

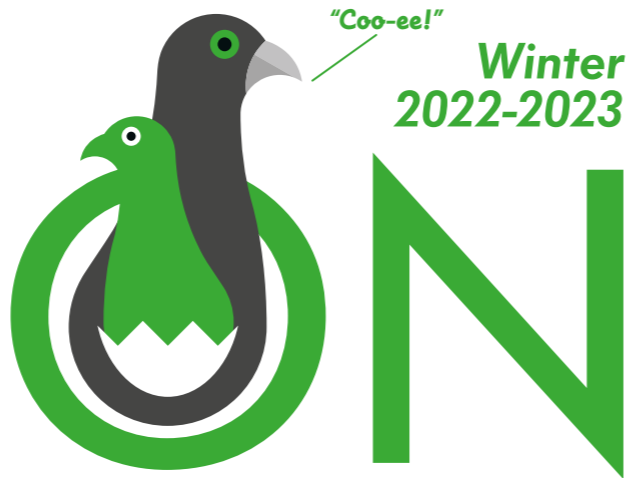
THE POWER



Shoreditch
Trust

OF COMMUNITY

PIGEON



THE POWER OF CONNECTION THE POWER OF FRIENDSHIP THE POWER OF TOGETHERNESS THE POWER OF EMPATHY THE POWER OF LOCAL THE POWER OF LOVE THE POWER OF COURAGE THE POWER OF COLLABORATION THE POWER OF CHANGE...

Our vision for Hackney is 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-led and voluntary organisations working together for positive social change. We are here for you.

The Power of Community

Hello Hackney! 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 works with and supports communities to take charge of their health and wellbeing, develop social networks, build skills and access opportunities.

You may know us for providing support, meals, walking groups and wellbeing classes or have visited our Pitfield Street Civic Hub where we run activities and provide space for hire, or you may have eaten at WaterHouse Restaurant, our social enterprise training restaurant, or work from one of our workspaces. You can find out more about all of these in these Pigeon pages.

Voluntary organisations like ours have been working hard throughout lockdown to support our communities. As we head straight from lockdown and the covid health crisis into the cost-of-living crisis, we need your support more than ever.



We are appealing to residents and businesses in City and Hackney to support our work during the coming months — support that will go directly into front line services including food support, group work, tackling isolation through befriending, a cultural programme that offers respite visits to museums and galleries and direct support with travel costs so that our clients can travel to groups such as the mums and babies group, and supporting us to train up volunteers to help our staff to meet the overwhelming demand for form filling for things like free school meals.

If you feel able to support people in your community, please use the QR code to link directly to our donations page, or alternatively, you can visit: www.shoreditchtrust.org.uk/donate

£2 = a hot drink and a pastry for a new mum attending our Baby Buddy support group coffee morning, hot drink for our long-term conditions group weekly walk

£5 = a hot meal for a resident with a long-term health condition attending our weekly Lunch Bunch, or a weekly travel card for women on our Bump Buddy programme to attend housing appointments or peer group support sessions.

£15 = a three-course Christmas meal for a local resident attending our Elders Feasts (55+), and our Lunch Bunch Christmas Lunch.

Shoreditch Trust is a registered charity (1086812) based in Hackney. We support people who are facing challenging situations to create a happier, healthier future for themselves. Our work helps people make positive life changes, overcome challenges and build connections with our amazing community of clients, volunteers, staff, 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 in the borough who are ready to help people find their way 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
email: connect@shoreditchtrust.org.uk
call: 020 7033 8500
www.shoreditchtrust.org.uk

Prefer to navigate independently? Hackney Council and City of London have helpful guides to find support services and to the cost-of-living crisis support available: <https://hackney.gov.uk/hackney-money-help>

<https://hackney.gov.uk/find-support-services>
www.cityoflondon.gov.uk/services/getting-help-with-the-cost-of-living



Health & Wellbeing Transforming Lives Coaching: Lives

HEALTH & WELLBEING COACHES
Health & Wellbeing Coaches support anyone registered with a GP in City and Hackney who is living with, or worried about developing a long-term health condition. Since January 2021, Coaches have offered dedicated time to over 1,700 people aged 18+ to help make realistic plans to feel more in charge of their health and wellbeing.

