

# Shoreditch Trust



## What's on at Shoreditch Trust: July, August, September 2023

|         | Free Activity  | When & Where?  | Who can come?   | Contact Lead                    |
|---------|--|--|---|---------------------------------|
| Monday  | <b>Communication Group for Stroke Survivors</b><br>Providing support to encourage communication skills for those whose speech is affected by stroke.                         | 1.30-3pm<br>Stamford Hill Community Centre, N16 6RZ  | For stroke survivors living in Hackney/ the City                            | seth@shoreditchtrust.org.uk     |
|         | <b>Walk &amp; Talk Long COVID</b><br>A gentle walk with plenty of rest stops and green spaces.   | 1.30-2.30pm—From 5th July to 24th July<br>Meeting outside Hoxton Overground Station, E2 8FF                          | Received a Long COVID diagnosis + referred from Homerton Long COVID service | neofita@shoreditchtrust.org.uk  |
|         | <b>Meditation</b><br>Meditation for health and wellbeing, to understand and develop focus.   | Timing Varies<br>Online Zoom Meeting   | For Hackney residents aged 50+  | nazmun@shoreditchtrust.org.uk   |
|         | <b>Group Health &amp; Wellbeing Coaching—Clissold Park</b><br>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.<br>Somerford Grove Surgery, N16 7UA | For 18+ Hackney/ City residents, or registered with a Hackney/City GP       | lorraine@shoreditchtrust.org.uk |
|         | <b>Group Health &amp; Wellbeing Coaching—London Fields</b><br>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.<br>Richmond Road Surgery, E8 3HN    | For 18+ Hackney/ City residents, or registered with a Hackney/City GP       | rebecca@shoreditchtrust.org.uk  |
| Tuesday | <b>Keep Fit</b><br>Body conditioning exercise, with music from disco and 80s medley.   | 10-11am<br>Pitfield Street Civic Hub, N1 6JP   | For Hackney residents aged 50+  | nazmun@shoreditchtrust.org.uk   |
|         | <b>Advice &amp; Assistance—Stroke Project + Long Term Conditions</b><br>Advice & Assistance clinic for Stroke and Long Term Conditions clients—pre booked appointments only. | 10.30am-12pm<br>Pitfield Street Civic Hub, N1 6JP  | For 18+ Hackney/ City residents, or registered with a Hackney/City GP       | seth@shoreditchtrust.org.uk     |
|         | <b>Advice &amp; Assistance—Women + Children</b><br>Advice & Assistance clinic for vulnerable pregnant women/women in early parenthood—pre booked appointments.               | 10-11.30am<br>Starting 5th September<br>St Peters De Beauvoir, N1 5AT  | For pregnant women/mums and babies registered with a Hackney GP.            | jane@shoreditchtrust.org.uk     |
|         | <b>Younger Stroke Survivors Group</b><br>Social group for Stroke Survivors of working age (under 65)   | 11.30am-1.30pm<br>Pitfield Street Civic Hub, N1 6JP  | For Stroke Survivors living in Hackney/City of working age                  | joanne@shoreditchtrust.org.uk   |

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| <b>Tuesday</b>   | <p><b>Calm &amp; Connect Long COVID</b></p> <p>Build confidence to notice early signs of stress, explore how values can help to take actions that matter to you in face of health challenges.</p> | <p>12pm-2pm : 5th September—26th September</p> <p>Pitfield Street Civic Hub, N1 6JP</p>  | <p>Received a Long COVID diagnosis + referred from Homerton Long COVID service.</p>   | <p>jhenry@shoreditchtrust.org.uk</p>   |
|                  | <p><b>Knitting &amp; Crochet Club</b></p> <p>Knit, crochet and chat—suitable for beginners to advance level.</p>  | <p>1.30pm-3.30pm</p> <p>Waterhouse, N1 5QJ</p>   | <p>For Hackney residents aged 50+</p>   | <p>nazmun@shoreditchtrust.org.uk</p>   |
|                  | <p><b>Community Kitchens—Adults</b></p> <p>Six week Cook &amp; Eat course to learn new recipes, meet new people and get tips on healthy eating.</p>   | <p>11.30am-1.30pm: 22nd August—26th September</p> <p>New Kingshold Community Centre, E9 7JE</p>                                | <p>For 18+ Hackney residents or those registered with a Hackney GP.</p>               | <p>food@shoreditchtrust.org.uk</p>     |
|                  | <p><b>Group Health &amp; Wellbeing Coaching-Well Street Common</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p>                                 | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p>  | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p>           | <p>rebecca@shoreditchtrust.org.uk</p>  |
| <b>Wednesday</b> | <p><b>Bump Buddies</b></p> <p>Supportive coffee morning for pregnant woman or mums with babies to share experiences.</p>  | <p>10-11.30am</p> <p>Waterhouse, N1 5QJ</p>  | <p>For pregnant women and mums with babies registered with a Hackney GP.</p>          | <p>jane@shoreditchtrust.org.uk</p>     |
|                  | <p><b>Cook &amp; Eat Long COVID</b></p> <p>Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics.</p>  | <p>12-2pm</p> <p>23rd August-27th September</p> <p>Pitfield Street Civic Hub, N1 6JP</p>                                       | <p>Received a Long COVID diagnosis and referred from Homerton Long COVID Service.</p> | <p>marilene@shoreditchtrust.org.uk</p> |
|                  | <p><b>Walk &amp; Talk</b></p> <p>Walk around Haggerston Park, meet new people, enjoy fresh air and company.</p>   | <p>12-1pm</p> <p>Meet at Queensbridge Road / Edith Street entrance</p>   | <p>For Hackney residents or those registered with a Hackney GP.</p>                   | <p>nazmun@shoreditchtrust.org.uk</p>   |
|                  | <p><b>Chair Based Exercises</b></p> <p>Gentle seated exercises for all abilities.</p>   | <p>1-2pm</p> <p>Queensbridge Community Centre, E8 3XW</p>  | <p>For Hackney residents aged 50+</p>   | <p>nazmun@shoreditchtrust.org.uk</p>   |
|                  | <p><b>Group Health &amp; Wellbeing Coaching-Shoreditch Park</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p>                                    | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p> <p>Shoreditch Park Surgery, N1 5DR</p> | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p>           | <p>ade@shoreditchtrust.org.uk</p>      |
|                  | <p><b>High Care Group</b></p> <p>Our High Care Group brings together senior survivors with high care or mobility needs.</p>   | <p>2-3.30pm</p> <p>Waterhouse, N1 5QJ</p>  | <p>For stroke survivors living in Hackney or the City.</p>                            | <p>maria@shoreditchtrust.org.uk</p>    |

