

# 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 Summer issue of the Pigeon, Shoreditch Trust's seasonal newsletter for all of our friends in Hackney and the City.*

## VOLUNTEER WITH US

Join us in making a positive impact in our community. Whether you want to provide a warm welcome at our Community Table lunches and coffee mornings, participate in and support activities within our regular support groups, or assist individuals with practical needs like form-filling and online information searches, we have opportunities for you. We have particular experience in supporting volunteers who wish to use their lived experiences to help peers.

### CURRENT VOLUNTEER ROLES

#### Groups Volunteer

Support our groups, including: Stroke Project, Bump Buddies, Walk & Talk and Community Table.

#### Advice & Assistance Volunteer

Assist our team by providing practical advice and assistance, such as helping complete forms, understanding messages, looking up information online, and supporting individuals with phone calls.

We offer comprehensive training and support and request that you commit to at least six months of volunteering with us.

Get in touch with us to learn more and get involved!

contact [info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk)

020 7033 8500

# SUMMER COOLER



# Shoreditch Trust

Shoreditch Trust is a registered charity (1086812) working across Hackney and the City. We support people who are facing challenging situations, working with people experiencing health, social and economic inequality. Our work supports people to 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 local 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](http://www.shoreditchtrust.org.uk/donate)



## 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 am – 12 pm

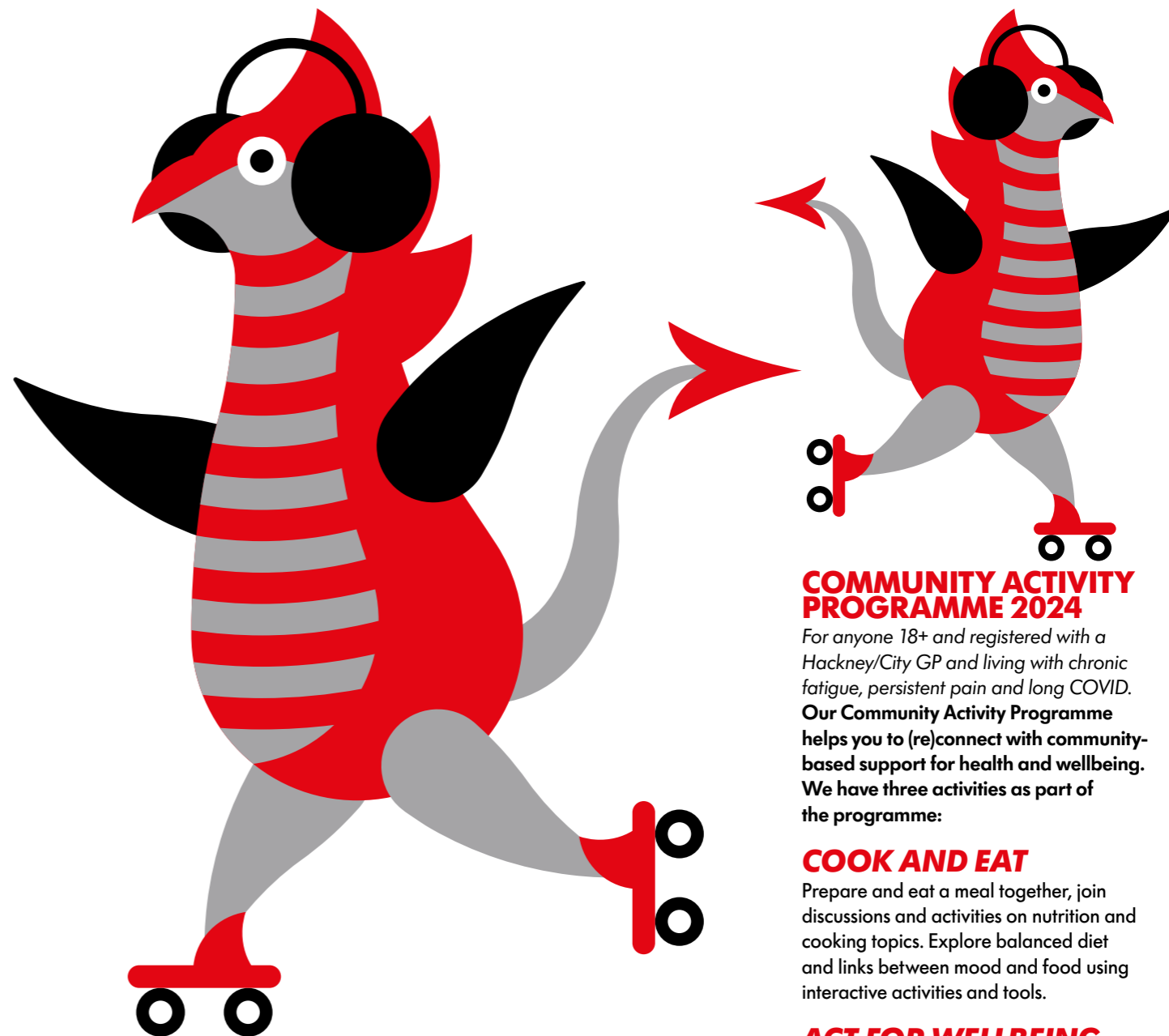
Meet at the Queensbridge Road / Edith Street entrance of:  
**Haggerston Park, E2 8EA**  
contact [nazmun@shoreditchtrust.org.uk](mailto:nazmun@shoreditchtrust.org.uk)  
020 7033 8532

