

PIGEON



Our vision is for a society where we support each other to flourish — socially, economically, in our health and in our wellbeing. Join us in celebrating the power of community organisations — working together for positive social change. We are here for you.

Welcome to the Winter issue of the Pigeon, Shoreditch Trust's seasonal newsletter for all of our friends in Hackney and the City.

Shoreditch Trust believes everyone has the right to lead healthy and fulfilling lives, and have been supporting people to challenge inequality and engage with opportunities for positive action since 1999.

At Shoreditch Trust we love to connect with friends and neighbours, old and new. We know it's good to meet people and enjoy the company of others, it's what makes us human after all, especially in the winter when we are naturally inclined to stay indoors. We also know that sometimes connecting with groups can be a bit daunting and taking the first step can be difficult.

Here at Shoreditch Trust our experienced, friendly and skilled facilitators have designed a programme that offers a wide range of groups, courses and drop-in activities for everyone.

Shoreditch Trust's We Connect groups programme provides free, practical, enjoyable and welcoming activities — including wellbeing and creative activities, accessible physical activity, social events, cooking, community and group meals, and much more. Our groups (re)connect you locally with activities, build your knowledge, skills and confidence to support your health and wellbeing, and to help you take charge of recovery.

All our groups are free! Find out more about all of them here in these Pigeon pages.



LET'S GET TOGETHER!



Shoreditch Trust is a registered charity (1086812) working across Hackney and the City. We support people who are facing challenging situations. Our work supports people to make positive life changes, overcome challenges and build connections with our amazing community of clients, staff, volunteers, partners and supporters.

If you or someone you know in Hackney or the City needs support, please get in touch.

Shoreditch Trust works together with some great organisations who are ready to guide people to activities and services, from lighter touch to more intensive support.

If you are a resident looking for help to find community activities or support, we can point you in the right direction or offer some time to talk through your needs, interests and help you get connected.

Professionals looking for support for a client, or keen to find out more about community navigation services, please get in touch.

CONTACT US
connect@shoreditchtrust.org.uk
020 7033 8500
www.shoreditchtrust.org.uk

DONATE
To support our work, you can donate here:
www.shoreditchtrust.org.uk/donate



WARM SPACES & FOOD OVER CHRISTMAS

ST PETER'S DE BEAUVOIR

65 De Beauvoir Road, London N1 5AT

"St Peter's strives to be a church which worships, nurtures, and takes action. Our values of nurture and action drive our outreach to our community from our Wednesday Warm Welcome to our new parish nurse. In all we do, we try to be a place where the agency and dignity of each and everyone is recognised and valued. Whoever you are, wherever you're from, whatever your story, there's a place for you at St Peter's." — Father Simon

WARM WELCOME EVERY WEDNESDAY AT ST PETER'S 12–5 pm

Soup, fellowship, fun, warmth and refreshments.

CHRISTMAS FILM SCREENINGS AT ST PETER'S 20 & 22 DECEMBER 7pm 24 DECEMBER 6pm & 7pm

DE BEAUVOIR COMMUNITY CAFÉ PAY-WHAT-YOU-CAN LAST FRIDAY EVERY MONTH 12–2 pm

Run by a group of local volunteers, with pay-what-you-can hot meal & dessert. Downstairs in St Peter's Crypt.

AROUND HACKNEY

FAMILY HOLIDAY ACTIVITIES & FOOD PROGRAMME

During school holidays in December 2023 and January 2024, Hackney Council will once again be teaming up with a number of schools, sports activity providers and community services to offer a wide range of exciting activities and a daily healthy free meal as part of the government funded Holiday Activities and Food programme. The scheme is free for those eligible for free school meals benefits. contact sue.roberts@hackney.gov.uk

HACKNEY WARM SPACES

Hackney libraries are open all year round for residents. They also recognise the need to respond to the rise in living costs by providing additional support for residents during the winter months. That's why Hackney Libraries, along with local churches and community centres, have joined the national Warm Welcome Campaign. For more information, please visit: www.lovehackney.uk/libraries-warm-welcome

OUR WEEKLY FREE WALK & TALK GROUPS

For Hackney and City residents or those registered with a Hackney/City GP. For gentle walks around Haggerston or Victoria Parks, meet new people and enjoy fresh air, nature and company.

