



The Stuart Low Trust



bringing people together for better health and wellbeing

Sessional Workshop & Event Assistant - Background information

About the Stuart Low Trust

The Stuart Low Trust (SLT) exists to provide support adults living in Islington and surrounding boroughs who are socially marginalised. SLT was set up in 1997 by Islington residents in memory of Stuart Low, who was diagnosed with schizophrenia and took his own life aged 27, when he couldn't find the right help at the right time. SLT aims to fill a service gap which continues, so that local people have quick access to community-based activity support groups.

SLT provides safe, non-judgemental environments that combat social isolation and stigma, by building community resilience, mental wellbeing, coping skills and social inclusion. Through outcomes evaluation surveys completed at sessions, 89% participants report improved wellbeing at the end of the sessions. SLT is uniquely:

- **accessible** by offering support at times of increased risk from isolation at evenings and weekends.
- **inclusive** by avoiding the complex eligibility criteria of publicly-funded services.
- **community-embedded** by running all activities in collaboration with community partners.

About the SLT staff team

SLT is a small charity with 6 part-time core staff and a current team of 6 sessional staff, who support the running of events and activities. In addition, 6-7 session leaders specialise in delivering nature, arts or wellbeing sessions, such as yoga, mindfulness and dance. SLT's core approach is also to work in partnership with community organisations which provide the expertise to run some of our programmes, including a local art gallery, local charities and a community farm. A team of around 20 volunteers assist at activities and events, supported by our Volunteer Supervisor Jane Edwards.

The sessional team are supervised and supported by Katy Connell, our experienced Senior Host. In the sessional team, there are two other Hosts, who lead our Friday Evening Events. Currently, three sessional staff assist at Friday Evening Events and at our weekend activities via a rota mutually agreed with our Programmes Manager at least 3 months in advance.

Office 1, The Jean Stokes Community Centre, Carnoustie Drive,
Islington, London, N1 0DX
Tel: 020 7713 9304 Email: info@slt.org.uk Website: www.slt.org.uk
Company limited by guarantee registered in England No. 5001948
Charity Registered in England & Wales No. 1102325



About your role

The Sessional Workshop & Event Assistant role will help with the running of following three activities, encouraging and enabling participants to connect socially with other participants wherever possible:

- **Sunday Philosophy Forum**
- **Friday Evening Events**
- **Saturday Wellbeing Workshops**

These activities are summarised below in the context of our fully activity programme.

About our Activity Programmes

SLT achieves our mission through delivery of free, socially therapeutic activities per annum in three holistic programmes: Arts, Nature and Wellbeing.

Nature Programme

- **Nature visits** - A programme of 18 visits to a wide variety of nature sites and activities through the seasons between March to November, including nature reserves, gardens, farms and canal walks.
- **Nature outings** - 6 Nature outings further afield, once per month April to September, including Kew Gardens and Kenwood House.

Arts Programme

- **Sunday Philosophy Forum** - The Forum is led by a team of volunteer facilitators under the expert guidance of philosophy graduates on Sundays at the Old Diorama Centre.
- **Art Workshops** - SLT runs fortnightly art activity workshops in partnership with and on the site of Estorick Gallery of Italian Art.
- **Art outings** - Visits have included private tours around the Neo-gothic mansion Two Temple Place, the British Museum and the Museum of London.
- **Choir** - The Choir runs at St Luke's Community Centre in South Islington.

Wellbeing Programme

- **Friday Evening Events** - Friday evening events are run on a drop-in basis at office-based venue the Jean Stokes Community Centre and are SLT's flagship service.
- **Saturday Wellbeing Workshops** - SLT's Wellbeing Workshops run on Saturdays at the Mildmay Centre in Islington and support participants by providing a toolkit of coping strategies and techniques to use at home including gentle exercise, yoga, Chi Kung, mindfulness, dance. 25% of the programme is run online via Zoom.

Maximum attendance for most sessions is 12 participants, who must register with SLT and book on activities in advance. Friday events have regular attendance of 20+ participants. All participants must abide by our Code of Conduct.