### THURSDAYS: VICTORIA PARK 2 – 3 pm

Meet outside:  
**New Kingshold Community Centre, E9 7JE**  
contact [joanne@shoreditchtrust.org.uk](mailto:joanne@shoreditchtrust.org.uk)  
020 7033 8582

Walk leader Jo shares some of her top tips for wellbeing over summer:

- Sunshine is vital to life, get out at least once a day for vitamin D, but don't forget sunscreen and wear sunglasses that are polarised to protect your eyes.
- Music Music Music. Try not to put the TV on first thing in the morning, turn on the radio and find a station that plays what you love.
- There are lots of green spaces in Hackney, try one you haven't been to before. Or continue going to your favourite park, take a packed lunch and a flask and enjoy the day without spending £10 on an oatmilk latte.
- Come to Community Table — eating a healthy meal is one thing but eating in the company of others and eating food made with love and care is even more important.



# AUTOPILOT ENGAGED!

Do you ever find yourself doing one or more things at the same time as thinking, planning or imagining something completely unrelated? Autopilot is an amazing skill that means we can do complex things like drive a car or cook a meal without needing to relearn every detailed small step each time. Our days are made up of lots of different automatic routines.

Sometimes we can find ourselves living mainly on autopilot to the extent that we miss out on the experience of being in the here and now that can give meaning to everyday life. And some of our internal automatic routines can be unhelpful — especially the very human experience of automatic negative thoughts that may have been with us for many years.

There are some really helpful ways that we can ground ourselves when feeling disconnected from the here and now, to help us to step out of autopilot and re-engage with the present moment:

- We can use our 5 senses to notice what we can see, hear, touch, taste or smell.

- We can bring more present moment awareness to something that we do every day like brushing our teeth, eating or washing up.
- We can take a step back with a brief mindfulness practice:  
[www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/](http://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/)

There's evidence to show that being able to step out of Autopilot and be in the present moment more can help to improve our health and wellbeing. If you need more support in practicing the skills to just be, the Trust's one-to-one support and coaching for wellbeing courses can help.

## COMMUNITY ACTIVITY PROGRAMME 2024

For anyone 18+ and registered with a Hackney/City GP and living with chronic fatigue, persistent pain and long COVID. Our Community Activity Programme helps you to (re)connect with community-based support for health and wellbeing. We have three activities as part of the programme:

### COOK AND EAT

Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics. Explore balanced diet and links between mood and food using interactive activities and tools.

### ACT FOR WELLBEING

Explore how values can help to take actions that matter to you in the face of health challenges. Develop a toolbox of strategies to respond, including mindfulness practice.

### GENTLE MOVEMENT

Explore movement and reconnect gently with the body. Find creative ways to move and stretch, for relaxation and selfcare.

### HOW TO REGISTER

Please scan the QR code to fill in our registration form:



or contact [connect@shoreditchtrust.org.uk](mailto:connect@shoreditchtrust.org.uk)  
020 7033 8500

# COMMUNITY TABLE

At WaterHouse, Shoreditch Trust's social enterprise restaurant, we believe in the impact that a meal out with friends can have on someone's week. Our Community Table meal allows groups to eat together in a restaurant setting without the worry of not knowing if they can afford their meal when the bill comes. We provide nutritious and filling food made with care and love by our chefs, meaning that everyone who comes to WaterHouse will get the same level of high-quality service. All donations are at the discretion of the customer and any money donated goes towards a meal for somebody else. We also now provide porridge in the mornings on the same pay-what-you-can model.