WEDNESDAYS: HAGGERSTON PARK 11.30 am–12.30 pm

Meet at the Queensbridge Road / Edith Street entrance of: Haggerston Park, E2 8EA contact nazmun@shoreditchtrust.org.uk 020 7033 8532

THURSDAYS: VICTORIA PARK 2–3 pm

Meet outside: New Kingshold Community Centre, E9 7JE contact joanne@shoreditchtrust.org.uk 020 7033 8582

WORKSPACES

Shoreditch Trust offer workspaces from 850 sq ft at our Orsman Road offices to companies wanting to secure a longer lease and become part of a vibrant community of tenants. All revenue generated from our rented office spaces directly funds Shoreditch Trust's programmes, providing key services and support for our local residents.

If you are a company seeking a secure space to settle and like the idea of a tenancy that directly supports the local community, then please get in touch.

contact workspace@shoreditchtrust.org.uk 020 7033 8500

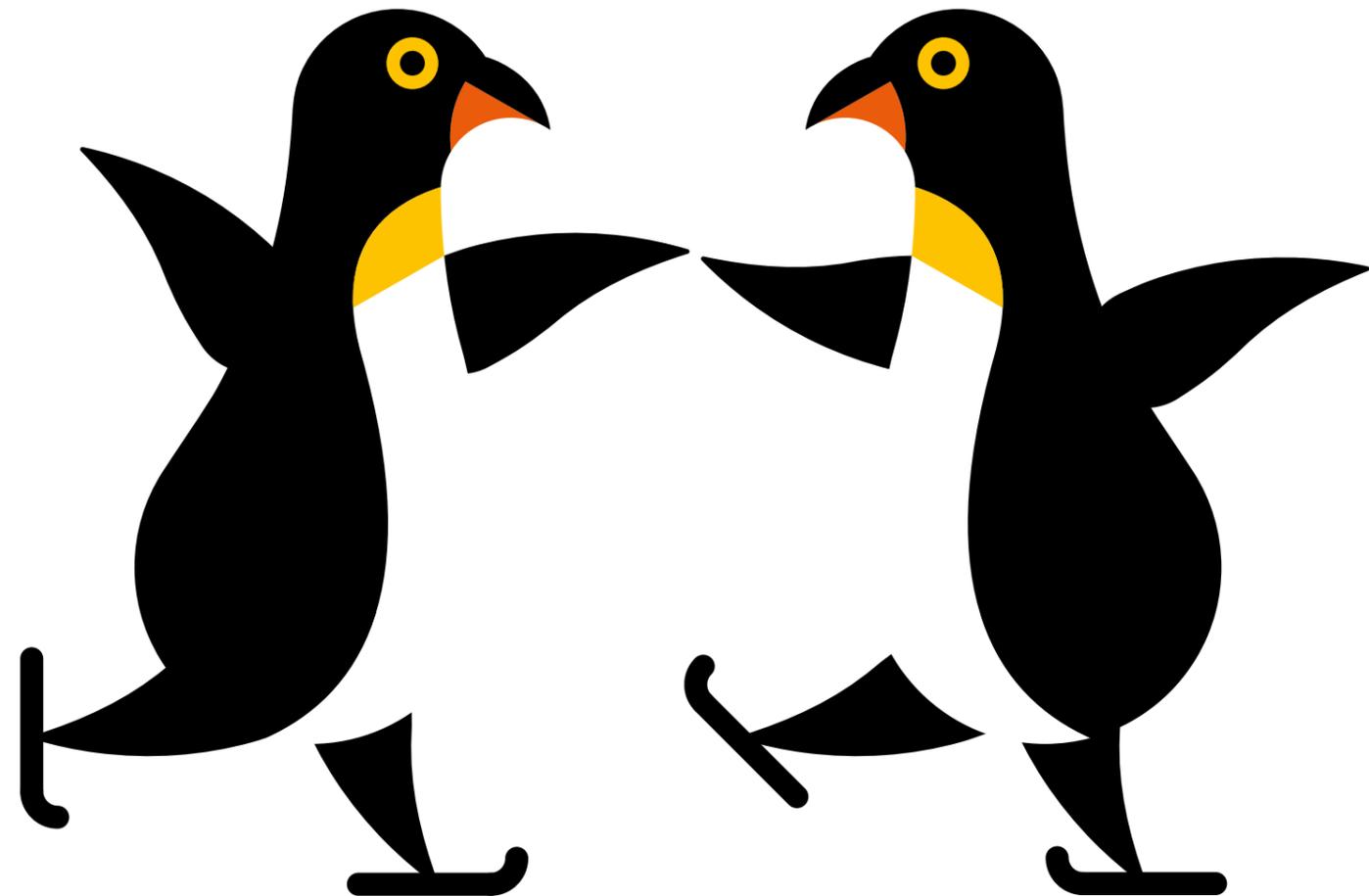
SHOREDITCH TRUST PITFIELD STREET CIVIC HUB

Our Civic Hub in Hoxton is a welcoming community space which offers a wide range of free and affordable health and wellbeing activities in a supportive environment, with group sessions and one-to-one support.

We have low-cost meeting rooms and a community kitchen that can also be hired by local groups and organisations.

The Centre can be hired for daytime, evening and weekend bookings, for as little as £25 an hour for our smaller rooms and £30 an hour for our large room.

contact workspace@shoreditchtrust.org.uk 020 7033 8500



THE SHARP END

Our Sharp End programme is a much-loved community programme with a long history in Hackney, providing physical and social activities for residents aged 50+, supporting them to remain active and engaged in their local community.

