

What's On Spring Term Jan - March 2025



The Stuart Low Trust

Bringing people together for better health and wellbeing



Arts

Philosophy Forum

Old Diorama Arts Centre, Euston

Join our Philosophy discussion group and ponder the greater questions in life. (F2F)

Sunday 9th February, 3.30-6pm

Sunday 23rd February, 3.30-6pm

Sunday 9th March, 3.30-6pm

Sunday 23rd March, 3.30-6pm

Sunday 6th April, 3.30-6pm

Estorick Art Workshops

Estorick Gallery, Highbury & Islington

Join our friendly, creative community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and be inspired to create your own artwork. (F2F)

Tuesday 7th January, 3-5pm

Tuesday 21st January, 3-5pm

Tuesday 4th February, 3-5pm

Tuesday 18th February, 3-5pm

Tuesday 4th March, 3-5pm

Tuesday 18th March, 3-5pm

Art Visit

Armourers Hall

Tuesday 11th February, 2-4pm (F2F)

Enjoy a private guided tour of the historic home of The Armourers & Brasiers' Company. Armourers' Hall, is a scheduled ancient monument and Grade II* listed building, on a site which it has occupied uninterrupted since 1346.

Choir

Thursdays, 5.30-7pm (F2F)

St Luke's Community Centre, Old Street

Choir is back with Cici for a new term. A friendly community choir, all levels, everyone welcome. Book full term.

8 week course every Thursday

Start 23rd Jan, Ends 20th March.

Week break February 20th

'Write Away' - A Poetry Course with Bill Dury

Tuesday's 2-3.30pm (F2F)

Starts 28th January, ends 18th March

Islington Mind Centre, Archway

8-week creative writing and poetry course in collaboration with Islington Mind. Explore your imagination and learn techniques and writing styles. Connect with like-minded people and self-express in a safe, friendly space. All levels are welcome. *(Some eligibility criteria apply.)*

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Friday Evening Events

Drop-in events, no booking required.

Jean Stokes Community Centre, Caledonian Road, N1 0DX

Friday FORTNIGHTLY, 6.30 - 8.45pm.

Enjoy the entertainment, connect with the community, meet new people, and have fun! From Music and Comedy, to History, there is something for everyone.

Refreshments included! Vegetarian, gluten free and vegan options available.

Billy's Bingo Night

Friday 10th January, 6.30-8.45pm

Start the New Year with some fun and laughter playing bingo. Hosted by writer and comedian Bill Dury - SLT's creative writing facilitator.

Terrific Totteridge - Paul Baker

Friday 24th January, 6.30-8.45pm

Find out about Totteridge, one of the most delightful spots in London with stunning houses, famous inhabitants past and present galore, and a gorgeous green and common. Illustrated talk by Paul Baker.

Rona Topaz - Live and In Concert Friday 7th February, 6.30-8.45pm

Enjoy an evening of cabaret, featuring original songs and well known covers from the 60's to the Noughties.

Have Your Say and Social

Friday 21st February, 6.30-8.45pm

How can SLT do things differently? Let us know in this HYS event and social night.

Quiz Night

Friday 7th March, 6.30-8.45pm

Come along and test your knowledge at our Friday Night quiz. Prizes to be won!

An Evening of Music with Anna Scott Friday 21st March, 6.30-8.45pm

Enjoy an evening of song and music with guitar as Anna Scott returns, performing a variety of hits from the 30's to the 70's.

Wellbeing

Gentle Exercise: Building Energy through Movement (Zoom)

Tuesdays, 12-1pm

Lift your energy with a mixture of Tai Chi, Chi Gung and Yoga with Peter. A great way to exercise and strengthen muscles, joints and bones.

Term Starts 7th Jan, Ends 25th March

Mindfulness

The Mildmay Community Centre,
Newington Green. N16 8NA

6 Week Course (F2F)

Start the new year with our rejuvenating 6-week mindfulness course. Learn and practice helpful mindfulness techniques in a supportive friendly group, to promote relaxation and wellbeing. With Katy.

Saturday 18th Jan, 1:30 - 3:45pm

Saturday 25th Jan, 1:30 - 3:45pm

Saturday 1st Feb, 1:30 - 3:45pm

Saturday 8th Feb, 1:30 - 3:45pm

Saturday 15th Feb, 1:30 - 3:45pm

Saturday 22nd Feb, 1:30 - 3:45pm

Monday Meetups

The group will get together twice per month, one social in Costa Coffee on Caledonian Road and one social outing, supported by SLT staff Katy and Cady.

13th January, 1-3pm

Costa Coffee, Caledonian Road

27th January, 12 3pm

'A Lifetime Of Works' Exhibition

Join us to see Cady Stone's exhibition of his paintings at 44 Hallam Street.

10th February, 1-3pm

Costa Coffee, Caledonian Road

24th February, 12-3pm

Barbican

Visit one of the greatest pieces of urban architecture of post-war Britain.

10th March, 1-3pm

Costa Coffee, Caledonian Road

24th March, 12-3pm

Camden Town

Explore Camden, famous for its markets, live music and street art located by Regents Canal.

Nature

All of our nature visits are run by our trained nature leaders, Michael or Chris.

The meeting point will be at a nearby train station, please book for more information.

Spitalfields City Farm

Wednesday, 26th February, 1-2.30pm

Established in 1978 on a former railway goods depot, the farm began as an allotment site. Over the years, it has grown to accommodate farmyard animals.

Inner Temple Gardens

Wednesday, 12th March, 1 - 2.30pm

A hidden gem in the heart of the city. Cultivated since 1195, it features meadows filled with bulbs, wildflowers and trees up to 300 years old.

Drop-In Coffee Afternoon

Drop into the Jean Stokes Community Centre for our SLT coffee afternoon. No need to book, just turn up and chat with new people over a hot drink. Refreshments provided.

Wednesday 19th February, 2-3.30pm

Wednesday 19th March, 2-3.30pm

Performance Course

Wednesdays 6.30-8.30pm

Starts 5th February - 2nd July

Break April

**Jean Stokes Community Centre,
Caledonian Road, N1 0DX**

16-week Course for anyone aged 18-35, suiting all levels of experience, run by Odd Eyes Theatre.

Through this project, you will practice your creating and performing talents. There will be drama exercises and professionals aiming to support, inspire and challenge you in this process.

There will be three opportunities to perform. The final performance will be showcased as part of Cally Festival 2025.

BOOKING OR MORE INFO:

Email: info@slt.org.uk

Call and leave a message on: 020 7713 9304.

Places are limited, booking essential.

About Stuart Low Trust

Stuart Low Trust Hopes to bring people together through our free activities, to help people find enjoyable activities, friendly faces and all without monetary limitation.

More about us

Office 1, Jean Stokes Community Centre,
Carnoustie Drive, London, N1 0DX

Website: www.slt.org.uk

Charity number 1102325 Company number 5001948

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