Coaches support people to set meaningful goals and take action to manage conditions such as diabetes, high blood pressure, high cholesterol, stress or low mood and feel more confident to eat well, get active, find activities, information and make the best use of their healthcare team.

HEALTH & WELLBEING COACHING FOR YOUNG PEOPLE

In October 2022, in Shoreditch Park and the City, the service branched out to support young people aged 12 to 19. Coach Alice Claussen is developing this exciting new role, working with GP surgeries, reaching out to local schools, colleges and community projects and working closely with the Shoreditch Trust young people's programme.

Alice will offer free, confidential, one-to-one support to young people registered at: De Beauvoir Surgery, Hoxton Surgery, Lawson Practice, Neaman Practice and Shoreditch Park Surgery.

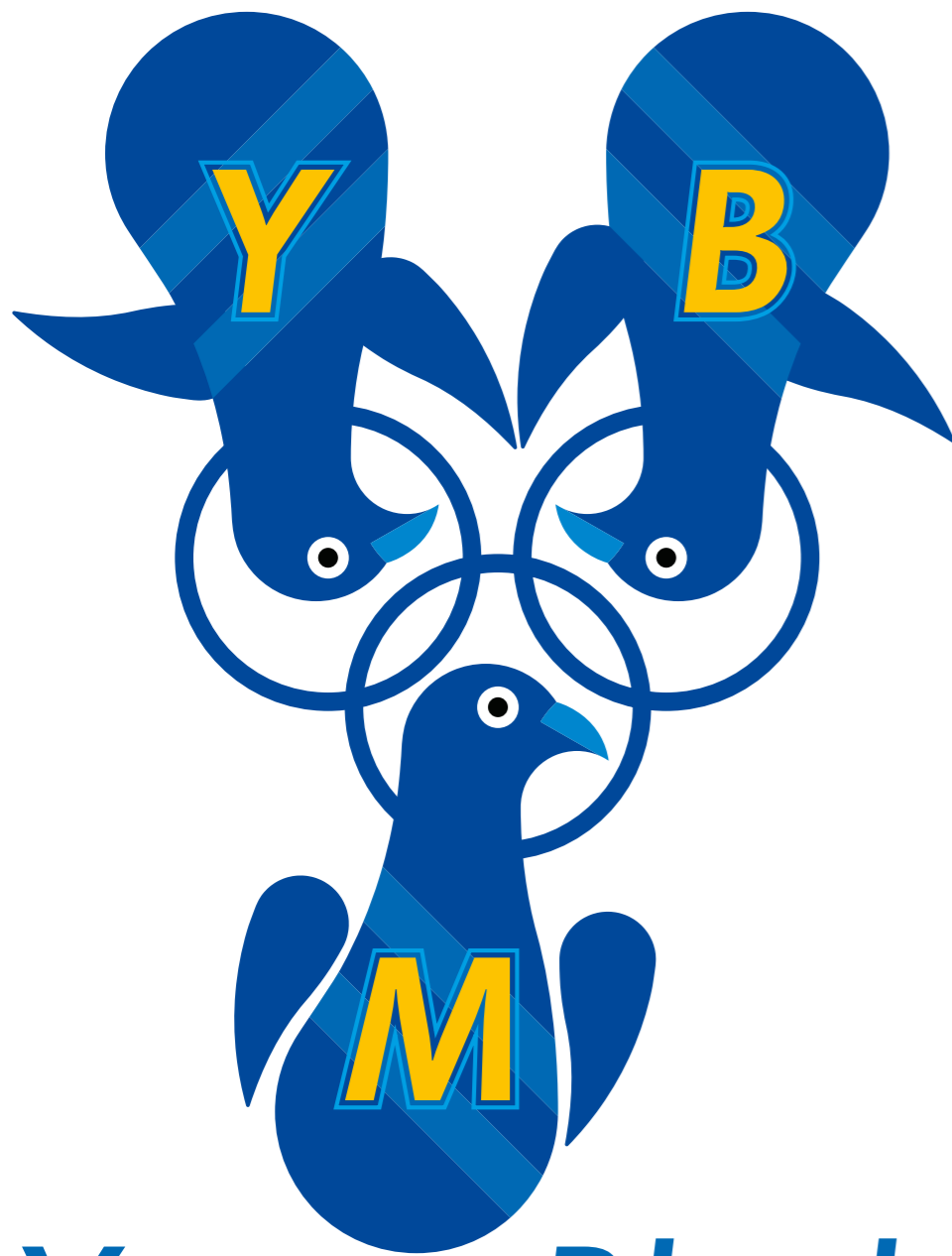
Contact alice@shoreditchtrust.org.uk 07709 714 177