As well as all the free Sharp End activities for the over 50s listed on this page — singing, art, meditation, knitting, exercise classes — you are also most welcome to join many of the weekly peer-led group activities listed in these pages, including Community Meals, Cook & Eat courses, Walk & Talk...

All Shoreditch Trust courses, workshops and groups are free to attend and open to those who meet the eligibility criteria. We'd love to see you!

For more information on all Sharp End free groups and activities, contact nazmun@shoreditchtrust.org.uk 020 7033 8532

OUR WEEKLY FREE SHARP END GROUPS

For Hackney and City residents or those registered with a Hackney or City GP aged 50+

TUESDAYS: KEEP FIT 10–11 am

Body conditioning exercise, with music from disco and 80s medley. Pitfield Street Civic Hub, N1 6JP

KNITTING & CROCHET CLUB 1.30–3.30 pm

Knit, crochet and chat — suitable for beginners to advanced level. WaterHouse, 8 Orsman Road, N1 5QJ

WEDNESDAYS: CHAIR BASED EXERCISES 1–2 pm

Gentle seated exercises for all abilities. Queensbridge Community Centre, E8 3XW

THURSDAYS: SINGING TOGETHER

4TH THURSDAY OF EVERY MONTH 2.30–3.30 pm Group singing with a professional guitarist. WaterHouse, 8 Orsman Road, N1 5QJ

ART! 10.30 am–12.30 pm

Fun, peer supported art group to learn new techniques, experiment and create. No experience necessary! Pitfield Street Civic Hub, N1 6JP

FRIDAYS: TAI CHI 10–11 am

Tai Chi is martial art in slow motion. Great for relaxation, building strength and balance. Unit 1, 8 Orsman Road, N1 5QJ

With thanks to Healthier Hackney and the GLA for supporting our Sharp End activities.

BUMP BUDDIES



OUR WEEKLY FREE BUMP BUDDIES GROUPS

For pregnant women and mums & babies accessing maternity care at Homerton Hospital or live in Hackney or City.

To find out more about Bump Buddies and its weekly free groups below, contact jane@shoreditchtrust.org.uk 020 7033 8524 07443 670 634

