

# St. Luke's CENTRE NEWS



## Go Green and eat your own this summer

St Luke's Centre has become an award-winning gardening hub for the area with over 100 local people enjoying food growing, relaxing in our gardens and enjoying street floral displays. Since 2009 we have also set up 41 food growing spaces across Islington.

Our popular gardening sessions are free to everyone living locally – having a garden is not required! Find out about those gardening tasks for the month ahead, get some free seeds or baby plants to grow on the window sill or balcony. The next session is Sunday 6 June from

10am-12pm. During and after this session the Mobile Picnic Pavilion, a large mobile vegetable patch and fold-out picnic area, will be set up for members of the public to eat their sandwiches on and explore this unusual green space. A band of merry gardeners will also act out lively performances around the picnic pavilion offering an exciting experience of an unusual artwork!

Future gardening sessions will take place from 11-2pm on Sunday 27 June and Sunday 25 July. Contact Heather on [hstabler@slpt.org.uk](mailto:hstabler@slpt.org.uk) or 020 7549 8197 for more information.

### Learn to become a beekeeper

There are now 5 bee hives at St Luke's and many more in the area, all producing local honey.

Local residents can now learn about beekeeping from our own local beekeeper. See how honey is made, learn about the importance of bees in cities and enjoy the outdoors, and better understand the natural environment.

This is a basic introductory course to beekeeping with 6 sessions at £60 (or £30 for concessions) Starting Thurs 3 June to Thurs 8 July, 7-8 pm.

For more information or to book please contact Alessia Bolis on [alessiabolis@hotmail.com](mailto:alessiabolis@hotmail.com) or 07942781912.



← **Strike a pose:**  
and move your feet on the street. Join our street dance group and put your best foot forward.

**England's glory:** →  
St George takes over at St Luke's and no dragons were on the guest list.



## Whitecross Street Market

### Your Area, Your Market

St Luke's has played a big part in supporting the ongoing regeneration of this ancient street market, supporting the Traders Association and securing corporate support from big City institutions to help small traders get going.

St Luke's Centre has now negotiated the use of a free market stall on Whitecross Street for use by local groups, charities, schools, TRA's etc.

You can use the stall in many ways such as getting your message across, publicising events, drumming up support or fundraising in this busy vibrant location. This is a valuable resource for the local area and a superb opportunity.

If you are interested in using the stall contact Shelley, St Luke's Business Link Coordinator on 020 7549 8178 or email [businesslink@slpt.org.uk](mailto:businesslink@slpt.org.uk)

## St Luke's after-school activities

St Luke's Centre offers various after-school activities for children aged 7-11 from local primary schools – there are spaces available.

- **The Learning Club** – every Monday and Wednesday from 4-6pm: £2.50 per session. Alongside fun activities like gardening, cookery and outings, children also learn English and Maths, and have homework support. School pick-ups at 3.30pm available from Moreland and St Luke's primary schools.
- **Craft Club** – every Tuesday from 4pm-6pm children can enjoy painting, collage, sculpture and animation. Children and their families also have the chance to join in regular outings to as well as show off their work locally. £3 per session.
- **Street Dance** – this popular club takes place every Wednesday from 5.30-7.30pm and costs just £2.50. The dance group also perform regularly at local festivals and events.

For more information about our clubs, please ask at Reception.

## St Luke's over-55s club – summer of fun

Continuing our 30 years of helping local older people, there is a very busy and exciting summer programme for all registered over-55's club members (£5 lifetime joining fee, must live locally). The summer season starts with an

outing in May for our transport club members to the Brick Lane Music Hall for a special performance by Ireland's first boy band, The Bachelors.

In June there will be the chance for all members to join the St Luke's gardeners on a trip to Hyde Hall, a beautiful Royal Horticultural Society garden set in the middle of the Essex countryside.

Of course summer is not summer without our traditional seaside coach trips!

- **May 20th** – we will be travelling to historic Rye and then on to sunny Hastings
- **June 21st** – we will be enjoying the delights of Herne Bay
- **July 19th** – day trip to beautiful Brighton – enjoy the Brighton Rock!
- **August 13th** – off to Eastbourne for superb fish and chips
- **September 8th** – we return to one of our favourite destinations, Worthing

Tickets for all day trips on sale four weeks before each outing from Reception: £6 per person.

After an incredible 21 years teaching our members, sewing tutor, Margaret Rudge, recently announced her retirement. Our enormous thanks goes to



← **What's cooking:**

John Livingston and Nathalie Brossard prepare tasty lunches, healthy choices, home-cooked tradition and take-away treats.

**Face the front:** →

Enjoying a different view at the 2010 Finsbury Arts Festival.



Margaret for her commitment to St Luke's, we are thrilled she has decided to continue attending, but as a member of the class. The new Over 55s Sewing Group now takes place every Wednesday from 11am-1pm and is led by local teacher, M'fon. If you'd like help to make your own clothes or furnishings or simply need to make alterations, this friendly class is for you!