GET IN TOUCH

To get in touch with your local Health & Wellbeing Coach, contact your GP surgery or ring Shoreditch Trust on 020 7033 8500

For enquiries about the programme, please contact Shanaz Begum: shanaz@shoreditchtrust.org.uk

Health & Wellbeing Coaches are transforming lives. Here is a link to a recent evaluation of Health & Wellbeing Coaches in North East London by Richard Griffin, Professor of Healthcare Management at King's Business School London, showing how people have been inspired to take control of their health and wellbeing with coaching support: www.northeastlondonhnp.nhs.uk/ourplans/making-a-difference.htm



Young Black Minds

Young Black Minds was inspired by the Civic Hub (www.civic-hub.com) model of putting people at the heart of local decisions and is taking steps forward to designing a health and wellbeing programme led by and for YBM. An 'Unconference' — a session with no pre-set agenda, saw an open conversation about the reality of the challenges faced by young black men and what needs to change. A design challenge facilitated by young black men created options for a new programme with YBM in the lead.

The program is being brought to life, with an introductory session during Black History Month and moving on to activities for YBM to bond and socialise, share experiences with mental health and services and influence mental health professionals to learn from YBM experience.

To find out more contact daniel.morris@tsip.co.uk

Young Black Minds has been created by Young Black Men with support from Shoreditch Trust, The Social Innovation Partnership and funded by the City and Hackney Wellbeing Network.

Connecting Community

Here are two poems by people who connected with peers at our Calm & Connect and Community Connections groups. These poems were performed recently at our Community Table weekly lunch on behalf of Younger Stroke Survivors as part of their artwork exhibition in September 2022.

*G, S, M, I and me,
Met just a few weeks ago, you see,
We hit it off, the moment we all met,
We have more times to experience together yet.*

*Sometimes we are happy and sometimes sad,
Sometimes we are good and sometimes bad,
We are all messed up and broken inside,
Our fight inside makes world collide.*

*We are all a bit touchy, quirky and strange,
We keep on trying to make a change,
We all have issues we try to deal with every day,
We keep on trying in every single way.*

*Now we all have new sisters and brothers,
We vowed we would all be there for each other,
So, remember strength in numbers,
if we're smart,
Always remember MISFITS 4 LIFE, never apart.*

— Simon

*we're the folk,
who've suffered a stroke
we hope we're not coming across
too one-sidedly*

*When asked if we gained heart
from doing our art
the answer is
decidedly*

*so we used to feel crap
but now we're growing a gap
the distance's increasing
wideningly*

*so we hope you'll find
our etchings
to be singularly fetching
that would wrap it up
all rather tidily*

— Martin

Community Navigation

The Shoreditch Trust Community Navigation Front Door connects residents to a range of services throughout the borough. To find out more, visit www.shoreditchtrust.org.uk or contact referrals@shoreditchtrust.org.uk
020 7033 8500
020 3559 9234

Weekly Groups & Activities

STROKE SURVIVORS COMMUNICATION GROUP

MONDAYS 1–3.30pm
Providing support to encourage communication skills for those whose speech is affected by stroke.
For adults.
Stamford Hill Community Centre
N16 6RZ
contact neofita@shoreditchtrust.org.uk

YOUNGER STROKE SURVIVORS GROUP

TUESDAYS 11.30am–1.30pm
Younger Stroke Survivors Group supports people to share personal experiences and feelings, coping strategies, or first-hand information about stroke and other important topics for their health and wellbeing. Guest speakers on various health and wellbeing topics plus regular outings. Activities can include bingo, quizzes and art projects devised by the members.
For stroke survivors living in Hackney or the City of working age (under 65).
Pitfield Street Civic Hub
170 Pitfield Street
N1 6JP
contact joanne@shoreditchtrust.org.uk