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| <b>Wednesday</b> | <p><b>Community Kitchens—Adults</b></p> <p>Six Week Cook &amp; Eat course to learn new recipes, meet new people and get tips on healthy eating.</p>                            | <p>4.30-6.30pm: 23rd August-27th September</p> <p>Pitfield Street Civic Hub, N1 6JP</p>  | <p>For 18+ Hackney residents or those registered with a Hackney GP.</p>     | <p>food@shoreditchtrust.org.uk</p>     |
|                  | <p><b>Group Health &amp; Wellbeing Coaching-Hackney Downs</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p>                   | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p> <p>Nightingale Surgery, E5 8BY</p>       | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p> | <p>alea@shoreditchtrust.org.uk</p>     |
|                  | <p><b>Group Health &amp; Wellbeing Coaching-Online</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p>                          | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p>  | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p> | <p>shanaz@shoreditchtrust.org.uk</p>   |
| <b>Thursday</b>  | <p><b>Young Chefs</b></p> <p>Group workshops for school and youth settings. Participants learn to prepare a recipe together, then enjoy the meal over a group discussion.</p>  | <p>10am—12pm/3.30pm-5.30pm</p> <p>Waterhouse, N1 5QJ</p>   | <p>Young people aged 11-16 in Hackney, in school or youth settings.</p>     | <p>ken@shoreditchtrust.org.uk</p>      |
|                  | <p><b>Art</b></p> <p>Fun peer-supported art group to learn new techniques, experiment and create. No experience necessary.</p>   | <p>10.30am-12.30pm</p> <p>Pitfield Street Civic Hub, N1 6JP</p>  | <p>For Hackney residents aged 50+</p>                                       | <p>nazmun@shoreditchtrust.org.uk</p>   |
|                  | <p><b>Group Health &amp; Wellbeing Coaching-Hackney Marshes + London Fields</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p> | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p> <p>Pitfield Street Civic Hub, N1 6JP</p> | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p> | <p>silvana@shoreditchtrust.org.uk</p>  |
|                  | <p><b>Group Health &amp; Wellbeing Coaching –Well Street Common</b></p> <p>Build knowledge, skills and confidence to take charge of your health and wellbeing.</p>             | <p>Courses delivered over 4 weeks across the year-contact your HWBC for next dates.</p>  | <p>For 18+ Hackney/City residents, or registered with a Hackney/City GP</p> | <p>shenelle@shoreditchtrust.org.uk</p> |
|                  | <p><b>Singing Together</b></p> <p>Singing in a group with a professional guitarist.</p>  | <p>3-4pm</p> <p>Every 4th Thursday</p> <p>Waterhouse, N1 5QJ</p>   | <p>For Hackney residents aged 50+</p>                                       | <p>nazmun@shoreditchtrust.org.uk</p>   |
| <b>Friday</b>    | <p><b>Tai Chi</b></p> <p>Tai Chi is martial art in slow motion. Great for relaxation, building strength and balance.</p>   | <p>10-11am</p> <p>8 Orsman Road, N1 5QJ</p>  | <p>For Hackney residents aged 50+</p>                                       | <p>nazmun@shoreditchtrust.org.uk</p>   |

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|               | <p><b>Advice &amp; Assistance Stroke Project + Long Term Conditions</b></p> <p>Advice &amp; Assistance Clinic for Stroke and Long Term Condition clients—pre booked appointments only.</p> | <p>10.30am-12pm</p> <p>Waterhouse, N1 5QJ</p>            | <p>For 18+ Hackney or City residents, or registered with a Hackney/City GP.</p> | <p>seth@shoreditchtrust.org.uk</p>  |
|               | <p><b>Community Table Lunch</b></p> <p>Drop-in community meal, serving a delicious meal each week on a Pay What You Can basis.</p>   | <p>12-1.30pm</p> <p>Waterhouse, N1 5QJ</p>               | <p>For 18+ Hackney or City residents, or registered with a Hackney/City GP.</p> | <p>seth@shoreditchtrust.org.uk</p>  |
|               | <p><b>Self Help Group for Stroke Survivors</b></p> <p>We support stroke survivors to become more independent and active in their community.</p>  | <p>1-2.30pm</p> <p>Pitfield Street Civic Hub, N1 6JP</p> | <p>For stroke survivors over 65, living in Hackney or the City.</p>             | <p>maria@shoreditchtrust.org.uk</p> |

**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](http://shoreditchtrust.org.uk)**

**020 7033 8500 or email [connect@shoreditchtrust.org.uk](mailto:connect@shoreditchtrust.org.uk)**

Groups won't run between the 31st July and 11st August.

Shoreditch Trust is a charity registered in England and Wales.

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Company No: 03894363