



Shoreditch Trust



What's on at Shoreditch Trust: April, May, June 2023

	Free Activity	When?	Who can come?	Contact Lead
Monday	Walking for Wellbeing - Shoreditch Park Walk around Shoreditch Park, meet new people, enjoy fresh air and company.	Mondays: 12 — 1 pm Meeting Point: Britannia Leisure Centre—Front entrance (stone seating area) Pitfield Street, N1 5FT	For Hackney residents or registered with a Hackney GP	lewis@shoreditchtrust.org.uk
	Communication Group for Stroke survivors Providing support to encourage communication skills for those whose speech is affected by stroke.	Mondays: 1 pm—2:30 pm Location: Stamford Hill Community Centre, Stamford Hill Estate, Stamford Hill, N16 6RZ	Stroke Survivors	strokeproject@shoreditchtrust.org.uk
Tuesday	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.	Tuesdays: 11:30 am—1:30 pm Location: Shoreditch trust Civic Hub, 170 Pitfield Street N1 6JP	Stroke Survivors	joanne@shoreditchtrust.org.uk
	Advice clinic By appointment, call or e-mail to book Session to support clients with long term conditions completing applications and forms	Tuesdays: 10: 00 am—11:30 am Location: Shoreditch trust Civic Hub, 170 Pitfield Street N1 6JP	Adults in Hackney with a long term condition	connect@shoreditchtrust.org.uk
	Long Covid—Calm & Connect course Build your confidence to pick up on the early signs of stress and develop a toolbox of strategies to respond. Including mindfulness practice, relaxation techniques.	Tuesday: 12:00 pm—2:00 pm from 6 June to 27 June. Location: Shoreditch trust Civic Hub, 170 Pitfield Street N1 6JP	Hackney or City residents with a diagnosis of Long Covid	connect@shoreditchtrust.org.uk
Wednesday	Baby Buddies—drop-in group This friendly peer-led group encourages listening, sharing experiences, reflecting on taking care of a baby and family, and joining in on activities.	Wednesday: 10 am— 11:30 am Location: WaterHouse, 10 Orsman Road, N1 5QJ	Pregnant women, mums and babies - registered with a Hackney GP	jane@shoreditchtrust.org.uk
	Advice clinic Session to support pregnant women and new mothers completing applications and forms	Wednesdays: 10 am—12:30pm Location: WaterHouse, 10 Orsman Road, N1 5QJ	Women in Hackney	connect@shoreditchtrust.org.uk
	Long Covid Walk A low intensity walk for a gentle (re)introduction to exercise and community spaces.	Wednesday: 11 am—12:00 pm Location: Shoreditch trust Civic Hub, 170 Pitfield Street N1 6JP	Hackney or City residents with a diagnosis of Long Covid	connect@shoreditchtrust.org.uk
	Community Kitchens — Cook & Eat Course Group cook and eat sessions, bringing people together to prepare and eat a meal together, taking part in discussions and activities on nutrition and cooking topics and building social connections, confidence, peer support and sharing of community	Wednesdays: 12:00 pm—3:00 pm, starting 19th April for 6 weeks through to 24 May Location: Stamford Hill Community Centre, Stamford Hill Estate, Stamford Hill, N16 6RZ	Adults in Hackney	food@shoreditchtrust.org.uk



Shoreditch Trust



What's on at Shoreditch Trust: April, May, June 2023

	Free Activity	When?	Who can come?	Contact Lead
Wednesday	Community Kitchens — Cook & Eat Course Group cook and eat sessions, bringing people together to prepare and eat a meal together, taking part in discussions and activities on nutrition and cooking topics and building social connections, confidence, peer support and sharing of community knowledge	Wednesdays: 12:00 pm—3:00 pm, starting 19th April for 6 weeks through to 24 May Location: Stamford Hill Community Centre, Stamford Hill Estate, Stamford Hill, N16 6RZ	Adults in Hackney	food@shoreditchtrust.org.uk
	Long Covid Cook & Eat course Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics. Using interactive activities and tools, explore balanced diet, mood and food, smart carbs, processed and unprocessed food.	Wednesday: 12:00 pm—3:00 pm, starting 19th April for 6 weeks through to 24 May Location: Shoreditch trust Civic Hub, 170 Pitfield Street N1 6JP	Hackney or City residents with a diagnosis of Long Covid	connect@shoreditchtrust.org.uk
	Stroke Survivors High Care Group The High Care Group brings together stroke survivors with high care or mobility needs.	Wednesdays: 2:00 pm - 3:30 pm Location: WaterHouse restaurant, 10 Orsman Rd, N1 5QJ	Stroke survivors living in Hackney or the City	maria@shoreditchtrust.org.uk
Thursday	Blue Marble Socials – Introduction to Baking Young people engage in a 7 week baking block where they learn to make pastries, biscuits and dough work.	Thursdays: to be confirmed Location: WaterHouse	11-16 year olds	Olivia@shoreditchtrust.org.uk
	Walking For Wellbeing — Victoria Park Walk around Victoria Park, meet new people ,enjoy fresh air and company.	Thursdays: 2:00 - 3:00 pm Meeting Point: In front of New Kingshold Community Centre, Ainsworth Road, E9 7JE	Hackney residents	joanne@shoreditchtrust.org.uk
Friday	Community Table lunch Meet at our WaterHouse restaurant to share a meal, build connections and confidence and share community knowledge.	Fridays: 12:00pm—1:30pm WaterHouse Restaurant 10 Orsman Road, N1 5QJ	Hackney or City residents	connect@shoreditchtrust.org.uk
	Stroke Survivors Self Help Group (SHG) Stroke survivors becoming more independent and active in their community. Group meets weekly and arranges outings together as well.	Fridays: 1 :00 pm - 2.30 pm Location: Shoreditch Trust Civic Hub, 170 Pitfield Street N1 6JP	Stroke survivors living in Hackney or the City	maria@shoreditchtrust.org.uk

If you would like more information about Shoreditch Trust workshops, please email contact leads about their groups who will be able to assist further

or visit our website:

shoreditchtrust.org.uk

02070338500 or e-mail connect@shoreditchtrust.org.uk