## WaterHouse Restaurant

10 Orsman Road  
N1 5QJ  
Breakfast 9.30 – 11.30 am  
Lunch 12 – 2.30 pm

## 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 [marilene@shoreditchtrust.org.uk](mailto:marilene@shoreditchtrust.org.uk)  
07783 520 150

## YOUNG CHEFS

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](mailto:ken@shoreditchtrust.org.uk)  
020 7033 8500

## CHICKPEA & VEGETABLE COCONUT CURRY WITH RICE

This is an easy tasty curry that doesn't need to be cooked for a long time. You can use any vegetables or even meat that you want to use up as well.

serves: 4-6

time: prep 20-30 mins / cooking 1 hour

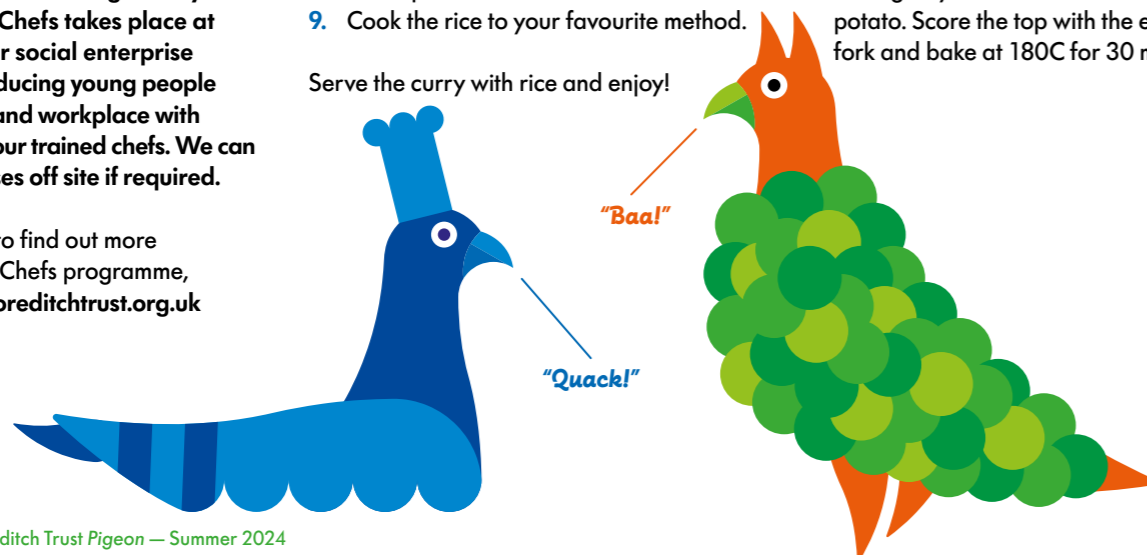
### ingredients:

2 onions (diced).  
3 sweet potatoes (large diced).  
2 carrots (diced).  
1 tablespoon ginger (grated).  
200g frozen peas.  
5 cloves garlic (crushed).  
2 tablespoons tomato purée.  
1 teaspoon ginger powder.  
1 teaspoon garlic powder.  
½ teaspoon ground black pepper.  
3-4 tablespoons curry powder.  
50ml soy sauce.  
300ml vegetable stock.  
2 tins coconut milk.  
2 tins chickpeas (drained).  
Salt to taste.  
350g rice.

### method:

1. In a large pan, fry the onions in a little oil until they brown.
2. Add the carrots and cook for 5 minutes.
3. Add the garlic and ginger, cook for 2 minutes.
4. Stir in the tomato purée, cook for 2 minutes.
5. Add the spice powders and soy sauce, cook for 1 minute.
6. Add the stock, chickpeas and sweet potatoes. Bring to a boil.
7. Add the coconut milk, bring back to a boil.
8. Turn the pot down to a simmer. Add the peas and simmer until the sweet potatoes are cooked.
9. Cook the rice to your favourite method.

Serve the curry with rice and enjoy!



