

Welcome to the Shoreditch Trust newsletter. From birth to 50+ there's something for everyone this summer. So have a staycation with the #HackneyPigeons



Thank you volunteers!



Shoreditch Trust has around 50 volunteers who've given over 500 hours of support to Hackney over the last year, leading community walks and cooking classes, providing maternity support and working with survivors of stroke.

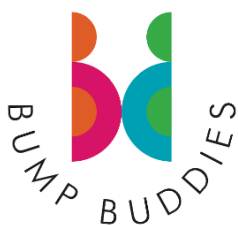
As part of Volunteers Week (1st - 7th June) we welcomed volunteers for afternoon tea, celebrating their work and thanking them for their support.

If you know someone who would like to join our team, speak to a member of staff or visit the Shoreditch Trust website for current opportunities: www.shoreditchtrust.org.uk

Bump Buddies

Helping you through pregnancy

Expecting a baby is exciting, but if you're facing problems with partners, housing or money, it can also be stressful. Bump Buddies can:



- Support you if you are a newly single mum-to-be
- Offer support if you have no recourse to public funds
- Help navigate accommodation services
- Answer questions about pregnancy
- Provide food bank vouchers, maternity wear, baby equipment, or sanitary protection after birth.

Bump Buddies are volunteers who are specially trained to help women through pregnancy and the months after birth. They work to make sure new mums in Hackney feel ready to face the challenges of parenthood and connect to our vibrant local services. To find out more call Jane or Shanaz on 020 7033 8524 or 020 7033 8507.

A hub for the community, by the community

What does Hackney need?

If you live, work or study in Hackney, we want to hear from you about proposals for a 'Civic Engagement Hub'.

The Hackney Hub will be a space for anyone who wants to explore new business ideas, run events or work together on important issues in the borough.

Share your opinions in the hub survey or join us for an evening of discussion and planning, followed by a free dinner buffet from Waterhouse Restaurant, a local social enterprise working with young people. At the event an artist will live draw impressions of the new space, and local comedian Ken Grinell, will entertain with Hackney humour.

When: Tuesday 18 June, 6pm - 8.30pm (doors open at 5pm)

Where: Shoreditch Trust Healthy Living Centre, 170 Pifield Street, N1 6JH

Cost: Free, including dinner

Booking: Ask a member of staff or book online: tiny.cc/civichub

Complete the survey instead: Ask a member of staff or visit: tiny.cc/CIHsurvey

Free summer activities for 14-19 year olds



Be a chef for the night, try boxing or get creative. There's free fun and food every Thursday night this summer for 14-19 year olds, as part of Waterhouse and Blue Marble Training, supporting young people towards independent living and careers in catering.

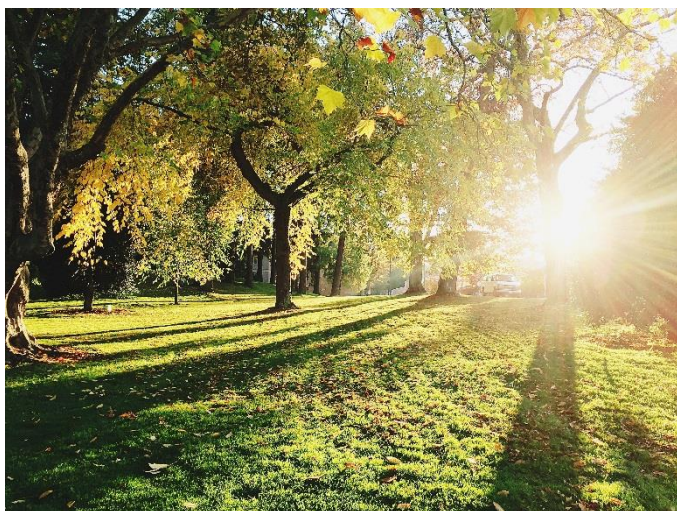
When: Every Thursday 25th July - 29th August, 4:00pm - 7:00pm

Where: Shoreditch Trust, Waterhouse Restaurant, 10 Orsman Road, N1 5QJ

Cost: Free

Bookings: Drop in, email femi@shoreditchtrust.org.uk or call 020 7033 8539

Community walks



Slow paced walks for stroke survivors

Get out of the house again with a weekly short walk, designed for people overcoming stroke or living with serious illness. Support will be on hand to help you get started.

