

# PIGGEON

Our vision for Hackney is a society where we support each other to flourish — socially, economically, in our health and in our wellbeing.



## Health Coaches Helping you take charge

### **Are you living with or concerned about developing a health condition?**

Health and Wellbeing Coaches, based in your local GP surgery and employed by Shoreditch Trust, are supporting people to gain the knowledge, skills and confidence to become active participants in their own care in order to reach self-identified health goals.

### **Health Coaches help you to take charge by:**

- Listening to what's important to you.
- Helping you to build confidence, knowledge and skills to take care of your health and wellbeing.
- Working with you to find reliable information and activities.
- Connecting you with people who have similar experiences.

### **Coaches offer support in person, by phone or online:**

- One-to-one support to get to know what works for you, your hopes and goals and what's stopping you from taking steps forward, without judgement.
- Support to get active, eat well, protect your emotional wellbeing, find or reconnect with interests and support networks.
- Help to find advice or guidance for practical day-to-day issues.
- Work with your healthcare team, complementing your existing support.

This is a Free Service open to anyone registered with a GP in City & Hackney over the age of 18. You can refer yourself or ask your GP or healthcare worker to refer you.

### **Not sure if the service can help you?**

Request a call back for a chat and to find the right support for you.  
email: [connect@shoreditchtrust.org.uk](mailto:connect@shoreditchtrust.org.uk)  
call: 020 3559 9234

### **Or contact your local Health & Wellbeing Coach directly:**

#### **Well Street Common:**

Alice Claussen, 07709 714 177

#### **Hackney Downs:**

Emma Tilbrook, 07709 715 959

#### **Springfield Park:**

Francesca Giustetti, 07518 909 918

#### **London Fields:**

Lia Rich, 07709 711 688

Rebecca Bethune, 07709 715 686

#### **Clissold Park:**

Lorraine McCarthy, 07783 516 438

#### **Hackney Marshes:**

Dionne St Rose, 07709 716 824

#### **Shoreditch Park & the City:**

Shanaz Begum, 07783 519 485

Lia Rich, 07709 711 688

#### **Woodberry Wetlands:**

Lydia Hemus, 07783 520 089

Welcome to the Pigeon, Shoreditch Trust's magazine 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, exercise groups and wellbeing classes or have visited our Healthy Living Centre 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 this issue of Shoreditch Trust Pigeon!

**Shoreditch Trust** is an anchor organisation based in Hackney. We support people who are facing challenging situations to make positive life changes, access opportunities and build connections. We work with some great organisations across the borough to facilitate access to a wide range of activities and services — shaped or designed by resident experience and knowledge of local neighbourhoods. Find out more about our programme on our website: [www.shoreditchtrust.org.uk](http://www.shoreditchtrust.org.uk)

### CONNECT WITH US

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

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 services, please get in touch.

email: [connect@shoreditchtrust.org.uk](mailto:connect@shoreditchtrust.org.uk)  
call: 020 3559 9234

### Prefer to navigate independently?

The London Borough of Hackney Find Support Services map is a great starting point: [www.hackney.gov.uk/find-support-services](http://www.hackney.gov.uk/find-support-services)

### Welcome Tom!

Tom Cousins joins the team as Organisational Support Manager. He supports all our workforce and manages our HQ facilities and operations. Tom has over a decade of community sector experience. If you have any general enquires, email: [tom@shoreditchtrust.org.uk](mailto:tom@shoreditchtrust.org.uk)

## Shoreditch Trust

Shoreditch Trust is a registered charity in England and Wales no. 1086812

### YSS GROUP

Our Younger Stroke Survivors group meets online every Tuesday 2–4pm to share personal experiences and discuss:

- Coping strategies
- First-hand information about strokes
- Mindfulness activities
- Mental health
- General health and wellbeing

For more information or to join, email Joana Olim: [joana@shoreditchtrust.org.uk](mailto:joana@shoreditchtrust.org.uk)

## Local Flavour

We believe social enterprise can play a significant and important role in helping us to recover from the pandemic — because it puts people at the heart of business.

Hackney has social enterprise at its core — it is officially registered as a social enterprise place with Social Enterprise UK.

Shoreditch Trust supports its innovative programme through income from its social enterprise portfolio.

### Waterhouse Restaurant

Local Flavour... is back with tap-n-take! Making lunch and changing lives, WaterHouse trains young people as chefs and bakers, through our Blue Marble Training programme. It supports young people to build skills, gain confidence and develop careers.