TUESDAYS: ADVICE & ASSISTANCE 10–11.30 am

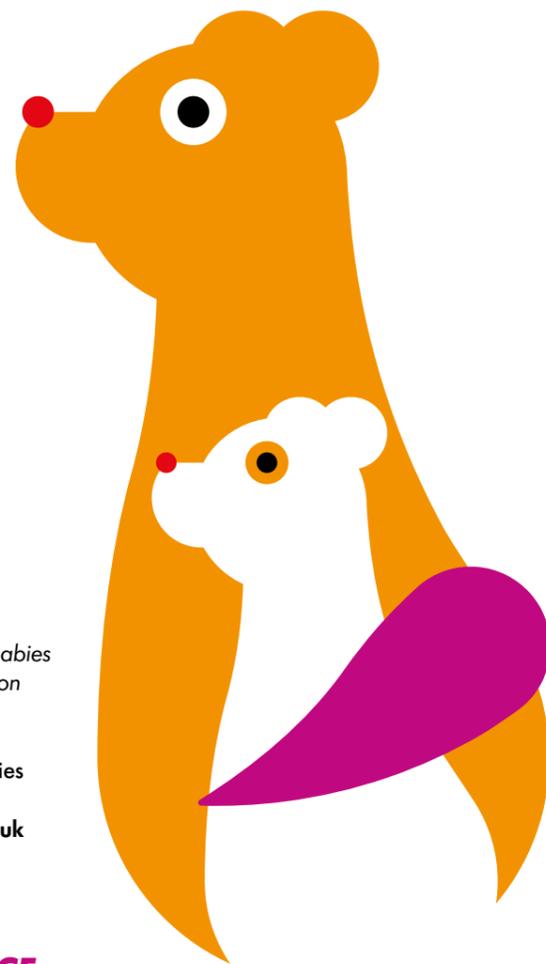
For pregnant women and mums & babies registered with a Hackney GP. These weekly sessions offer one-to-one support from a trained volunteer for pregnant women and women in early parenthood who may need support accessing local resources, such as food and baby banks, and in linking with targeted support for essentials such as housing, immigration, and health. We can also assist with tasks such as filling-in online and paper forms or help with reading and understanding official letters.

St Peter's Church, De Beauvoir, N1 5AT

WEDNESDAYS: BUMP BUDDIES 10–11.45 am

A weekly coffee & pastries morning at our community hub, WaterHouse restaurant. These peer-led get-togethers are a safe, women-only group where mums and expectant mums can share experiences and receive support and advice from peers and professionals.

WaterHouse, 10 Orsman Road, N1 5QJ



"I recently came to the UK and knew no one. I felt very lonely and isolated but through Bump Buddies I have built strong connections and friendships. Coming here eases my worries as I now always have someone to talk to."

"The first day I came to Bump Buddies everything changed for me. I started to get the help I needed to feel in control of my life again. I can't thank you all enough"

"The group is a great time for both me and my daughter to socialise. Because of Bump Buddies I get out more and my daughter can play with the other children too. The trips we go on are so much fun and something I wouldn't have the opportunity to do otherwise."

"The warm atmosphere of Shoreditch Trust is really unique. Speaking to the staff here feels like I'm speaking to friends I can trust"

"I love coming here. Every day I am counting down for Wednesday to arrive!"

We are here to help anyone in Hackney who has had a stroke to improve their physical, social and emotional wellbeing and get back to a fulfilling life. We offer lots of different useful services. Get in touch and we will help you find the right ones for you.

Join any activity in the community. You might wish to come to a group session, we regularly plan outings. We also encourage stroke survivors to try out exercise sessions including walking groups (see page 2 for our walking groups that you are welcome to join).

To find out more or receive support, contact strokeproject@shoreditchtrust.org.uk 020 7033 8500
You can also find information on our website: www.shoreditchtrust.org.uk/health-and-wellbeing/stroke-project