STROKE SURVIVORS HIGH CARE GROUP

WEDNESDAYS 2–3.30pm
Stroke Survivors High Care Group brings together senior stroke survivors with high care or mobility needs. Activities including quizzes, memory exercises and guest speakers.
For stroke survivors living in Hackney or the City.
WaterHouse Restaurant
10 Orsman Road
N1 5QJ
contact maria@shoreditchtrust.org.uk

STROKE SURVIVORS SELF HELP GROUP

FRIDAYS 1–2.30pm
We support stroke survivors to become more independent and active in their community.
For stroke survivors over 65, living in Hackney or the City.
Pitfield Street Civic Hub,
170 Pitfield Street, N1 6JP
contact maria@shoreditchtrust.org.uk

To find out about information, advice and support for stroke survivors in Hackney and the City, contact the Stroke Project: strokeproject@shoreditchtrust.org.uk
020 7033 8500

WALKING FOR WELLBEING SHOREDITCH PARK

MONDAYS 12–1pm
Walk around Shoreditch Park, meet new people, enjoy fresh air and company.
For Hackney residents or those registered with a Hackney GP.
Meet at
Britannia Leisure Centre
(front entrance / stone seating area)
Pitfield Street
N1 5FT
contact shanaz@shoreditchtrust.org.uk

WALKING FOR WELLBEING VICTORIA PARK

THURSDAYS 2–3pm
Walk around Victoria Park, meet new people, enjoy fresh air and company.
For Hackney residents.
Meet in front of
New Kingshold Community Centre
Ainsworth Road
E9 7JE
contact joanne@shoreditchtrust.org.uk

BABY BUDDIES

WEDNESDAYS 10–11.30am
This friendly peer-led group for pregnant women and mums & babies, encourages listening, sharing experiences and reflecting on taking care of a baby and family. We provide a relaxed and supportive space for women to consider how they can support their mental health, using the framework of 5 Ways to Wellbeing. We meet once a week at our community hub Waterhouse Restaurant for coffee and pastries. Our peer-led coffee mornings are a safe, women-only group where mums and expectant mums can receive support and advice from peers and professionals.
For pregnant women and mums & babies registered with a Hackney GP.
WaterHouse Restaurant
10 Orsman Road
N1 5QJ
If you are pregnant or a mum registered with a Hackney GP and would like more information on how you can join or volunteer please contact Jane Lavelle
020 7033 8524
07443 670 634
jane@shoreditchtrust.org.uk

COMMUNITY TABLE WEEKLY COMMUNITY MEAL

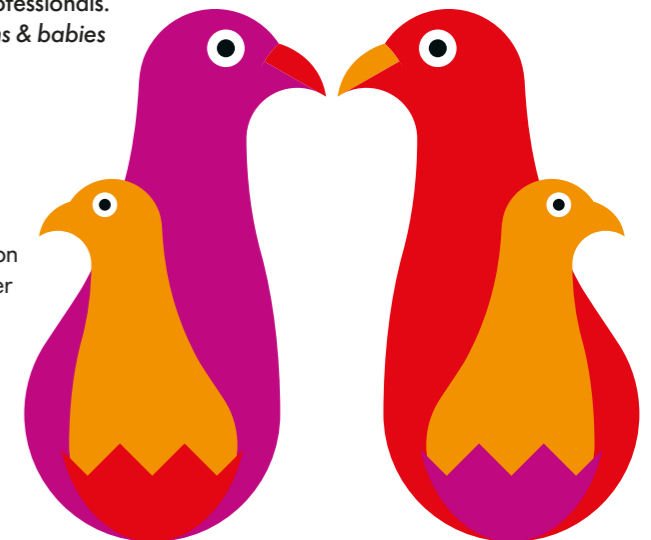
TUESDAYS 12–1.30pm
Drop-in community meal at WaterHouse Restaurant in Haggerston, serving a delicious vegetarian meal and offering the opportunity to socialise.
For adults.
WaterHouse Restaurant
10 Orsman Road
N1 5QJ
contact food@shoreditchtrust.org.uk