We are now open for tap-n-take Monday to Friday 9am–3pm. Follow us on social media as we update our menus and eat in options: Twitter: [@1Waterhouse](https://twitter.com/1Waterhouse) Facebook: [TheWaterhouseRestaurant](https://www.facebook.com/TheWaterhouseRestaurant) Instagram: [the\\_waterhouse\\_restaurant](https://www.instagram.com/the_waterhouse_restaurant)

We have a selection of hot drinks and daily specials created by our young trainee chefs and bakers. Expect to see some of your favourites back on the menu over the summer, including our popular Salad Box, Chicken Curry with Lemonade Bread (our signature dish!), Hot Box Jerk Chicken or Teriyaki Salmon with a choice of sides.

**Place your order online here:** <https://waterhouse-restaurant.square.site/> and set a collection time.

WaterHouse will eventually be available again for hire — for great value weddings, parties and events.

For further information about bookings or general enquires please email Fatima Aihoud our Head of Customer Services: [fatima@shoreditchtrust.org.uk](mailto:fatima@shoreditchtrust.org.uk)

### Shoreditch Trust Civic Hub and Healthy Living Centre

Our community and civic hub in Hoxton is home to many of our cooking classes, exercise groups, creative sessions, and 1-2-1 support. It is also home to our Civic Innovation Hub programme — putting people in the lead through citizen-centred design processes to deliver systems change. The low cost meeting rooms, conference facilities and a community kitchen can also be hired by local groups.

Both of our meeting rooms come with a great new range of IT equipment for all your needs. Our rooms have a 4K HD Smart TV which provides smooth, upscaled and more detailed viewing with a high-quality sound bar and Smart Full HD webcam to facilitate presentations, conferences and online meetings.

For enquires about hiring the space, email Fatima Aihoud our Head of Customer Services: [fatima@shoreditchtrust.org.uk](mailto:fatima@shoreditchtrust.org.uk)

### INDUSTRY

Workspaces for local social enterprises, charities and businesses. Some are small, low-cost spaces helping companies taking their first steps and charities keeping costs low, others are large offices filled with thriving companies from architects to music labels.

### INDUSTRY — AFFORDABLE EAST LONDON WORKSPACE

- Offices & studios in Haggerston, Hackney
- 200–500 sq ft
- Flexible leases from 2 months
- Prices from £1,000 pcm

To view and lease office spaces and studios in Hackney from £1,000 pcm, contact: 020 7033 8500 [workspace@shoreditchtrust.org.uk](mailto:workspace@shoreditchtrust.org.uk)

### Welcome Mahima!

We are delighted to welcome Mahima Kesore as Social Enterprise, Communications and Events Coordinator (maternity cover).

Through her experience as a volunteer at the National Citizen Service, Amnesty International and Humankind, Mahima is passionate about tackling inequality.

*“I have always been passionate about empowering different communities, including my local community as an Eastender.”*

For more information about our workspaces, venues or events calendar, email: [mahima@shoreditchtrust.org.uk](mailto:mahima@shoreditchtrust.org.uk)

IS IT A BIRD?  
IS IT A PLANE?  
IT'S OUR INNER  
SUPER HERO!

Jaimie Tapper discusses anxiety; the important role it performs in keeping us safe and how we can create space for it, rather than struggle against it.

### Why is anxiety the emotion we love to hate?

It's uncomfortable. It makes us miss out on things we value and enjoy doing. We are constantly told that we should be able to avoid or 'cure' it!

### So, what is anxiety?

Anxiety is a completely normal part of being a human being! It is our body's natural response to threat — a call to action. Anxiety activates changes in our bodies and minds that prepare us to survive a threat:

- Focus
- Energy
- Power
- Protection

Anxiety channels our survival superpowers into a lightning-quick battle plan:

- Fight — when it thinks you have what it takes to defeat the threat.
- Flight — when you can't defeat it, but could avoid it.
- Freeze — when you can't defeat or avoid, play dead and perhaps avoid detection.
- Appease — threat has found you, is bigger and faster, but perhaps you can negotiate.

### Anxiety — our Super Hero (but a deeply flawed one)

Dr Eric Goodman, a specialist in anxiety disorders, describes it as a misguided bodyguard; vigilant to threat and always ready to leap into action. The problem is our anxiety is glitchy, terrible at judging whether situations constitute a genuine risk to life and limb. Our anxiety always takes a 'better safe than sorry' stance.