STROKE PROJECT

OUR WEEKLY FREE STROKE PROJECT GROUPS

MONDAYS: COMMUNICATION 1.30–3 pm

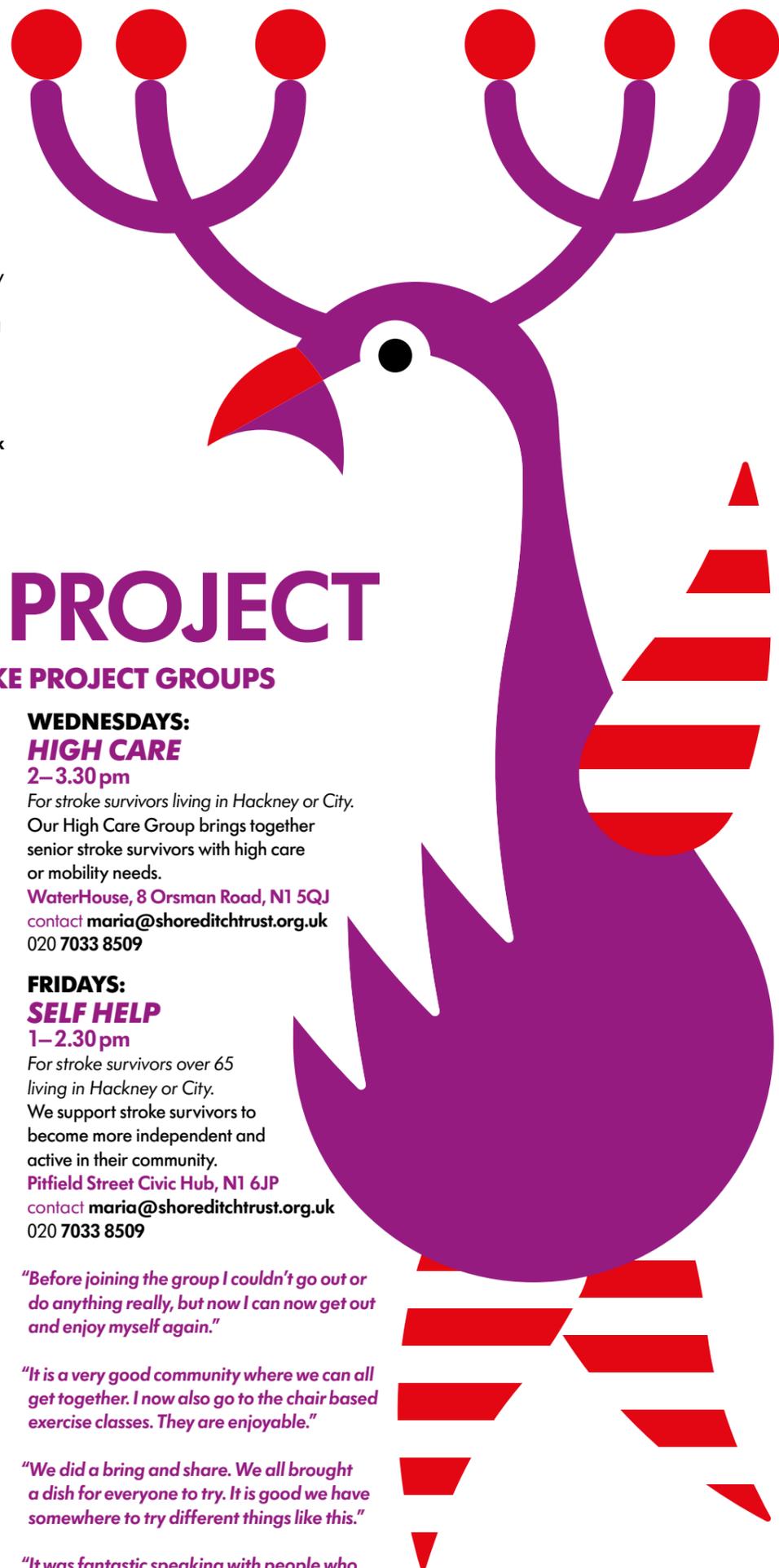
For stroke survivors living in Hackney or City. Providing support to encourage communication skills for those whose speech is affected by stroke. Stamford Hill Community Centre, N16 6RZ
contact seth@shoreditchtrust.org.uk 020 7033 8542

TUESDAYS: YOUNGER SURVIVORS 11.30 am–1.30 pm

For stroke survivors under 67 living in Hackney and City. Social group for stroke survivors of a working age. Pitfield Street Civic Hub, N1 6JP
contact joanne@shoreditchtrust.org.uk 020 7033 8582

TUESDAYS & FRIDAYS: ADVICE & ASSISTANCE 10 am–12 pm

For 18+ Hackney or City residents or those registered with a Hackney/City GP. Advice and Assistance Clinic for Stroke and Long-Term Conditions clients. We can help with form-filling and connect you with specialist support where needed. Pitfield Street Civic Hub, N1 6JP
contact seth@shoreditchtrust.org.uk 020 7033 8542



WEDNESDAYS: HIGH CARE 2–3.30 pm

For stroke survivors living in Hackney or City. Our High Care Group brings together senior stroke survivors with high care or mobility needs. WaterHouse, 8 Orsman Road, N1 5QJ
contact maria@shoreditchtrust.org.uk 020 7033 8509

FRIDAYS: SELF HELP 1–2.30 pm

For stroke survivors over 65 living in Hackney or City. We support stroke survivors to become more independent and active in their community. Pitfield Street Civic Hub, N1 6JP
contact maria@shoreditchtrust.org.uk 020 7033 8509

"Before joining the group I couldn't go out or do anything really, but now I can now get out and enjoy myself again."

