



### Booking Events

Shoreditch Trust is running as many outdoor activities as possible this autumn, to help people who are feeling isolated to reconnect to our community. All activities have undergone comprehensive risk assessment and comply with current Government Covid-19 guidance.

We are working hard to keep our services open, but may have to cancel activities in the event of further local or national restrictions. In this situation we will inform all registered group participants, reschedule if we can, or offer internet or telephone groups where appropriate. Please help us to do this by making sure you book activities in advance for you, or for people you are supporting.

Anyone who has been exposed to a person with Covid-19, or who has symptoms, must stay at home in line with Government advice. If someone has received a positive test for Covid-19 and has recently been to a Shoreditch Trust activity please work with NHS Test and Trace and give them our details: 020 7033 7500 or [info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk).

### Young people

Through Blue Marble Training, Shoreditch Trust offers professional chef training and group mentoring to 16 to 25-year-olds in London. Blue Marble also offers individual pastoral and employability support. The project is based at WaterHouse Restaurant in Haggerston. In addition to Blue Marble Training, Shoreditch Trust's programme for young people also includes 'Introduction to Baking' workshops for 12-16 year-olds, which utilise ACT and narrative therapy approaches, and 'Personal Development' workshops for 16-25 year-olds.

### Pregnant women and young families

Shoreditch Trust offers support to pregnant women, new mums and families in Hackney through the Women and Children Programme. The service offers befriending with an experienced local mum to help with antenatal appointments, planning labour and the first few months with a baby, as well as groups where mums can meet each other for support and help with well-being. The project can provide help to access free baby equipment and clothing and referrals for women experiencing problems with isolation, food poverty, housing, immigration status and violence.

### People with health problems

People who are based in Hackney or the City and have a long-term health problem can access support through Shoreditch Trust's Community Connections team and the Stroke Project. This includes links to local activities (for example walks, lunch clubs, tea dances, volunteering and bingo), telephone befriending, support to recover after stroke and gentle exercise.

### Meal deliveries

Community Table is a free, short term, meal delivery service for people in Hackney who cannot prepare meals because they are unwell, do not have access to ingredients, have lost their income, or do not have access to cooking facilities. Parcels are delivered on Tuesdays and Thursdays. Each parcel contains two meals for everyone in the household, prepared by a professional chef, and staples such as bread and fruit.

### Access our services or find other support

Shoreditch Trust can help people in Hackney to find local helpful services with us and other charities across the borough. Get in touch to access any of our services, or find out about other groups.

**To book a space at an activity or access a project email [info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk) or call 020 7033 8501 or 020 7033 8587**

	Activity	When and where?	Who can come?
Monday	<b>Blue Marble Training</b> Youth employment and training programme which support's young people at risk of social exclusion, providing kitchen-based chef training. Broadly, BMT works with young people whose needs cannot be met through traditional models of education, training and employment as they transition into independent living.	Monday - Thursday 08.30 - 3.30 Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
Tuesday	<b>Blue Marble Training</b> Youth employment and training programme which support's young people at risk of social exclusion, providing kitchen-based chef training. Broadly, BMT works with young people whose needs cannot be met through traditional models of education, training and employment as they transition into independent living.	Monday - Thursday 08.30 - 3.30 Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
	<b>Fit 4 Health Slow Pace Walk</b> A free specialist walk to help in the prevention and recovery of stroke / TIA and for those with mobility issues. Part of the Hackney Council Fit 4 Health Walks programme in partnership with MRS Independent Living and Shoreditch Trust.	Tuesdays 1.00 - 1.45 The garden of Clissold House Café, Clissold Park, Green Lanes, Stoke Newington, London N16 9HJ	Stroke survivors living in Hackney or frail people
	<b>Younger Stroke Survivors Group</b> The online YSS group brings together working age people who have survived a stroke. YSS online supports members to share personal experiences and feelings, coping strategies, or first-hand information about stroke and other important topics for health and wellbeing.	Tuesdays 2.00 Zoom (online)	Stroke survivors living in Hackney or the City, of working age
	<b>Sanctuary Spaces</b> A managed, distanced outdoor space, where people who have been shielding or who are worried about going out can exercise, socialise and get involved in activities.	Tuesdays 2.00 - 3.00 until 13 October	People in Hackney who have been shielding or who are worried about going out

	<b>Activity</b>	<b>When and where?</b>	<b>Who can come?</b>
<b>Wednesday</b>	<b>Blue Marble Training</b> Youth employment and training programme which support's young people at risk of social exclusion, providing kitchen-based chef training. Broadly, BMT works with young people whose needs cannot be met through traditional models of education, training and employment as they transition into independent living.	Monday - Thursday 08.30 - 3.30 Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
	<b>Baby Buddies Online</b> An online session for pregnant women and new mums to connect and meet, learn relaxation techniques, find out about useful services, and enjoy baby activities.	Wednesdays 11.00 - 12.30 Zoom (online)	Mums to be, mums, babies & toddlers in Hackney
	<b>The Young Black Men Unconference</b> Part of the Hackney 'Improving Outcomes for Young Black Men' programme, this unconference is a response to disproportionately poorer experiences impacting the lives of Young Black Men across education, health and wellbeing, youth justice and experiences of harm.  The Unconference aims to identify the key health and wellbeing issues for young black men, and the main challenges to addressing them; to gather a collective voice to challenge the current status quo and drive for a more inclusive, representative community and to create a concept which will be developed into a design challenge that will inform future work in Hackney.	Wednesday 14 October 1.30 - 5.00 Shoreditch Town Hall, 380 Old Street, EC1V 9LT or online	Black men aged 18-30
<b>Thursday</b>	<b>Blue Marble Training</b> Youth employment and training programme which support's young people at risk of social exclusion, providing kitchen-based chef training. Broadly, BMT works with young people whose needs cannot be met through traditional models of education, training and employment as they transition into independent living.	Monday - Thursday 08.30 - 3.30 Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
	<b>Baby Buddies</b> A socially distanced meet up for mums and babies, with opportunities to try relaxation and find out about useful services. Please bring your own baby toys at the moment.	Thursdays 1.00 - 3.00 Shoreditch Town Hall, 380 Old Street, EC1V 9LT	Mums, babies & toddlers in Hackney
	<b>Health Walk</b> Meet new people, get fit and improve your wellbeing, with free weekly walks, led by local guides at a low to moderate pace. Some sessions include visits to a community garden. No booking needed.	Thursdays 2.00 - 3.00 New Kingshold Community Centre, Ainsworth Road, E9 7JE, then Victoria Park	People living in Hackney
<b>Friday</b>	<b>Baby Buddies Outdoors</b> An outdoor distanced meet up for pregnant women, new mums and babies to come together, chat and relax.	Fridays 1.00 - 3.00 until 16 October St Mary's Secret Garden, 50 Pearson Street E2 8EL	Mums to be, mums, babies & toddlers in Hackney