### The anxious hero inside us — whether we want it or not...

There are many factors that play a role in why we feel anxious.

**Survival and human adaption:** in order to survive in a world with other — often dangerous — animals, humans developed complex brains that can plan, strategise and create. Our ancestors were worriers, a survival strategy that they passed on to us in our genes.

**Nature and nurture:** we are born with individual temperaments that combine with our life experiences, shaping our levels of anxiety.

**Biological factors:** certain health conditions, lack of sleep, diet, and medications we may have to take can all impact on our anxiety levels.

**External factors:** humans have yet to adapt to cope well with modern technology and its information overload. It's challenging, as our mind craves certainty and the comfort of a limited number of social connections.

## CALM & CONNECT

Shoreditch Trust offers workshops to City and Hackney residents that help you develop skills for a better relationship with anxiety. For anyone who is feeling worried, low or anxious, find more calm with an online course by contacting Maria Dragan: [maria@shoreditchtrust.org.uk](mailto:maria@shoreditchtrust.org.uk)

Here's a good video on dealing with anxiety: [www.youtube.com/watch?v=QzNSgdV9qYU](https://www.youtube.com/watch?v=QzNSgdV9qYU) Sometimes we can feel anxious about being anxious — *The Struggle Switch* is a short video that explains this sensation: [www.youtube.com/watch?v=rCp1116GCXI](https://www.youtube.com/watch?v=rCp1116GCXI)

### Dropping our struggle with anxiety

We often see anxiety as something to be avoided or that should be controlled. The fact is... we can't. Trying to control anxiety can make us feel *more anxious*. We not only feel the original anxiety but also expend energy struggling with it and beating ourselves up for having it in the first place.

Our minds can produce lots of unhelpful, anxiety-provoking thoughts, emotions, memories and urges. Dr Goodman tells us that "...anxiety-free is not real. We certainly can have low anxiety moments. But anxiety is going to be part of our lives. And so, if we can think about it as our glitchy inner bodyguard, then we can focus on giving it the best home in our nervous system that we can."

### Developing a healthy relationship with our anxiety

Some people find that just knowing anxiety is normal and there to keep us safe, can help them to relate to it when it does show up. There are a number of simple techniques that can be regularly practiced to help us create a healthy distance between ourselves and some of our more 'unhelpful' mind chatter.

# Young Chefs & Summer Flavours!

At Shoreditch Trust we love food and we believe that meals are a way of passing on love and knowledge to those we care about. We invite you and all young chefs to create something from scratch, to prepare and share food with others, discover new and interesting flavours and gain confidence in your kitchen.

## KITCHEN SAFETY FOR YOUNG CHEFS

Before you start cooking, please read through our Kitchen Safety booklet for young chefs that we have made available online: [www.shoreditchtrust.org.uk/assets/Uploads/KitchenSafety.pdf](http://www.shoreditchtrust.org.uk/assets/Uploads/KitchenSafety.pdf)

These three Summer Flavour recipes come from our busy kitchen at WaterHouse Restaurant, our Community Table headquarters, and the Trust's social enterprise restaurant on the canal in Haggerston. WaterHouse is where young people from our local neighbourhoods are trained to become the professional chefs and bakers of tomorrow — which one day could be you!

Each of these three recipes are great by themselves, see our serving suggestions with each one. For the makings of a summery family meal, try two together, or even all three at the same time. You can adjust the quantities, depending how many people you have round the table.



## CHICKPEA, CARROT & CORIANDER FALAFELS

Chickpeas contain lots of vitamins, minerals, fibre and are a great source of protein.

**makes:** 12 falafels  
**time:** prep 20 mins / cooking 10 mins

### ingredients:

½ onion, finely chopped — or coarsely grated.  
1 carrot, grated.  
1 teaspoon of ground cumin.  
1 teaspoon of oil — to fry the onion, carrot and cumin.  
2 tablespoons oil — to fry the falafel.  
400g tin of chickpeas, drained and rinsed thoroughly.  
Handful of chopped fresh herbs — such as parsley or coriander.  
1 tablespoon flour.  
Extra flour to shape the falafel.

To make this gluten free, use your favourite gluten-free flour.

### serve:

Sprinkle with more chopped parsley and coriander, and a squeeze of lemon or lime on top adds a zing of summer. Falafels are good hot or cold, any time of day, and are delicious with our Dips and our Greek Salad!