"It is a very good community where we can all get together. I now also go to the chair based exercise classes. They are enjoyable."

"We did a bring and share. We all brought a dish for everyone to try. It is good we have somewhere to try different things like this."

"It was fantastic speaking with people who are a bit further on and it gave me hope."

HEALTH AND WELLBEING COACHING

City & Hackney Health & Wellbeing Coaches are now running practical, enjoyable and welcoming group sessions where you can build knowledge, skills and confidence to take charge of your health and wellbeing.

Coaches are a part of your local GP surgery and the Shoreditch Trust team and are experienced in helping people to plan and take small steps toward better health and wellbeing and to tackle the obstacles in the most supportive way possible.

We help people to make life changes that will protect health and help to feel more in control of health issues such as diabetes, high cholesterol, high blood pressure, anxiety and low mood.

Coaching groups are for anyone 18+ and registered with a City & Hackney GP who is interested in building a healthier lifestyle or managing a health condition.

Courses delivered over 4 weeks, across the year. Groups are held at GP surgeries or community venues both online or face to face.

Take some time for yourself, some space for reflection and peer support whilst we guide you through practical tools to explore wellbeing, connect with your personal values and set meaningful goals.

Sessions are themed around:

- 6 Ways to Wellbeing.
- AWARE: connecting to now.
- OPEN: managing difficult thoughts and feelings.
- ACTIVE: moving towards what matters to you.

If you have any questions or need help to register contact connect@shoreditchtrust.org.uk 020 7033 8500

OUR FREE HEALTH & WELLBEING 18+ COACHING GROUPS

For anyone 18+ and registered with a Hackney/City GP. For dates and times, simply contact your local Health & Wellbeing Coach, their email addresses are listed below.

CLISSOLD PARK

contact lorraine@shoreditchtrust.org.uk

HACKNEY DOWNS

contact alea@shoreditchtrust.org.uk

HACKNEY MARSHES

contact silvana@shoreditchtrust.org.uk

LONDON FIELDS

contact lewis@shoreditchtrust.org.uk

SPRINGFIELD PARK

contact shanaz@shoreditchtrust.org.uk

SHOREDITCH PARK & THE CITY

contact ade@shoreditchtrust.org.uk

WELL STREET COMMON

contact shenelle@shoreditchtrust.org.uk

"I didn't know what to expect when I came. But it really worked for me."

"I feel so much more confident about myself and this has motivated me to pursue what is important to me."

HEALTH & WELLBEING COACHING FOR YOUNG PEOPLE AGED 12-19 YEARS

For young people registered at: De Beauvoir Surgery, Hoxton Surgery, Lawson Practice, Neaman Practice, or Shoreditch Park Surgery.

Free, confidential, one-to-one and group support to talk about your health and wellbeing.

- Explore what is most important to you.
 - Get active, eat well or protect your emotional wellbeing.
 - Access information & guidance.
 - Connect with groups and activities.
- contact
- alice@shoreditchtrust.org.uk

COMMUNITY TABLE

Shoreditch Trust believes that coming together to cook and share good food can be transformative. Our Community Table Lunch takes place Monday to Friday at WaterHouse, with a nutritious, balanced and healthy meal prepared with love by our wonderful chefs — who have also created the two delicious recipes on this page for you to try at home.

Anyone is welcome to join our Community Table Lunch, we run the lunch on a Pay What You Can basis — to ensure that it is accessible to as many people as possible. If you cannot afford a meal, you do not have to pay, but if you can afford a meal, the money will go towards providing a meal for someone else — bringing kindness and connection to our community.

On Fridays, this lunch is facilitated by our Community Coordinators, supporting attendees with community navigation and signposting.

MONDAY-FRIDAY: COMMUNITY TABLE PAY-WHAT-YOU-CAN LUNCH 12-2.30 pm

ALL WELCOME!

If you cannot afford to pay, then you don't have to. But if you can, your money will go towards providing a meal for others.

WaterHouse, 10 Orsman Road, N1 5QJ contact nazmun@shoreditchtrust.org.uk 020 7033 8532

contact marilene@shoreditchtrust.org.uk 07783 520 150

YOUNG CHEFS

At Shoreditch Trust, we take great joy in making something from scratch, preparing and sharing food with others, discovering new and interesting flavours and gaining confidence in the kitchen.