## LENTIL SHEPHERD'S PIE

serves: 4-6

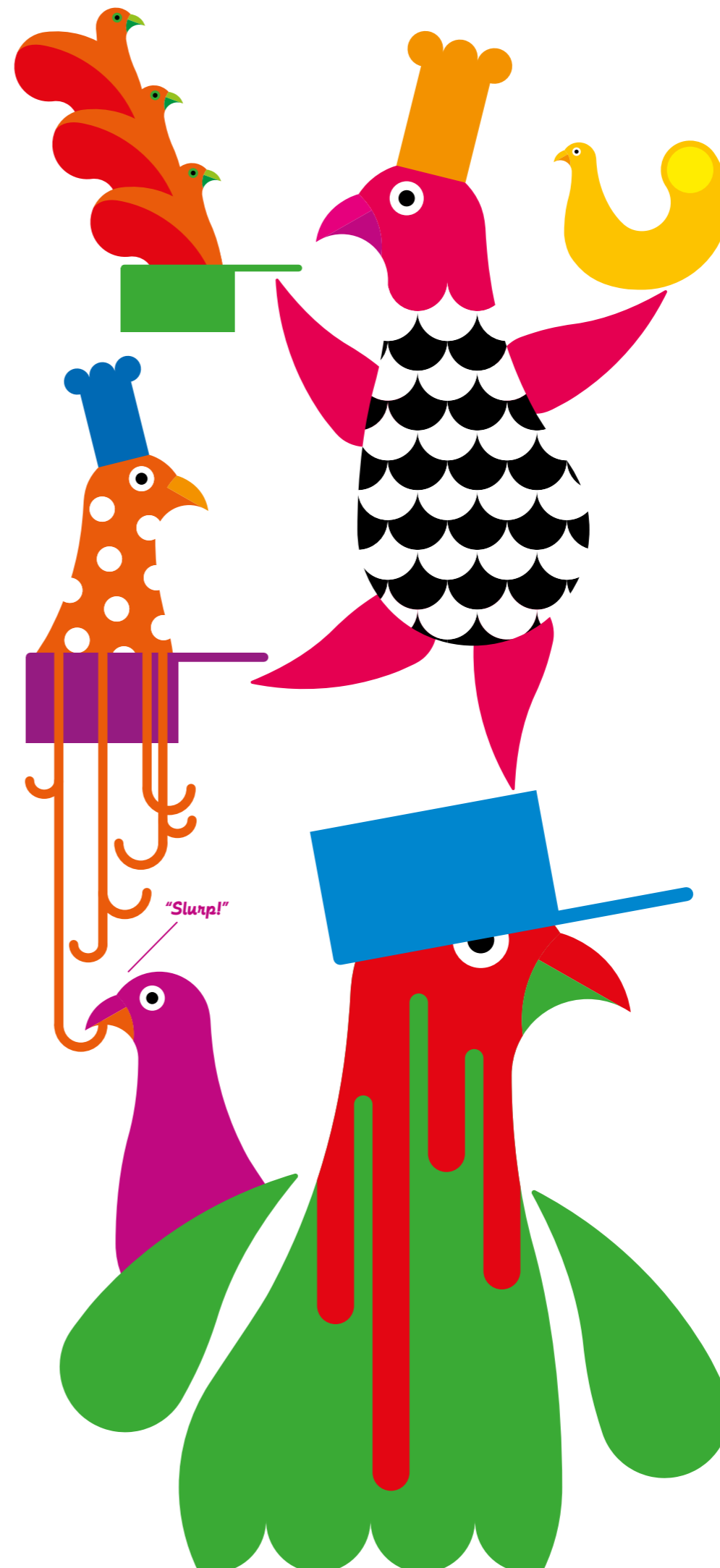
time: prep 30 mins / cooking 1 hour

### ingredients:

200g green lentils (rinsed).  
2 brown onions (diced).  
4 cloves garlic (chopped).  
2 medium carrots (diced).  
1 leek (thinly sliced).  
200g button mushrooms (quartered).  
1kg potatoes (peeled & quartered).  
2 bay leaves.  
Vegetable stock.  
Soy sauce.  
Plain flour.  
Butter or margarine.  
Marmite.

### method:

1. In a small pan add the lentils, a dash of soy sauce and 2 bay leaves. Bring to a boil.
2. Place the peeled potatoes in a pan of water with a pinch of salt, and boil until soft. Mash with salt, pepper and butter or margarine and set aside.
3. In another pan fry the onion, carrot, garlic and leek until soft.
4. When the lentils are soft take them off the heat and strain, then set aside.
5. Add the mushrooms to the cooked vegetables and fry for 4-5 minutes.
6. Add a tablespoon of butter or margarine to the vegetables along with 1 tablespoon of plain flour. Cook this on a medium heat, stirring regularly for 4-5 minutes.
7. Add the stock until the vegetables are covered and bring to a simmer, it should thicken very quickly.
8. Add your lentils, 1 tablespoon of soy sauce and 1 teaspoon of Marmite and season to taste.
9. Pour the vegetable and lentil mix into a baking tray and cover with the mashed potato. Score the top with the end of a fork and bake at 180C for 30 minutes.



# RECIPES OF LIFE!

Recipes of Life — a way of cooking together, sharing dishes and recipes that are meaningful and connect us to important people, places, wisdoms and values in our lives.