COMMUNITY KITCHENS FAMILY

TUESDAYS 4–6pm
8 NOVEMBER TO 13 DECEMBER
Six week Cook and Eat course to learn new recipes, meet new people and get tips on healthy eating. We cook and eat together as a group.
For children aged 5-12 and parents/carers.
Fellows Court Community Centre
86 Weymouth Terrace
E2 8LR
contact food@shoreditchtrust.org.uk

COMMUNITY KITCHENS ADULT

WEDNESDAYS 1.30–3.30pm
9 NOVEMBER TO 14 DECEMBER
Six week Cook and Eat course to learn new recipes, meet new people and get tips on healthy eating. We cook and eat together as a group.
For adults.
New Kingshold Community Centre
Ainsworth Road
E9 7JE
contact food@shoreditchtrust.org.uk



Community Table

Hello from the Shoreditch WaterHouse Trust Community Table Team! At Shoreditch Trust we love food and we believe that meals and eating together are a way of passing on love and nourishment to those we care about. If you enjoy eating delicious food, you can join our free Community Kitchen workshops with our chefs to make delicious, well balanced and cheap dishes inspired by some of your favourite foods. Our young chefs join our Community Table team on a Thursday for a cooking masterclass, where they learn baking skills from cake making and decorating to bread making. Here are a few recipes our young chefs would like to share with you. To find out more about Young Chefs and Community Table, please see our website www.shoreditchtrust.org.uk or contact us on food@shoreditchtrust.org.uk

CHICKEN FAJITAS

serves: 6

time: prep 45 mins / cooking 25 mins

ingredients:

3 boneless chicken breasts, skin removed.
2 limes, grated zest and juice.
½ tablespoon caster sugar.
2 tablespoons dried oregano.
½ teaspoon cayenne pepper.
1 teaspoon ground cinnamon.
1 teaspoon smoked paprika.
2 onions, thinly sliced.
1 red pepper, seeds removed, thinly sliced.
1 orange pepper, seeds removed, thinly sliced.
1 green pepper, seeds removed, thinly sliced.
3 tablespoons olive oil.

method:

1. Slice the chicken breasts into strips about 2cm wide. Place them in a large bowl.
2. Add the lime zest and juice, the caster sugar, oregano, cayenne, smoked paprika and cinnamon.
3. Mix thoroughly and set aside to marinate for at least 30 minutes — longer if you have the time.
4. Chop the vegetables as listed in the ingredients.
5. Heat the oil in a large frying pan, add the chicken and cook for 5-6 minutes, until tender.
6. Stir in the peppers and onions and cook for a further 3-4 minutes, until the chicken strips are cooked through and the vegetables are soft and tender.

serve:

Serve the chicken mixture in a bowl and bring to the table with some cooked flatbreads or tortillas, guacamole, salsa and soured cream. Spoon on, wrap up, enjoy.

CHOCOLATE CHIP OAT COOKIES

makes: 20 cookies

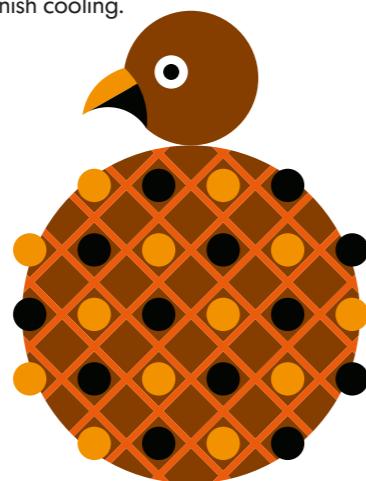
time: prep 15 mins / cooking 9-12 mins

ingredients:

1 cup self-raising flour.
1 cup rolled oats.
1 teaspoon baking soda.
¼ teaspoon salt.
¾ cup melted coconut oil.
1 cup soft brown sugar.
1 egg + 1 egg yolk, at room temperature.
1 teaspoon vanilla extract.
1 cup desiccated coconut.
100g dark chocolate chips.

method:

1. In large bowl whisk together flour, oats, baking soda, and salt; set aside.
2. In a large bowl, mix together melted coconut oil and brown sugar until smooth. Add in egg, egg yolk, and vanilla; mix again until smooth and well combined.
3. Add in flour and oat mixture to the wet ingredients, mixing until well combined.
4. Fold in desiccated coconut and chocolate chunks.
5. Chill the dough in fridge for 5 minutes before baking.
6. Scoop large, rounded tablespoons of dough onto the prepared baking tray.
7. Bake 9-12 minutes or until edges just begin to turn a golden brown but cookies are still soft in the middle.
8. Do not over bake! Remove from oven and let cool for 5 minutes on baking tray, then transfer to wire rack to finish cooling.