Our Young Chefs programme uses food to connect with young people. Open to 11-16 year olds in Hackney, we work with schools, youth clubs and education providers to deliver exciting weekly sessions. Young Chefs takes place at WaterHouse, our social enterprise restaurant, introducing young people to a live kitchen and workplace with facilitation from our trained chefs. We can also deliver classes off site if required.

If you would like to find out more about our Young Chefs programme, contact ken@shoreditchtrust.org.uk 020 7033 8500

OUR WEEKLY FREE COMMUNITY TABLE GROUPS

TUESDAYS: YOUNG CHEFS 3.30-5.30 pm

For young people aged 11-16 in Hackney, in school or youth settings.

Group workshops where our young participants learn to prepare a recipe together, then enjoy the meal over a group discussion.

WaterHouse, 10 Orsman Road, N1 5QJ contact ken@shoreditchtrust.org.uk 020 7033 8500

THURSDAYS: COOK & EAT WELLBEING NETWORK 1.30-3.30 pm

For 18+ Hackney and City residents or those registered with a Hackney/City GP.

A four-week cook & eat course to learn new recipes, get tips on healthy eating, and meet people. We cook as a group and eat the food we have prepared together. All dietary requirements are catered for, no experience needed.

Pitfield Street Civic Hub, N1 6JP

contact marilene@shoreditchtrust.org.uk 07783 520 150

CARROT CAKE

When you have people round for tea, why buy a cake with ultra-processed ingredients when you can make this quick and easy carrot cake.

time: prep 15 mins / cooking 25-30 mins

ingredients:

- 160ml vegetable oil.
- 230ml self-raising flour.
- 1 teaspoon baking powder.
- 1½ teaspoons ground cinnamon.
- ½ teaspoons mixed spice.
- ½ teaspoon ginger.
- 230g light brown sugar.
- 260g carrot (grated).
- 3 eggs.

method:

1. Line a loaf tin with greaseproof paper.
2. Preheat oven to 180C.
3. Mix the oil, sugar and eggs together until everything is incorporated.
4. Mix in the eggs, one at a time.
5. Add the cinnamon, mixed spice, ginger and carrots.
6. Fold in the flour and baking powder.
7. Put the mixture into the lined loaf tin.
8. Bake in the middle of the oven for 25-30 mins.

VEGETABLE COTTAGE PIE

This is a great classic pie, using split-peas instead of meat. It is a healthy and hearty dish that will keep you warm and is great for sharing. You don't have to have mashed potatoes on top of the pie, the split-pea and vegetable mix is also great with rice, just skip steps 10-12, and cook some rice to go with it.

serves : 4-6

time: prep 35-40 mins / cooking 1 hour

ingredients:

- 500g split-peas.
- 2 onions (diced).
- 2 carrots (diced).
- 1 leek (sliced).
- 3 celery sticks (diced).
- 200g frozen peas.
- 5 garlic cloves (crushed).
- 3kg potatoes.
- 2 tablespoons dried mixed herbs.
- 2 tablespoons tomato purée.
- 1 teaspoon garlic powder.
- ½ teaspoon ground black pepper.
- 1½ tablespoons Marmite.
- 50ml soy sauce.
- 500ml vegetable stock.
- Salt and pepper.