### method:

- Put 1 teaspoon of oil in a frying pan. Add the onion, carrot and cumin and fry together over a low heat for a few minutes until softened.
- Tip the cooked onion, carrot and cumin into a large mixing bowl along with the chickpeas. Add the chopped herbs and stir in the flour.
- Mash it all together with a masher or fork until it becomes a soft paste.
- The oil from the carrots and onion will help combine it all together, but if it still seems too dry you may need to add up to 2 tablespoons of water so that the mixture can be shaped.
- Flour your hands and mould the mixture with your hands into about 12 golf ball shapes.
- Heat the remaining 2 tablespoons of oil in the frying pan and fry the balls until golden brown and slightly crispy on the outside — this will take about 10 minutes.

## HORIATIKI SALATA (GREEK SALAD)

**serves:** 4 people  
**time:** prep 15 mins

### ingredients for the salad:

Handful of black olives, pitted.  
3 tomatoes, diced.  
½ cucumber, diced.  
½ onion, finely chopped.  
1 pack of feta cheese (150g), diced.  
1 cos lettuce, or 2 baby gem lettuces, chopped.

### ingredients for the dressing:

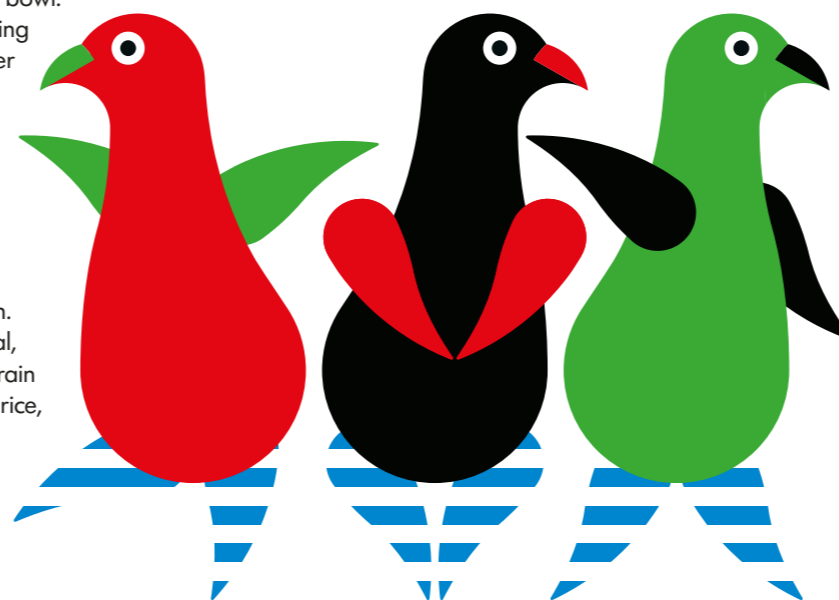
3 tablespoons red wine vinegar or balsamic vinegar.  
40ml extra virgin olive oil.  
2 tablespoons dried oregano.  
Black pepper to taste.

### method:

- Mix all the salad ingredients together in a large bowl.
- Whisk all the dressing ingredients together in a small bowl.
- Pour the dressing over the salad and toss gently.

### serve:

With wholemeal pitta breads for a tasty lunch. To make this into a meal, add 250g of cooked grain such as cooked brown rice, couscous or quinoa. Our Greek Salad is also delicious with our Falafels.



## HUMMUS, TZATZIKI & MACKEREL DIPS

Try these dips with our Falafels, or with pitta bread or vegetable sticks. They also make a delicious filling for sandwiches, mixed with salad or roasted vegetables.

### HUMMUS DIP

Tahini and chickpeas are a great source of fibre, folic acid, calcium and iron.

### ingredients:

400g tin chickpeas, rinsed & drained — or you can use home-cooked chickpeas.  
3 tablespoons tahini.  
1 garlic clove.  
Juice of 1 lemon.  
5 tablespoons water.  
3 tablespoons olive oil.  
Pinch of ground cumin.

### method:

- Put everything in a blender or processor.
- Blend until smooth.
- Transfer to a bowl and get dipping!

### TZATZIKI DIP

A tasty alternative to sauces like mayonnaise.

### ingredients:

250ml natural yoghurt.  
¼ cucumber.  
1 clove of garlic, grated.  
1 tablespoon of fresh mint leaves, chopped.