JAMAICAN BEEF PATTIES

makes: 6 patties

time: prep 1 hr / cooking 30 mins

ingredients for the pastry:

150g (½ cup) all-purpose white flour.
150g (½ cup) wholemeal flour.
½ teaspoon of salt.
1 teaspoon curry powder.
1 teaspoon turmeric.
150g butter.
6 tablespoons cold water.

ingredients for the filling:

1 tablespoon oil.
1 onion, finely chopped.
1 clove garlic, finely chopped.
¼ teaspoon chopped scotch bonnet chilli pepper (optional).
3 tablespoons peas.
3 tablespoons corn.
200g lean ground beef.
½ teaspoon black pepper.
½ teaspoon curry powder.
½ teaspoon dried thyme.
2 tablespoons breadcrumbs.
1 egg, beaten.
2 tablespoons beef or chicken stock.

method for the pastry:

1. Sift the flour, curry powder, turmeric and salt into a large bowl.
2. Rub in the butter until crumbly.
3. Add the water and make a stiff dough.
4. Leave in the fridge to rest for 30 minutes.
5. Shape the dough into a log and cut into 6 equal pieces.
6. Roll each piece on a lightly floured board to make circles, about 6 in / 15 cm.

method for the filling:

1. Heat the oil in a pan and cook the onion, garlic, and scotch bonnet pepper until soft.
2. Add the ground beef, pepper, curry powder and thyme.
3. Brown the meat for 10 minutes, stirring occasionally. Stir in the breadcrumbs and stock. Cover the pan and simmer for 10-15 minutes, stirring occasionally.
4. Add the peas and corn during the last 5 minutes.
5. When all the liquids have been absorbed, the filling is ready. It should be moist but not watery.

method to finish:

1. Preheat oven to 200C / gas mark 6.
2. Prepare the baking trays/sheets with baking paper or lightly grease with butter.
3. Place 2-3 tablespoons of filling onto each pastry circle, leaving space around the edge.
4. Brush the edges of the dough with water and fold in half to make the patty. Pinch the edges closed with a fork.
5. Brush the pastry all over with beaten egg and bake on the baking tray/sheet for 30 minutes or until golden brown.



SHAKES & NICE-CREAMS

each serves: 2-3

Great as part of your daily fruit intake and enables a slow release of energy to get you through the day. You can find a bag of frozen fruit in any freezer aisle of the supermarket and the only equipment you will need is a blender or food processor.

ingredients:

Strawberry and Mango Nice-Cream:
1 handful of frozen strawberries.
1 frozen banana, chopped.
1 handful of frozen mangoes, chopped.
½ cup of nut/oat/soya or whole milk.

Tropical Coconut Nice-Cream:

1 cup frozen chopped mango.
1 cup frozen chopped pineapple.
1 can coconut milk.

Blueberry Sorbet:

2 cups frozen blueberries.
1 tablespoon honey.
2 tablespoons lemon juice.
1 teaspoon lemon zest.
4 tablespoons water.

Peanut & Chocolate Shake:

2 frozen chopped bananas.
2 cups almond milk.
2 dates — remove the stones and soak in hot water for 10 minutes, then remove from the water.
1 tablespoon coco powder.
1 tablespoon peanut butter.

method:

Remove the fruit from the freezer 30 minutes beforehand. This will ensure that you can break it apart with your hands, but it still remains frozen.

for the shake:

1. Put all ingredients except for the almond milk into a blender or food processor.
2. Pour in a splash or two of the almond milk and blend. Once the mixture starts to combine, slowly add more milk until all the fruit is combined with the milk and is thick and smooth.

for the nice-creams and sorbet:

1. Put all ingredients into a blender or food processor and blend until thick.
2. Pour the mixture into a container with a lid and freeze for 2 hours.