When: Tuesdays 1.00pm - 1.45pm

Where: Clissold House, off Stoke Newington Church Street, N16 9HJ

Cost: Free

Bookings: call 020 7033 8526, text 07436 790 140

Weekly walking for wellbeing

Explore your neighbourhood, make new connections, get fit and improve your mental health, with weekly walks, led by local guides. Please let us know you're coming, so we can look out for you!

When: Thursdays 2.00pm - 3.00pm

Where: Meet at New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP

Cost: Free

Bookings: Email teresa@shoreditchtrust.org.uk or call 07584 598 086 or 020 7033 8587.

When: Wednesdays, 2.00pm - 2.45pm (new walk, starting Wednesday 26 June)

Where: Meet at Stamford Hill Community Centre N16 6RS (near the Library)

Cost: Free

Bookings: Email jwilliams@shoreditchtrust.org.uk

When: Tuesdays 1.30pm - 2.30pm

Where: Meet at Shoreditch Trust Healthy Living Centre, 170 Pitfield Street

Cost: Free

Bookings: Email: paul@shoreditchtrust.org.uk or call 020 7033 8501

NB: The final walk is a volunteer led session, led by Bruce, a local guide with a passion for London. Everyone is welcome, there is no expectation to talk, attend every week or to complete the walk, which usually ends with a visit to a café for a cup of tea and a chat. On the first Tuesday of the month, the group goes on a walk in an unusual, favourite or new location, often outside of Hackney.

Connect to your community

"I feel amazing, able to do more things, wanting to go out and socialise more"

Community Connections Client

Community Connections offers support and introductions to activities across Hackney, for anyone feeling isolated or lonely. People over 18 can access support from the team, with home visits and extra care for people aged 50+. To find out more call 07584 598 086 or email teresa@shoreditchtrust.org.uk.

Low cost yoga for all

Gentle yoga

A calming yoga class, specially designed to relax and de-stress, with a variety of stretches to help build strength, flexibility and stamina. The class is suitable for mixed abilities. Yoga mats are available for use.

When: Tuesdays 10.30am - 11.30am

Where: Shoreditch Trust Healthy Living Centre, 170 Pitfield Street, N1 6JP

Cost: £5

Bookings: Email paul@shoreditchtrust.org.uk or call 020 7033 8501

Yoga for the mind

A yoga class with strong emphasis on the breath. This is a supportive session to move and learn at your own pace. The class is suitable for beginners and for people who are familiar with yoga techniques. Yoga mats are available for use.

When: Thursdays 6.00pm - 7.00pm

Where: Shoreditch Trust Healthy Living Centre, 170 Pitfield Street, N1 6JP

Cost: £5

Bookings: Email paul@shoreditchtrust.org.uk or call 020 7033 8501

Vacancies

Administration Officer, full time, £24,000

We are seeking an Administration Officer to play a vital role in the smooth running of Shoreditch Trust. In this role you will lead on the day-to-day coordination of our office and satellite sites, and give support with routine IT & finance tasks.

We offer a vibrant office environment and chance to develop strong administration skills. Good organisation and communication are essential, along with an aptitude for multitasking.

More information: www.shoreditchtrust.org.uk

Deadline for applications: Monday 24 June 2019, 9.00am

Blue Marble Project Coordinator, 21 hours, £23,000 pro rata

We are seeking a Project Coordinator for Blue Marble Training, supporting vulnerable young people coping with issues such as social isolation, poverty, homelessness, violence, insecure immigration status, trauma, poor mental and/or physical health and chaotic lifestyles.

The scheme provides chef training, pastoral support, mentoring and work experience that help young people who are not working, studying or training to be more independent, develop skills and access opportunities to achieve careers. The project works closely with Waterhouse Restaurant, a social enterprise run by Shoreditch Trust, which provides trainees with industry experience in a live kitchen.

You will play a vital role in the running of the project, acting as a point of contact for trainees and supporting them to maintain their engagement with the scheme.

More information: www.shoreditchtrust.org.uk

Deadline for applications: Friday 12th July 2019, 5.00pm