged 50+	nazmun@shoreditchtrust.org.uk

Friday	Advice & Assistance Stroke Project + Long Term Conditions Advice & Assistance Clinic for Stroke and Long Term Condition clients—pre booked appointments only.	10am-12pm Waterhouse, N1 5QJ	For 18+ Hackney or City residents, or registered with a Hackney/City GP.	seth@shoreditchtrust.org.uk
	Self Help Group for Stroke Survivors We support stroke survivors to become more independent and active in their community.	1-2.30pm Pitfield Street Civic Hub, N1 6JP	For stroke survivors over 65, living in Hackney or the City	maria@shoreditchtrust.org.uk

If you would like more information about Shoreditch Trust groups, please email contact leads about their groups who will be able to assist further or visit our website:

shoreditchtrust.org.uk

020 7033 8500 or email connect@shoreditchtrust.org.uk

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Shoreditch Trust is a charity registered in England and Wales.

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