### method:

- Chop the cucumber into small cubes.
- Squeeze the chopped cucumber to get rid of a bit of the extra moisture.
- Combine the yoghurt, cucumber, garlic and mint together in a bowl.
- Get dipping!

### MACKEREL DIP

Mackerel contains omega-3 fatty acids which are good for your heart, mood and joints.

### ingredients:

200g skinned smoked mackerel fillets or tinned mackerel, cut into smaller pieces.  
75ml yoghurt.  
1 spring onion.  
75g tomato purée or paste.  
Juice of ½ lemon.  
1 teaspoon dried basil.  
2 drops Tabasco sauce (optional).

### method:

- Chop the spring onion.
- Put the onion and everything else in a blender or food processor.
- Blend until roughly smooth.
- Transfer to a bowl and get dipping!

## TOP SAFETY TIPS FOR YOUNG CHEFS

- Make sure there is always an adult with you, they will be your 'sous chef' (deputy chef), and will support you with all the chopping, slicing, grating and sizzling.
- Respect the kitchen and its dangers: fire, knives, gas and hot equipment.
- Always wash your hands!
- Listen when the adult is talking!
- If you are cooking with other members of your family or friends, remember to always respect each other, take things in turns, and share your space safely.
- Enjoy yourself and get creative in the kitchen!
- Read the full Kitchen Safety booklet here: [www.shoreditchtrust.org.uk/assets/Uploads/KitchenSafety.pdf](http://www.shoreditchtrust.org.uk/assets/Uploads/KitchenSafety.pdf)

## JOIN US AT COMMUNITY TABLE

If you enjoy cooking these recipes and eating delicious food, you can join our Community Table Young Chefs workshops with chef Doreen to make delicious, well balanced and cheap dishes inspired by some of your favourite foods.

- Pick up skills in making your own nutritious fast food.
- Make delicious frozen ice cream.
- Impress your family and friends with affordable, simple recipes and dishes.
- Connect with other young people to learn about staying fit and healthy, but most of all to have fun cooking together.

To find out more, you can contact Doreen: [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk) or call 07443 663 189

## BAKING WORKSHOPS

Every school term we run 7-week blocks of 'Introduction to Baking' workshops at WaterHouse Restaurant. Workshops from 10am–12.30pm. To find out more about the workshop programme, email: [referrals@shoreditchtrust.org.uk](mailto:referrals@shoreditchtrust.org.uk)

## COMMUNITY KITCHEN

Do you enjoy good food? Would you like to learn about simple, tasty and healthy recipe ideas? Would you like to meet with new people from our great Hackney community while cooking together? Free adult and family cooking and healthy eating courses, delivered by our Community Table team. All ingredients are provided. email: [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk) call: 020 7033 8540



# The Importance of Sunshine, Fresh Air & Getting Outdoors

From our Mums and Babies who meet weekly at the Baby Buddies Group

Hackney has many outside spaces — parks, community gardens and canal tow paths. Spending time visiting these spaces is good for you and your baby. Sunshine and fresh air have well-documented benefits, for all. Babies are the most curious creatures in the world. Everything is so new to them; the simplest walk can feel like an exciting journey. Their senses are stimulated by colors, new smells, and sounds like birds and airplanes. If they're in a sling or in a buggy, they receive all kinds of stimulations outside that they don't get indoors. Infants are trying to make sense of their world. One of the ways they do this is by soaking up every noise, sight, and experience around them. This helps to build the synapses—connections between cells in your baby's brain— which are crucial to cognitive development.

Spending time outside can also improve language skills— and even their sleep! Simply talking to your baby as you walk and describing some of the things you are seeing and experiencing will really enhance the benefits of your walk. The sounds outdoors are very different from those at home, babies are curious and will be interested in this new 'soundtrack'. All sensory experiences can promote early language development. Exposure to sunlight (even on a grey day) plays an important role in how our bodies secrete melatonin, often referred to as the 'sleep hormone'. Exposure to direct sunlight can help establish a baby's sleep-wake cycle, more quickly than if they're indoors all day.

But do be mindful of direct sunlight — babies' skin is delicate so avoid direct sunlight. You should dress your baby in a way that makes it easy for you to keep them at the right temperature. You can check your baby's temperature by feeling their tummy and the back of their neck. Newborns often have cold extremities, so don't assume your baby is cold if their hands or feet are chilly. A good rule of thumb is to give your baby one more layer of clothing than you need yourself.