Recipes of Life is a narrative or storytelling approach, developed by Natale Rudland-Wood in Australia and now used in many countries across the world to help people to connect to their special skills and knowledges and those of their families, communities and heritages.

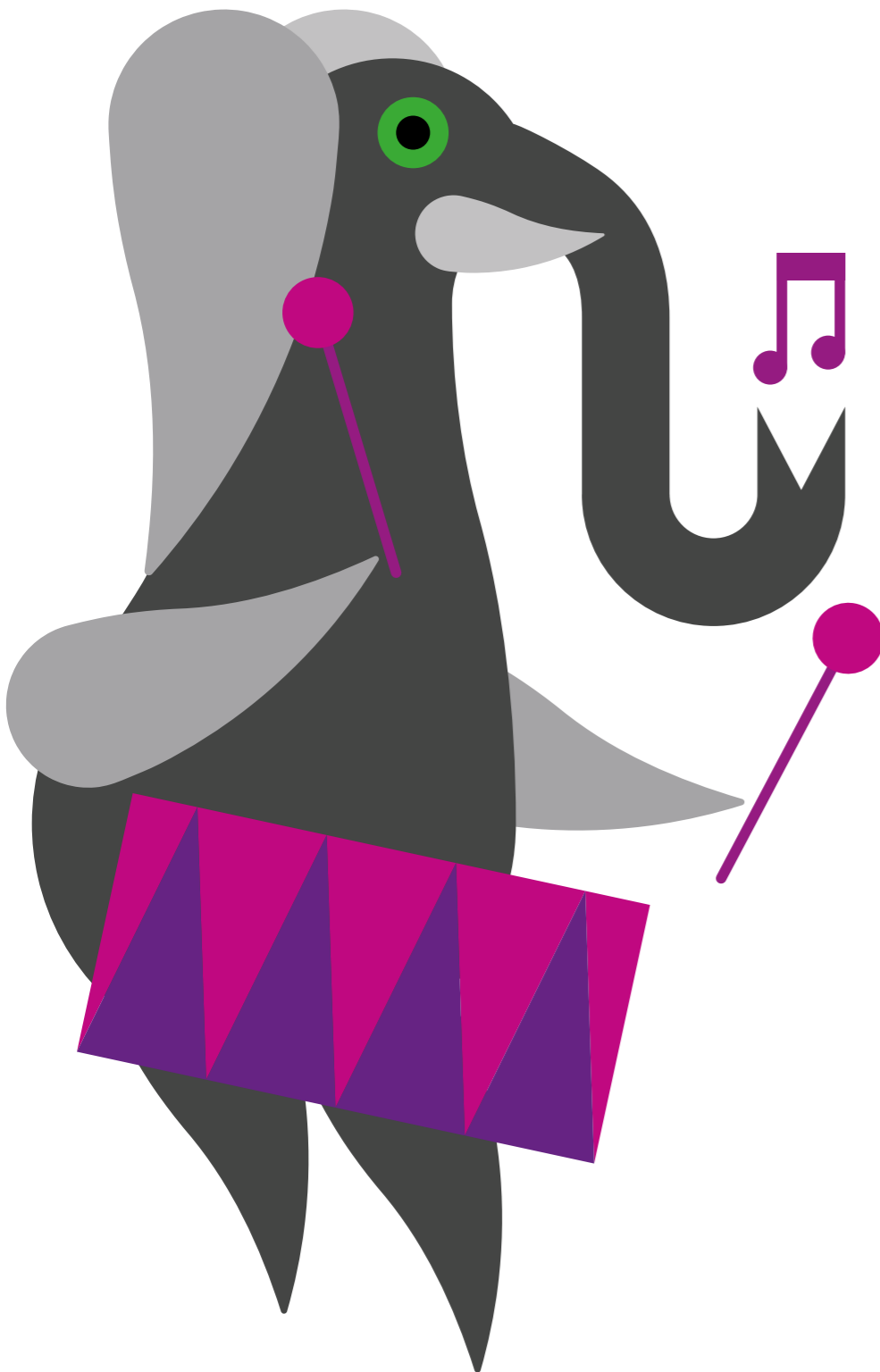
It's an approach that fits really well with the Shoreditch Trust value of 'connection', which is at the heart of what we do: bringing people together to share experiences and build strong trusting relationships.

In February and March of this year, Shoreditch Trust ran Recipes of Life for young people at Hackney Quest — a local organisation who help young people, families and members of the community with practical and emotional support to develop and pursue their aspirations and deal positively with life's challenges.