YOUNG CHEFS WITH SKYWAY

A group of young chefs from SkyWay Blue Hut participated in some cooking sessions at Shoreditch Trust's Waterhouse Restaurant in August. They had the opportunity to cook a variety of dishes. Here's what our young chefs and their parents had to say.

The cooking is very good, it's very stylish. The cookies we made are very good, chef had his own recipe, and I wasn't really trusting him, because it had coconut in it. But when we cooked them and tried them, it was very good. I've never made patties before, and my mum and my brother liked those and when we made the smoothies, I said, "can I put oats in it?", and we did.
— Young Chef

The past four days have been an amazing experience. From the moment we walked in — the warm welcoming from staff to how engaged the children were — they have been amazing, really hands on and patient with the children while teaching them to make some amazing recipes, it's been a wonderful experience.
— Parent

Blue Marble Training provides chef training and support to young people aged 16–19. The training takes place in a live kitchen, offering experiential learning in an exciting environment. For more details, email olivia@shoreditchtrust.org.uk



WATERHOUSE RESTAURANT

Shoreditch Trust's social enterprise restaurant, WaterHouse, sits right on Regent's Canal in Haggerston. With a warm and friendly atmosphere, come and enjoy some of the great food from our kitchen, and watch the ducks go by! Proceeds from the restaurant support the training for young chefs.

Open Monday – Friday, 9am – 3pm
serving coffees and pastries from 9am and lunch from 12pm

Our weekly menu contains old favourites like burgers and curries, options to build-your-own lunchbox, a seasonal weekly salad, soup and desert and everyone's favourite, fish & chips, on Fridays.

Main dishes are £7–8, soup £5, salads £6.50, sides £3 and desert just £4.50.

You can find our daily menu here: waterhouse-restaurant.square.site

We host a weekly Community Meal on Tuesdays for clients of the Trust's services. For £3.50 our guests enjoy a balanced and delicious meal cooked by our chefs.