Add or take layers off as needed when you're out and about. Having a blanket and a hat while out in the buggy is a good idea.

If you go into a warm house or shop, you should unwrap your baby for a while. If it's hot and sunny, and your newborn is napping in the buggy, try to avoid draping a blanket or muslin over the buggy as it will trap in heat, and could make your baby too hot. You can protect your baby's head with a hat that has a three-inch brim to cover their face, ears and neck.

## BABY BUDDIES

We have weekly Baby Buddies Groups for mums and young children on Wednesdays 11am–12.30pm and Thursdays 1–2pm. Each week we talk about:

- How we are feeling
- Relaxation techniques
- Sharing tips and experiences
- Taking care of baby, and you!

If you'd like to join the group or for further information email Jane Lavelle [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

## Welcome Eugenia!

Shoreditch Trust welcome Eugenia Noble, Community Coordinator working across the Women and Children's team and Community Connections.

*"My role is to listen, empower, encourage and support all the women I work with and I am dedicated to this. Although I live in South East London I lived in Hackney a few years ago and loved it. It's nice to be back working in Hackney, it's such a vibrant and diverse community."*

To find out more about our Women and Children programme, email: [eugenia@shoreditchtrust.org.uk](mailto:eugenia@shoreditchtrust.org.uk)

# Community Meals

As we begin to come out of lockdown, we're reflecting on the new partnerships and friends we've worked with this past year to strengthen our community offer. Shoreditch Trust, The Felix Project and Hackney City Farm have worked together during lockdown to bring great quality produce to our community meals, with a long-term approach to managing food surplus.

We signed up with the Felix Project to source ingredients to cook healthy and nutritious meals. The Felix Project collects fresh, nutritious food that cannot be sold. They deliver this surplus food to charities and schools so they can provide healthy meals to people who need them. For over 20 years, Hackney City Farm has been giving the local community the opportunity to experience farming right in the heart of the city. The Farm became a community food hub during lockdown and we were able, along with other community groups, to access ingredients. This meant we had a greater variety of fresh and store ingredients to produce hearty and healthy meals for community members.

Any surplus ingredients that didn't go into our delicious meals were donated to Hackney Food Bank. The donations varied from freshly baked bread to fresh fruit and vegetables. Shoreditch Trust's Community Table team aim to continue to support the food bank with any surplus ingredients beyond the pandemic.

For more information:  
[www.thefelixproject.org](http://www.thefelixproject.org)  
[www.hackneycityfarm.co.uk](http://www.hackneycityfarm.co.uk)

Thank you to our partners and supporters who helped us to deliver ingredients and supplies for over 450 school meals over the Easter holidays. To Marie at Waitrose Barbican, Emma at Vegware who provided containers, bags and cups, County Supplies London who provided fruit and vegetables, Erris and Alex at Love Cocoa, Jon at Fletcher's Bakery, part of the Finsbury Food Group, and Edeline from Edeline Lee.

Each parcel included face masks, recipe ingredients, loaves of bread, hot cross buns, cooking manual and recipe cards to create a range of delicious dishes that inspire young people to eat healthily and ignite a passion for cooking. Your contribution and partnership with Community Table has allowed young students to access fresh fruits and vegetables and learn more about healthy eating.

*"Shoreditch Trust stands for things which we at Waitrose also feel are extremely important. The past year has been difficult for a lot of people so we hope to have helped in some way."*  
— Marie, Waitrose Barbican

*"We are proud to help an organisation like the Shoreditch Trust carry out its work in the community. The free schools meals initiative in particular is such a great scheme to provide practical help where it is really needed."*  
— Fletchers

*"We were delighted to be able to contribute to Shoreditch Trust's fabulous free school meals initiative. The masks that we donated were made by hundreds of volunteers all over the UK as part of our Non Profit Mask Making Project during the first lockdown. We donated 4,400 masks to Shoreditch Trust. It was a such a rewarding and life-affirming experience to see the power and generosity of community."*  
— Edeline Lee

# Vaccination

You can help to reduce the spread and risks of COVID-19

To stop this pandemic, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect our health and protect our community.

Drew is 19 years old and is training to be a chef on our Blue Marble Training programme. Drew has been volunteering to support our Community Table team cook and deliver meals to residents in Hackney. As a volunteer working on site, he was offered the vaccine to protect himself and the people he is supporting.