The young people joined the Shoreditch Trust team to prepare, cook and eat together and to share stories around food. Topics that the young people came up with include:

- Foods I like to make.
- Foods I love the most.
- Foods I love to hate.
- Weird food combinations.
- Favorite takeout food.
- Passing on recipes.
- Fusion of cooking styles.
- Creative combinations when money is scarce.
- How we eat things — hands, knife, fork, spoon, chopsticks, sharing foods.
- Special times when we eat together.
- How food connects us to older family members and siblings, memories of family visits, summer breaks, countries of origin, different languages.
- When things don't go according to plan.
- When things get stuck to the pan!

If you would like to find out more about this approach, get in touch with Jacqui Henry, contact [jhenry@shoreditchtrust.org.uk](mailto:jhenry@shoreditchtrust.org.uk)



# STROKE PROJECT

Just like every individual is different, every stroke is different and can affect someone in visible but also invisible ways.

If you have been affected by stroke, get in touch to find out about some of the support we offer. We offer Advice & Assistance sessions where we can help you with form filling, making a call, looking up something online to connecting you with services and activities in the community that can continue to support you in your recovery.

Our weekly stroke groups are open to stroke survivors and their carers. Many of our members also take part in other activities such as our Walk & Talk, Community Table lunch and more.  
**contact** [strokeproject@shoreditchtrust.org.uk](mailto:strokeproject@shoreditchtrust.org.uk)  
 020 7033 8500

You can also attend events in the community and provide information about strokes and how to prevent them, as well as offering free blood pressure checks to help you understand and manage high blood pressure as a key risk factor to suffering stroke.

## OUR WEEKLY FREE STROKE PROJECT GROUPS

### MONDAYS: COMMUNICATION 1.30–3pm

For stroke survivors living in Hackney or City. Providing support to encourage communication skills for those whose speech is affected by stroke.  
**WaterHouse, 10 Orsman Road, N1 5QJ**  
**contact** [strokeproject@shoreditchtrust.org.uk](mailto:strokeproject@shoreditchtrust.org.uk)  
 020 7033 8582

### TUESDAYS: YOUNGER SURVIVORS 11.30 am–1.30 pm

For stroke survivors under 67 living in Hackney or City. Social group for survivors of a working age.  
**Pitfield Street Civic Hub, N1 6JP**  
**contact** [joanne@shoreditchtrust.org.uk](mailto:joanne@shoreditchtrust.org.uk)  
 020 7033 8582

### 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, 10 Orsman Road, N1 5QJ**  
**contact** [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)  
 020 7033 8509

### FRIDAYS: SELF HELP 1–2.30 pm

For stroke survivors living in Hackney or City. Support for stroke survivors to become more independent and active in their community.  
**Pitfield Street Civic Hub, N1 6JP**  
**contact** [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)  
 020 7033 8509

## WHAT IS A STROKE?

A stroke can happen to anyone. Think of it as a heart attack that happens in the brain. It can affect how your body works and how you think and feel. If you spot any sign of stroke, call 999. The FAST acronym (Face, Arms, Speech, Time) is a test to quickly identify if someone is having a stroke:

- Face weakness:** Can the person smile? Has their mouth or eye drooped?
- Arm weakness:** Can the person raise both arms?
- Speech problems:** Can the person speak clearly and understand what you say?
- Time to call 999:** If you see any of these signs.

## GUILDHALL AND THE STROKE PROJECT

Staff and students from the Guildhall School of Music & Drama put on a six week musical workshop for the Stroke Project Communication Group. The group used percussion instruments and singing to create an original piece of music based around the four elements. Here's what the students had to say:

### What did you most enjoy about the project?

**Sabrina:** I really enjoyed meeting all the participants who came to the workshop and coming in every week to see them and be able to play music with them in a relaxed environment without any expectations. Each individual who attended had an excellent feel for music that was unique to everyone else and was always keen and excited to work together. Taking part in the workshop has been very rewarding for me as a musician.  
**Thomas:** I always love meeting new people, so getting the opportunity to meet and get to know an entirely new group of people was a delight. Not only was the music-making a joy, but hearing about their lives and philosophies was great.

### Did you learn anything about working with people who have communication difficulties?

**Sabrina:** To be a clear communicator myself and carefully listen and watch the person's facial expression.  
**Thomas:** Put simply, I haven't had much experience working with people with communication difficulties up until now — but the whole experience taught us the importance of essentially slowing down, taking a step back and realising you shouldn't rush things, especially art — the whole experience was quite grounding.