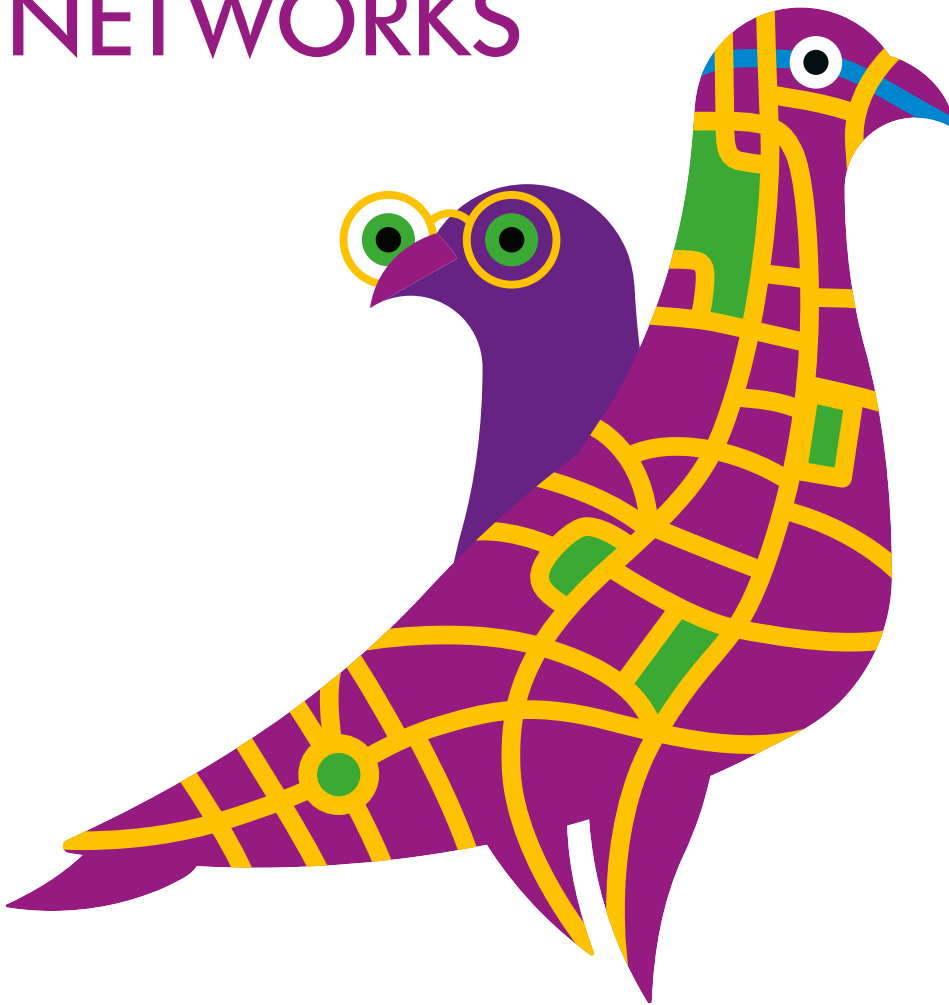
CHRISTMAS

From 1 December up to and including 18 December, we are taking bookings for our special Christmas lunch. For information on our Christmas menu bookings, please email eat@waterhouserestaurant.co.uk

WaterHouse Restaurant
10 Orsman Road
London
N1 5QJ
020 7033 0123
eat@waterhouserestaurant.co.uk

WaterHouse Restaurant will be closed to the public from 19 December until 20 January.

NEIGHBOURHOOD NAVIGATION NETWORKS



What are the Neighbourhood Navigation Networks?

Neighbourhood Navigation Networks meet in 'Neighbourhood Pairings', bringing together staff in frontline community navigation roles to provide peer support, share skills and expertise, make connections with services and have access to a wider support system.

Who can join a Network?

The networks are open to frontline staff from any organisation whose role provides non-medical person-centred support to residents connecting them to services, advice and activities. These include Social Prescribers, Health & Wellbeing Coaches, Wellbeing Practitioners and Community Connectors.

How do I Join?

For further information or to join your local Neighbourhood Navigation Network please email cerrie@shoreditchtrust.org.uk

Neighbourhood Pairings

Neighbourhood Navigation Networks meet in the following Neighbourhood Pairings. There are two meetings upcoming for each network. We have provided the date for the next meetings in each network below.

- 1. Well Street Common & Hackney Marshes**
16 January, 3.30–5 pm
23 February, 2–5 pm
- 2. Hackney Downs & Clissold Park**
19 January, 3.30–5 pm
23 February, 2–5 pm
- 3. Shoreditch Park & City & London Fields**
27 January, 11.30 am–1 pm
23 February, 2–5 pm
- 4. Woodberry Wetlands & Springfield Park**
1 February, 3.30–5 pm
23 February, 2–5 pm

SHOREDITCH TRUST PITFIELD STREET CIVIC HUB CENTRE

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. Both of our meeting rooms come with a great new range of IT equipment.

The centre can be hired for daytime, evening and weekend bookings, for as little as £15 an hour for our smaller rooms and £30 an hour for our large room.

For enquires about hiring the space email workspace@shoreditchtrust.org.uk

WORKSPACES

We provide affordable workspace for local start-ups, SMEs and charities across a variety of sectors including media, design & architecture, music, fashion, education and health. Our office units range from small, low-cost spaces helping companies taking their first steps and charities keeping costs low, others are large offices filled with thriving companies.

Shoreditch Trust continues to work with tenants who value our work as an anchor organisation in our community and we want to work with tenants who believe in working with us to generate income that helps us to provide key services and support for our residents.

INDUSTRY

- 200–1,500 sq ft office studios
- Flexible leases from 6 months
- Prices from £900 pcm

8 ORSMAN ROAD

If you're a more established company, seeking a secure space to settle from 850 to 3547 square feet, our Orsman Road office spaces offer long term secure leases for larger companies, with helpful extras added in.

Shoreditch Trust continues to work with tenants who value our work as an anchor organisation in our community. We want to work with tenants who believe in working with us to generate income that helps us to provide key services and support for our residents.

For more information and details of the above spaces currently available contact: 020 7033 8500
workspace@shoreditchtrust.org.uk