*"I wanted to continue accessing face-to-face volunteering, training and job opportunities and this was the best way forward. If I had to give another young person my age advice about the vaccination, I would describe it as 'Downloadable Content' for your body — it's basically downloading new data to fight the virus."*

Booking an appointment, when you are eligible is free and easy through the national booking service: [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or call 119 which is free and available anytime 7am–11pm, 7 days a week.

## Available vaccination sites:

- **John Scott Health Centre**  
Green Lanes, Hackney, N4 2NU
- **Bocking Street Vaccination Centre**  
Hackney Central, E8 3RU
- **Clockwork Pharmacy**  
398-400 Mare St, Hackney, E8 1HP
- **Bees Pharmacy**  
199-201 Rushmore Rd, Hackney, E5 0HD
- **Silverfields Chemist**  
141 Homerton High St, E9 6AS
- **Haggerston Pharmacy**  
201 Haggerston Rd, E8 4HU
- **Day Lewis Pharmacy**  
Stoke Newington Rd, N16 8AD
- **Boots**  
120 Fleet St, EC4A 2BE

All vaccination sites can be found at: [www.hackney.gov.uk/coronavirus-vaccine](http://www.hackney.gov.uk/coronavirus-vaccine)

The COVID-19 vaccine is free of charge and it is only available through the NHS.



## GREEN SPACES

Shoreditch Trust Community Coordinator, Jo Evans, has been enjoying Hackney Parks and spaces for over 30 years.

*"Hackney has an abundance of green spaces and is one of the greenest boroughs in London. Just like its population, Hackney parks are very diverse and all add up to the beauty of the borough. If you want wild, we have Springfield and the Marshes; if you enjoy genteel, we have Clissold Park; and if you want fun and plenty of open space, we have Victoria Park."*

Jo runs a walking group every Thursday. We meet at 2pm, New Kingshold Community Centre, 49 Ainsworth Road, E9 7JE. The walk is slow-paced to Victoria Park. Everyone is welcome, no need to book.

You can also join others for a social walk with Walking Together, a programme of weekly and monthly walks around Hackney: [www.hackney.gov.uk/walking](http://www.hackney.gov.uk/walking)