### Would you recommend community projects like this one to your fellow students?

**Sabrina:** I would definitely recommend taking part in a workshop to all my peers. It is very different compared to a professional orchestral setting, and you have to learn to communicate with others who don't understand the same musical terminology and ideas that we have engrained within us.  
**Thomas:** Yes! It's great fun, you meet new interesting people and make music together.

### Client responses:

#### What did you most enjoy about the project?

**L:** Playing a fun range of musical instruments and making up melodies ourselves.

#### Would you recommend musical projects like this to other people with communication difficulties?

**L:** It helps to be able to express yourself in different ways. I want to do it again!

# HEALTH & WELLBEING COACHING



City & Hackney Health & 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.

## OUR FREE HEALTH & WELLBEING COACHING

For anyone 18+ and registered with a Hackney/City GP. Our coaches run practical, enjoyable and welcoming sessions where you can build knowledge, skills and confidence to take charge of your health and wellbeing. For dates and times, for both individual and group coaching, simply contact your local Health & Wellbeing Coach, their email addresses are listed below.

- CLISSOLD PARK**  
**contact** [lorraine@shoreditchtrust.org.uk](mailto:lorraine@shoreditchtrust.org.uk)  
 or [nazmun@shoreditchtrust.org.uk](mailto:nazmun@shoreditchtrust.org.uk)
- HACKNEY DOWNS**  
**contact** [alea@shoreditchtrust.org.uk](mailto:alea@shoreditchtrust.org.uk)
- HACKNEY MARSHES**  
**contact** [sasha@shoreditchtrust.org.uk](mailto:sasha@shoreditchtrust.org.uk)  
 or [silvana@shoreditchtrust.org.uk](mailto:silvana@shoreditchtrust.org.uk)
- LONDON FIELDS**  
**contact** [tahiya@shoreditchtrust.org.uk](mailto:tahiya@shoreditchtrust.org.uk)
- SPRINGFIELD PARK**  
**contact** [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)
- SHOREDITCH PARK & THE CITY**  
**contact** [ade@shoreditchtrust.org.uk](mailto:ade@shoreditchtrust.org.uk)  
 or [shanaz@shoreditchtrust.org.uk](mailto:shanaz@shoreditchtrust.org.uk)
- WELL STREET COMMON**  
**contact** [shenelle@shoreditchtrust.org.uk](mailto:shenelle@shoreditchtrust.org.uk)  
 or [fiona@shoreditchtrust.org.uk](mailto:fiona@shoreditchtrust.org.uk)  
 or [lewis@shoreditchtrust.org.uk](mailto:lewis@shoreditchtrust.org.uk)

### Sessions are themed around:

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

### GROUPS

Group coaching is for anyone 18+ who is interested in building a healthier lifestyle or managing a health condition. Courses are delivered over four weeks, across the year. Group sessions 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.

## OUR FREE 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 & 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

Seth is our new Health & Wellbeing Coach for Young People. We asked Seth a few questions about his new role:

### What drew you to working with young people?

I was drawn to working with young people because it offers the chance to make changes early on, leaving a lasting positive impact. It's incredibly fulfilling, and the dynamism of young people keeps you engaged. Plus, there's always something to learn from them.

### What can this role bring to Young People in Shoreditch Park & City?

Being a young person these days comes with its challenges; the aftermath of lockdown, academic pressures, the influence of social media... the list goes on. This role provides young people with a safe, non-judgmental environment to delve into what matters to them, discover their strengths, and initiate positive transformations.

### Can you explain how the service operates?

Sure! I'll be stationed in GP surgeries and community spaces throughout Shoreditch Park & City. The service provides up to eight one-on-one sessions, available during and after school hours. These sessions are agenda-free, allowing the young person to lead and focus on what matters most to them.

**contact** [seth@shoreditchtrust.org.uk](mailto:seth@shoreditchtrust.org.uk)  
[seth.hindley1@nhs.net](mailto:seth.hindley1@nhs.net)  
 07443 663 189

# BUMP BUDDIES

Bump Buddies is a trusted community project that has been working with women in pregnancy and early parenthood to achieve the best outcomes for them and their children since 2007.

## 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 our weekly free groups contact [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)  
020 7033 8524  
07443 670 634

## TUESDAYS: ADVICE & ASSISTANCE 10–11.30am

For pregnant women and mums & babies registered with a Hackney GP.

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

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. Please get in touch if you would like to make an appointment.