## St Luke's Time Bank

St Luke's Timebank is one of the country's most successful Timebanks, with over 200 south Islington residents exchanging their time with other local people, building new friendships, getting support, gaining confidence and language skills, and some even finding permanent employment. It's easy to join and become part of the local Timebank economy.

In the past 12 months over 700 hours of exchanges took place and the range of skills and training opportunities on offer now exceed 100. We currently have members offering massage, IT skills, befriending and languages, gardening, sewing and much more. To enjoy these benefits, Timebank members have each offered their own skills for an equal amount of time. The Timebank

Swap Shop also continues to be very popular with fridges, washing machines and TVs all recently swapped.

Our Timebank managers John or Jonies are always willing to talk to you on 020 7549 8196 or email [timebank@slpt.org](mailto:timebank@slpt.org)

## Introducing Unity Kitchen @ St Luke's

After 30 years, the lunch service at St Luke's Centre has needed a bit of face-lift so that not only can our older customers still continue to enjoy their traditional British grub, but people from across the area can enjoy what is on offer at St Luke's. We are therefore excited that Camden Society, a London-wide charity providing community services for over 40 years, will be taking over the St Luke's kitchens on 10th May.

The newly named café Unity Kitchen @ St Luke's will eventually be open Monday to Friday for breakfast, lunch, afternoon teas and snacks.

Existing customers need not worry as the famous home cooked 3-course lunches will be available, but also offer lots more healthy food choices including take away lunches, breakfast, hot and cold drinks, fruit smoothies, home made cakes and snacks.

A number of subsidised lunches will be reserved for our older members each day, but all prices will be competitive and suitable for a community centre.

The kitchen will offer training and employment for local people, with 40% of jobs being ring-fenced for people with disabilities. Camden Society also commit to using fresh, nutritious, and local suppliers wherever possible.

Unity Kitchen started lunches on Monday 10th May and over the following weeks will begin staying open longer to include breakfast and afternoon snacks.

## King's Square Summer Festival joins Whitecross Street Party

The 2009 King Square Summer Festival was a huge success and culminated with EC1 New Deal handing over the joint reins to St Luke's to run it in years to come.

However, the extensive building works and improvements being made to King Square Gardens during the summer months has meant we have needed to find a temporary home for the festival. We are therefore pleased to be joining up with the new



← **On me 'ead:**  
Turkish dance  
spectacular at the  
Finsbury Arts Festival.



**Wellbeing at St. Luke's :** →  
Head for a  
relaxing massage.

Whitecross Street Party which is taking place on Saturday 24th and Sunday 25th July. This spectacular weekend event will be jam packed with art exhibitions and activities, street entertainers, rides and performances. Put the date in your diary, it's an event not to be missed!

## Jarrold's Hair & Beauty

St Luke's Community Centre has been offering treatments and hairdressing for many years and when our previous hairdresser Iris retired, local resident, Vilma Jarrold, who owns Jarrold's Hair & Beauty on Old Street, was keen to expand their support to the local community, and also offer local people job training.

With her daughter Helena, a new hair and beauty service has now started at St Luke's Centre.

This weekly low cost service is particularly aimed at older members and regular visitors to the Centre every Wednesday and Thursday from 9am-4pm. All bookings and enquiries should be made at St Luke's Reception on 020 7549 8181.

## The Healers Room

Indian head massage is now available Friday's from 10.30am-5pm at St Luke's Centre to anyone. The new service called "The Healers Room" is being provided by three local women – Lorraine, Denise and Charmaine – who have recently qualified and are setting up a social enterprise which St Luke's is pleased to support. Indian head massage is a deeply calming and relaxing treatment to the head, neck, shoulders and arms. If you want to give yourself a real treat, please simply pop in or make an appointment at Reception. Cost: 20 minute sessions – £3 pensioners/unwaged; £5 waged

## Islington Exhibits:

### Friday 25th June to Sunday 4th July

Our involvement in local community arts is going from strength to strength from our roots in hosting older person's arts groups, to supporting drama clubs, craft shows, and of course the annual Finsbury Arts Festival.

The Rowan Arts Project, in association with St Luke's and Cubitt Education are organising

Islington Exhibits which will take place. This is a new initiative to unlock hidden venues in Islington and give artists and craft persons a space to display their work. St Luke's is delighted to be one of the many venues across Islington and will be hosting an exhibition from The Other Side Art Gallery. We are also hosting an artist-in-residence, Malcolm Litson. Malcolm is an artistic lighting technician who will be working with us in June to create a fabulous sculpture. He will also be holding a community workshop on Saturday 3 July where participants will be able to create their own lighting that they can take home with them. For more information about Islington Exhibits please visit [www.islingtonexhibits.com](http://www.islingtonexhibits.com).

## Silver Surfers Day:

### Friday 21st May

St Luke's is organising a Silver Surfers event on Friday 21st May from 11am-3pm for anybody aged 50+ who would like to know more about computers. Pop in any time and, with the help of our team of friendly volunteers, we can show you how to explore the web, send an email, Facebook or simply play games!