



### Booking Events

As the weather turns colder we're running events to warm your heart, from volunteer training to cooking classes with hearty winter dishes. With a new lockdown in place we've moved many activities online, but we're still here for people in Hackney, on the end of a phone, text message or video call.

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 you have a positive test for Covid-19 and have recently been to a Shoreditch Trust activity please tell 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 food 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 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 an activity or access a project: email [referrals@shoreditchtrust.org.uk](mailto:referrals@shoreditchtrust.org.uk) or call 020 7033 8501 or 020 7033 8587**

	Activity	When and where?	Who can come?
Tuesday	<b>Community Kitchen Online Cooking Course</b> Do you like good food? Chatting over a meal? Quick, cheap, tasty, recipes? Then Community Kitchens online cooking course is for you. This 6 week group is about great recipes, great food and connecting people. Each week we'll present a recipe and chat about topics like food and happiness, food labelling, deciphering what we're told about what we should and shouldn't eat, and making food enjoyable.	Tuesdays until 7 December, 3.30 - 5.00 Online with Zoom	People living in Hackney
	<b>Younger Stroke Survivors (YSS) 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 Online with Zoom	Stroke survivors living in Hackney or the City, of working age
Wednesday	<b>Community Champions Volunteer Training</b> Do you want to make a difference in your local community? Community Champions is Shoreditch Trust's four day volunteer training, which supports volunteers to reflect on themselves, their identity and how they communicate with others in order to work together towards positive social change.	Every Wednesday from 18 November to 9 December, 9.30 - 3.00 Healthy Living Centre, 170 Pitfield Street, N1 6JP Some online sessions	People living in Hackney who want to volunteer
	<b>Neighbourhood Conversations: Shoreditch Park and the City</b> Do you feel strongly about our area, and want to play a role in its development? Neighbourhood Conversations are happening across City and Hackney, brought to you by a partnership of statutory and voluntary services, including Shoreditch Trust. To book a place email <a href="mailto:katieb@hcv.org.uk">katieb@hcv.org.uk</a>	Wednesday 4 November 1.00 - 2.30 Online	People living or working in Hackney
Thursday	<b>UPDATED: Baby Buddies</b> An online meet up for mums and babies with opportunities to try relaxation and find out about useful services.	UPDATED: Now Online Thursdays 1.00 - 3.00	Mums, babies & toddlers in Hackney
	<b>CANCELLED: 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.	CANCELLED: Thursdays 2.00 - 3.00 New Kingshold Community Centre, Ainsworth Road, E9 7JE, then Victoria Park	People living in Hackney