## WEDNESDAYS: BUMP BUDDIES COFFEE MORNING 10–11.45am

WaterHouse, 10 Orsman Road, N1 5QJ

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. We also have a monthly yoga class and host a monthly visit from a Shelter Housing Rights Worker.

## BUMP BUDDIES BREASTFEEDING SUPPORT

Breastfeeding is known to be the best nutrition for baby while offering protection from infections and diseases. It is good for mum's long-term health and promotes a strong emotional bond.

It is a skill that often needs support and can take time to establish. Once established it can be the easiest, most cost effective and satisfying (for you and your baby) way to feed your baby.

We are very pleased we can now offer breastfeeding support at our Bump Buddies coffee morning.

## OTHER INFANT FEEDING SUPPORT IN HACKNEY

### FAMILY HUBS

**TUESDAY**  
1pm–2.30pm  
Ann Taylor

**WEDNESDAY**  
1–2.30pm  
Daubeney

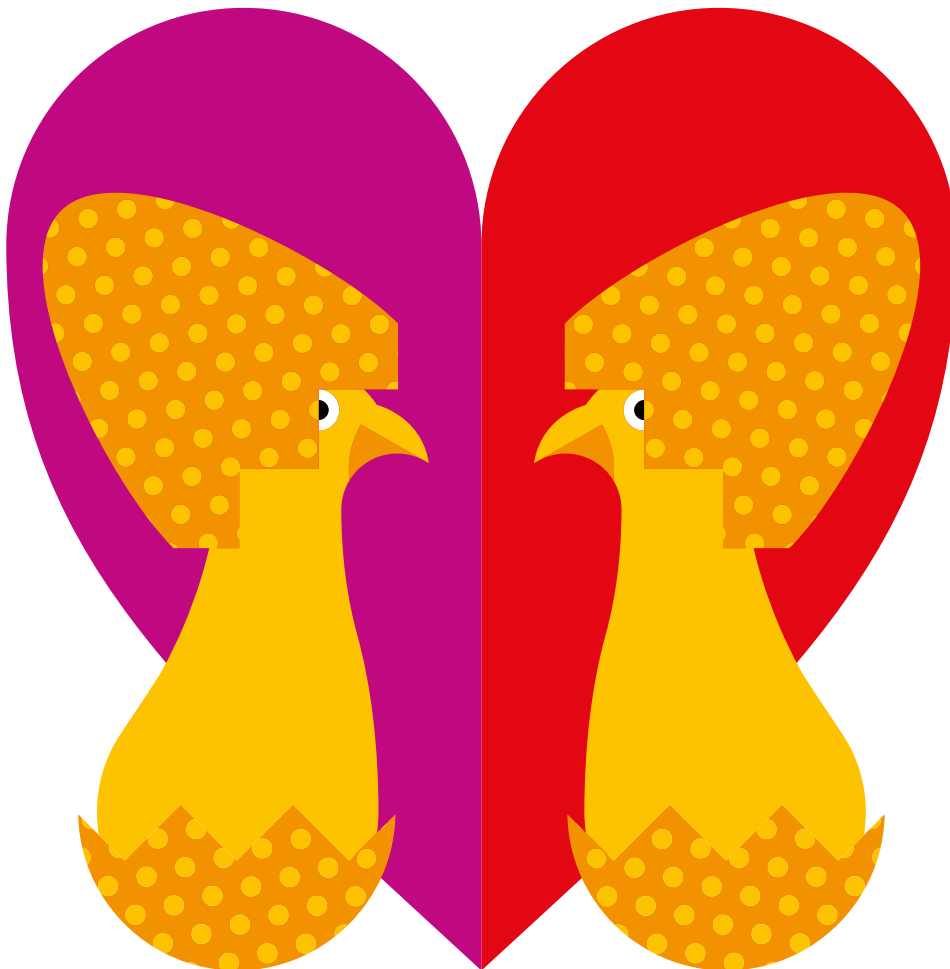
**THURSDAY**  
10–11.30am  
Woodberry Down

**FRIDAY**  
1–2.30pm  
Linden

### INFANT FEEDING SUPPORT CITY OF LONDON

**FIRST WEDNESDAY OF THE MONTH**  
11am–1.30pm  
City Child and Family Centre, EC3A 5DE

**THIRD WEDNESDAY OF THE MONTH**  
10am–12pm  
Barbican Children's Library, EC2Y 8DS



*"I love coming here. Every day I am counting down for Wednesday to arrive so I can come to the group! My son gets so excited when we are on the street and realises where we are going. Through Bump Buddies I have built strong connections and friendships. Coming here eases my worries."*

*"I had a newborn daughter and was struggling to get through the day. 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."*