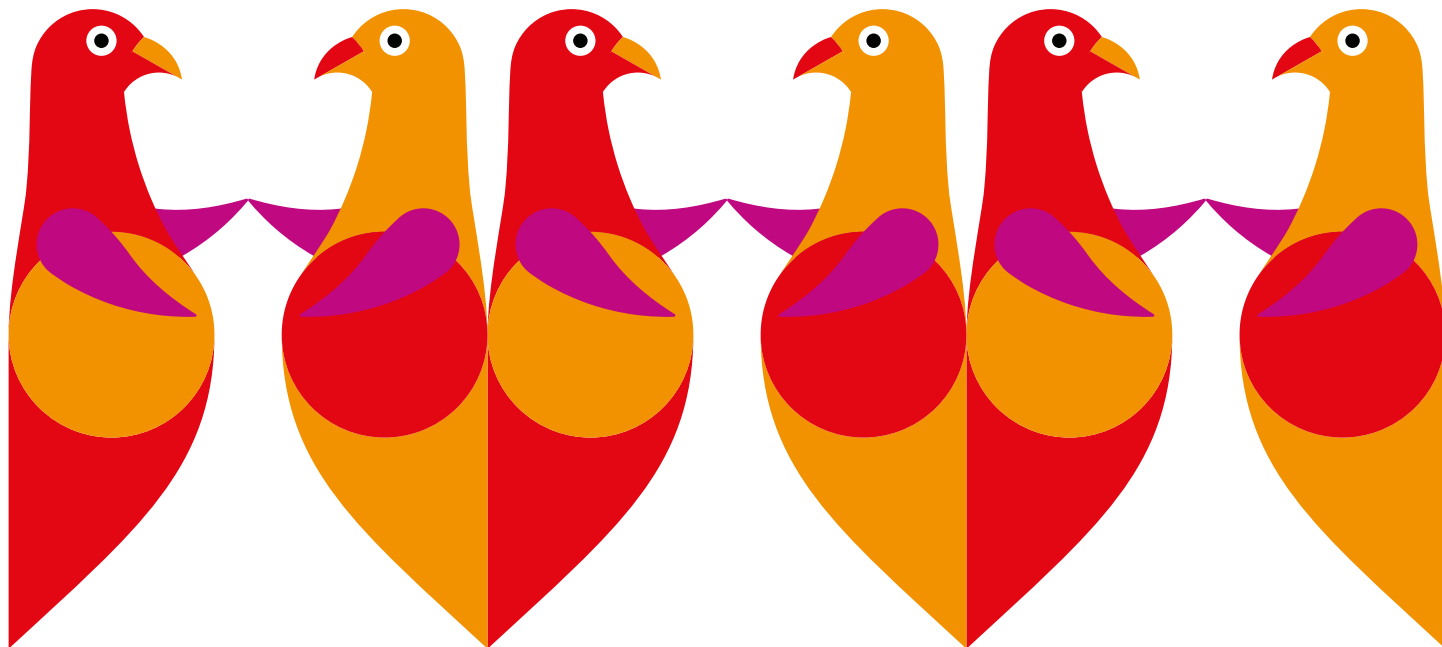
# Volunteer with Shoreditch Trust

Volunteering reminds us of the power that we each have to make a difference to those around us. By working together in our communities, we can support and promote change for the better.

## **Welcome Vanessa!**

Vanessa joins Shoreditch Trust to support with our volunteer programme. Vanessa has lived and worked in East London in community development for over 10 years. Vanessa first became involved with Shoreditch Trust in 2012 as a Bump Buddy Mentor and then a sessional worker supporting volunteer training.

Vanessa coordinates the volunteering work of Community Table and We Connect and works across the Trust's Community Connections programme supporting people to improve their health and wellbeing. Vanessa also continues with her volunteer work as a Trustee with Hackney Playbus.



## **Active Citizens**

### **Locally Connected, Globally Engaged**

Shoreditch Trust delivers Active Citizens training in partnership with the British Council. The programme trains and works with local people who want to make a difference in their community. You can undertake Active Citizens Training and then volunteer with Shoreditch Trust or another a local charity, or develop your own social action project. The next round of Active Citizens training will take place in the late summer/early autumn.

## **We Connect**

### **Distance Befrienders**

We welcome friendly supportive people to chat to Hackney and City residents who are missing friends and family, and feeling isolated because of social distancing measures.

You can talk about hobbies and interests, share information about local groups and activities, and most importantly be there to listen and understand, offering a friendly ear.

**Hours:** 2 hours per week, any day or time

## **Bump Buddies**

### **Mentors**

We are looking for women in Hackney, who can give a few hours a week to mentor mothers-to-be who are struggling during their pregnancy. Mentors provide advice and support, and are fully supported by our team. Mentors should be friendly, open minded and willing to offer support in a confidential, non-judgemental way.

**Hours:** minimum 4 hours per week, for at least 12 months

**Location:** across Hackney  
To find out more about Bump Buddies, contact Jane Lavelle:

[jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

or call 020 7033 8524

## **Group Support Facilitators**

We welcome volunteers to train with us to join and facilitate Shoreditch Trust wellbeing groups, including weekly walks and stroke survivors groups.

**Hours:** 2–4 hours per week

## **Community Table**

### **Made with Love**

Community Table delivers meals to people in Hackney who are unable to prepare their own meals at the moment. We would love to hear from:

### **Food packing volunteers**

Compile food parcels, making sure each one has the right number of meals, all the added extras, and reaches the right delivery volunteer for the route.

**Hours:** Thursdays 9–11.30am

**Location:** WaterHouse Restaurant  
10 Orsman Road, Haggerston, N1 5QJ

### **Delivery volunteers**

Walk, pedal and drive meal parcels to people in need across Hackney, with the occasional friendly hello and distanced doorstep chat.

**Hours:** Thursdays 10.30am–12.30pm

**Location:** pick up from WaterHouse Restaurant  
10 Orsman Road, Haggerston, N1 5QJ  
for deliveries across Hackney

**For more about our volunteering opportunities and how to get involved in local social action:**

• email: [vanessa@shoreditchtrust.org.uk](mailto:vanessa@shoreditchtrust.org.uk) • visit: [www.shoreditchtrust.org.uk/volunteering](http://www.shoreditchtrust.org.uk/volunteering) • call: 020 7033 8501 or 020 7033 8587 • To find out more about volunteering across Hackney and the City at Volunteer Centre Hackney, visit: [www.vchackney.org](http://www.vchackney.org)