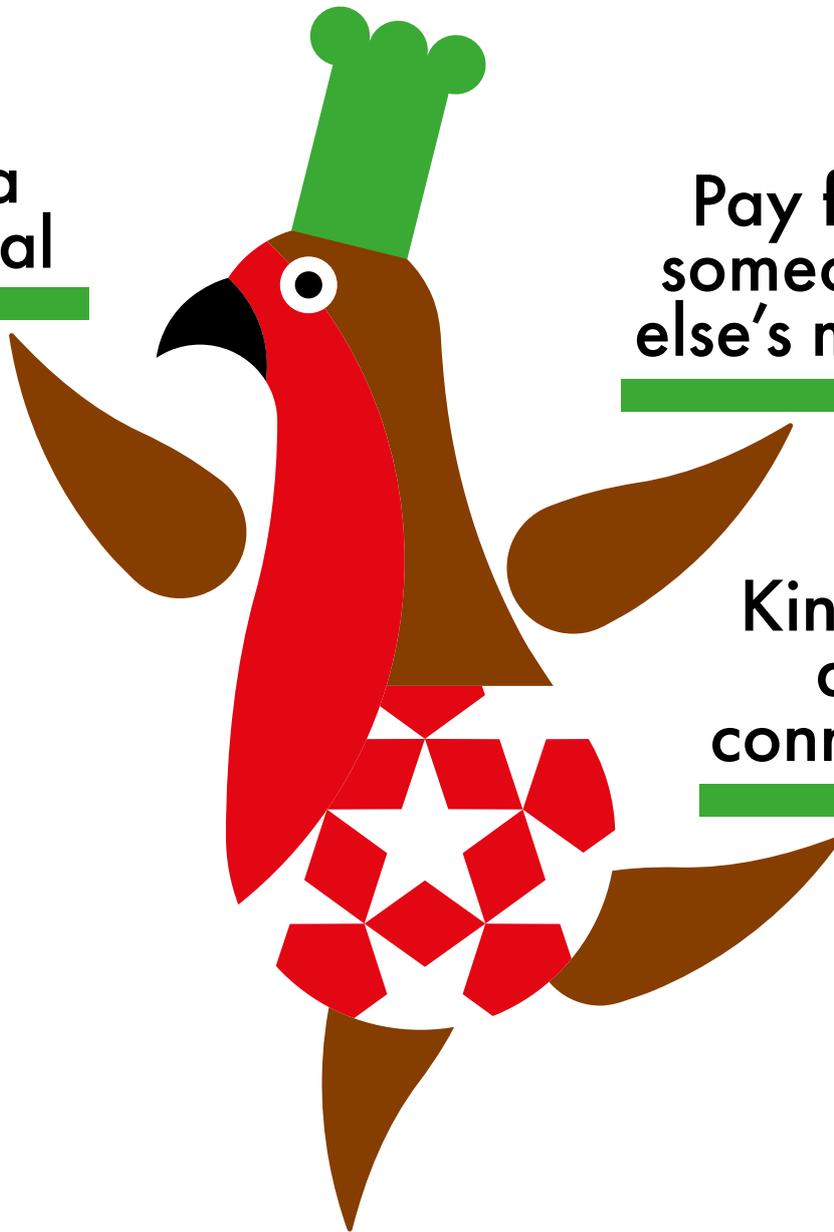
method:

1. Put the split-peas in a pot of water and bring to the boil. Skim off the scum, then turn down the heat and simmer on a low heat for 20-25 mins, until the split-peas are softened.
2. Peel and cut the potatoes. Put in a pot of water and boil until soft enough for mashed potatoes.
3. In a large frying pan or a suitable pot, fry the onions until they are brown.
4. Add the carrots and cook for 5 mins.
5. Add the leeks and celery and cook for another 5 mins.
6. Add the garlic and cook for 2 mins.
7. Stir in the tomato purée and cook for another 2 mins.
8. Add the garlic powder, black pepper, Marmite, soy sauce, cook for 1 min.
9. Add the cooked split-peas and vegetable stock to the pot; simmer for 20 minutes.
10. While the split-peas and vegetables are simmering, mash your potatoes. Season the mash with salt and pepper.
11. Put the split-pea and vegetable mix in a casserole dish or deep baking tray. Let it cool.
12. When cool, spread the mashed potatoes on top and bake in the oven for 15-20 mins at 160C.

Have a
free meal

Pay for
someone
else's meal

Kindness
and
connection



COMMUNITY TABLE PAY WHAT YOU CAN FESTIVE LUNCH!

Come join us for a delicious three-course Festive Lunch at WaterHouse, where we encourage those who can to participate in our *Community Table Pay What You Can* scheme. If you cannot afford a meal, you don't have to pay, but if you can afford a meal, the money will go towards providing a meal for someone who cannot — bringing festive kindness and connection to our community.

"I come here for the camaraderie, the great food and because it's a hub where I can meet people and make friends."

"I feel comfortable here. It is a dog-friendly space. I can meet my friends and have some tasty food. The staff are friendly and help me if I have a problem."

MONDAY–FRIDAY:

**COMMUNITY TABLE
PAY WHAT YOU CAN
FESTIVE LUNCH**

1–15 DECEMBER 2023

12–2.30 pm

ALL WELCOME!

WaterHouse, 10 Orsman Road, N1 5QJ

contact nazmun@shoreditchtrust.org.uk
020 7033 8532

contact marilene@shoreditchtrust.org.uk
07783 520 150