



Welcome to autumn!

There is so much going on this autumn; from walks, to outdoor groups and online events. We're looking forward to seeing you again, but please remember to book in advance, keep 1- 2 metres apart, wear a mask if asked, and stay home if you're feeling unwell. If you are ill and have recently attended a group, please tell us.

Services for 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 offer CV and job brokerage support, and pastoral help with issues such as housing, parents, relationships, drugs or the police. 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 and Social Capital' workshops for 16-25 year-olds.

Services for pregnant women and young families

Shoreditch Trust offers support to pregnant women, new mums and young families in Hackney through Bump Buddies. The service offers befriending with an experienced local mum to help with antenatal appointments, planning your labour and the first few weeks with your baby, as well as groups where you can meet other women for support and self-care. The project can also provide help to access low cost baby equipment and clothing and referrals for women experiencing problems with housing, immigration status and violence.

Services for people with health problems

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

Support for anyone who needs help to get food

Community Table is a free emergency food delivery service for anyone in Hackney who cannot cook for themselves because they are unwell, do not have access to ingredients or a place to cook. Each parcel contains a two-course meal for everyone in the household and other staples, prepared by a professional chef and nutrition expert.

Access our services or find other support

Shoreditch Trust can help you 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 access any group or project email info@shoreditchtrust.org.uk or call 020 7033 8501 or 020 7033 8587

	Activity	When and where?	Who can come?
Monday	Blue Marble Training Professional chef training and support.	Monday - Thursday 9.00am - 3.30pm Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
Tuesday	Blue Marble Training Professional chef training and support.	Monday - Thursday 9.00am - 3.30pm Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
	Weekly Walks for Stroke Survivors A supported weekly walk for people overcoming stroke, in partnership with Fit 4 Health and MRS Independent Living.	Tuesdays , sessions at 11.00am or 12:00pm The garden of Clissold House Café, Clissold Park, Green Lanes, Stoke Newington, London N16 9HJ	Stroke survivors living in Hackney or the City
	UPDATED - Sanctuary Spaces Activities, exercise and socialising in a managed, distanced, outdoor space, for people who have been shielding or who are worried about going out, in partnership with St Mary's Secret Garden.	Thursdays 2.00pm - 3.30pm St Mary's Secret Garden, 50 Pearson St, London E2 8EL	People living in Hackney
	Younger Stroke Survivors Group An online group for working age people who have survived a stroke, to share personal experiences and feelings, coping strategies, and important topics for health and wellbeing.	Tuesdays 2.00pm Zoom (online)	Stroke survivors of working age, living in Hackney or the City
Wednesday	Blue Marble Training Professional chef training and support.	Monday - Thursday 9.00am - 3.30pm Waterhouse Restaurant, 10 Orsman Road, N1 5QJ	Young people aged 16-25
	Baby Buddies Connect with other mums, try relaxation techniques, find out about useful services, and enjoy activities with your baby	Wednesdays 11.00am - 12.30pm Zoom (online)	Mums to be, mums, babies & toddlers in Hackney
	CANCELLED - Weekly Walking For Wellbeing Join us for gentle outdoor walking exercise in small, distanced groups.	Wednesdays 2.00pm - 3.00pm Stamford Hill Community Centre, N16 6RS	People living in Hackney
Thursday	Blue Marble Personal Development A morning of fitness training and afternoon of learning, from days out to creative workshops.	Thursdays Contact Femi for this week's details.	Young people on Blue Marble
	Health Walk Meet new people, get fit and improve your wellbeing, with free socially distanced small group walks, led by local guides. Includes routes suitable for wheelchair users.	Thursdays 2.00pm - 3.00pm Meet at New Kingshold Community Centre, Ainsworth Road, Hackney, London E9 7LP	People living in Hackney