

Highlights of the Summer!



Thanks to the support of the Creative Canal Project, many members have participated in a series of summer events and outings involving history and

science. A highlight was definitely a boat trip along the London Canal which saw a traditional canal community "marriage" of Marlo and Michael and much laughter by all! The new St Luke's Men's Group enjoyed their first outing cycling around Hampstead Heath. Please remember to look at the notice board for details of their future activities and outings! The St Luke's Singing Group provided members with another wonderful afternoon of entertainment at their summer concert. Do look out for details of their Christmas concert as this is guaranteed to be a special event!



Staff Changes

We are delighted to introduce a new member of staff called Jem who has taken on the new role of Care Manager. Jem has many years experience of managing care services for older people and is looking forward to the challenge of ensuring St Luke's meets the forthcoming national day care standards. Another priority for Jem is making sure all visitors to St Luke's Centre really enjoy their time spent here and she has now introduced a daily programme of informal activities in both the lounge and bar. Do pop in to meet Jem and find out about the new activities on offer which will include arts & craft, hand massage, film afternoons, quizzes, dances and loads more. Jem would like to say a big thank you for the warm welcome received from all the members she has met so far and also for all the good ideas and suggestions for activities.

Sorry to see you go

Friday 21st September sees the retirement of our driver, Yemane Tesfagiorgis, who will be hanging up his mini bus keys and looking forward to spending more time with his family in his home country of Eritrea. All members are invited to say a fond farewell to Yemane at his leaving party in the lounge & bar from 1.30pm-3pm.



Welcome to St Luke's autumn newsletter. As you will see this is another bumper edition full of members activities taking place in the Centre over the next couple of months. Do come along and join in and don't worry if you're a new member or haven't visited us for a while – you will always be warmly welcomed!

Honey Day! - Saturday 29th Sept

St Luke's Centre is now the proud owner of a bee hive and colony of honey bees! To celebrate the launch of this exciting bee keeping project we will be hosting a Honey Harvesting Day on Saturday 29th September from 11am-3pm. This will feature a whole host of FREE bee and honey related activities for children and adults - including extracting honey from a frame, candle making, quizzes with prizes as well as workshops on cooking with honey and making cosmetics from bees wax.

There will also be the opportunity to take a closer look at the St Luke's bee hive.



If you would like to be more involved in the bee keeping project or go on an introductory course then please ring Heather at the EC1 New Deal for Communities on 0207 608 8549.

Update on the new Centre

We are making rapid progress with preparations for the new Centre and still have plans for its opening in early 2011. This part of the borough has been lacking a multi purpose community centre for some time, and St Luke's now has ambitions to offer the neighbourhood a much improved public facility and services.

St Luke's aims to have a much larger Centre offering a broader range of services that will be attractive to everyone living in the neighbourhood. Our initial thoughts are to run a facility that can be used by individuals, groups and local organisations for meetings, parties, leisure activities, or office space etc.

St Luke's also plans to run its own services, continuing what we already do for older people in the area, as well as providing services to children, young people, working age adults, and the neighbourhood as a whole. There is obviously a cost to all this, not only the

building costs of the Centre, but also the ongoing running costs. However, once the new building is up and running, the current centre will be sold to help fund it.

At the present day, St Luke's is working on the plans for the new building and the services that will go on within it. We already have a very good idea of what people want, although we will need to consult more soon. We are dealing with the local Council, EC1 New Deal, property experts, lawyers; the list is endless!

There should not be any disruption to the current Centre, although you are bound to see lots of people in suits walking round with clipboards and tape measures over the coming months.

If you have any concerns about what is going on, please speak to a member of staff who will try and deal with any questions or worries you may have.

St Luke's Centre
90 Central Street, London EC1V 8AJ

Telephone: 020 7549 8181
Fax: 020 7549 8182
Email: enquiries@slpt.org.uk

Charity number 207497

In Loving Memory...

The last couple of months have seen the sad loss of Alex Rapacchi, Mary Marson, Rima Napolitano and Margaret Taylor. We send our sincere condolences to families and friends.





St Luke's Green Group

If you'd like to learn some simple ideas for growing plants at home, discover a bit more about wildlife gardening, find out how to grow your own herbs and vegetables, take part in some related arts and crafts activities then do come along to the St Luke's Green Group! Sessions will be held the last Wednesday of every month from 11-12.30pm, starting on **Weds 26th Sept.** Absolutely no previous experience is necessary, there is no heavy work involved and all tools and equipment will be provided. If you have any questions or would like to book a place then please ring Heather at the EC1 New Deal for Communities on **0207 608 8549.**

Time to relax & unwind with St Luke's

Massage at St Luke's Centre

We are delighted to begin offering a weekly massage morning beginning on **Friday 28th September** from 9.30am-12.30pm. Each session will last up to 30 minutes and cost just £5. For more information about this new service, please pick up a leaflet from reception.

Relaxation Workshops

Members are invited to try one of our relaxation workshops being held on **Tuesday 9th October and 6th November at 2pm.** This will be the perfect opportunity for members to learn to relax, reduce anxiety and manage stress. Workshop places will be limited so please be sure to book a place at reception. **Cost just £2.00 per session.**

St Luke's Time Bank "Information Day"

St Luke's Time Bank welcomes you to an "Information Day" on **Tuesday 16th October from 1.30pm to 3.30pm.** This will be a chance for St Luke's members to learn all about our Time Bank and find out how you can get involved! We currently have 54 members and at this event you will have the opportunity to discover the vast range of skills and abilities these members are willing to offer others. They range from helping people with their shopping, to befriending, teaching computer skills, house cleaning and even teaching the guitar! We will have the full skills list available on the day and there will be Time Bank members present to tell you how they have benefited from the project and what skills they are willing to share with you. We are certain that you will also be surprised by the range of skills and abilities you can offer others too!! We look forward to seeing you in the Charles Whitbread Dining room for a sociable afternoon with delicious refreshments!

Interested in history?

Are you interested in the history of the local area or your own family history? Would you like help to carry out research, make a computer work for you, take a tour of the Local History Centre and create your own family or local history booklet? Why not join us at the Finsbury Library for 6 weeks beginning on Thursday 8th November - either morning or afternoon, whichever suits you best. Groups will be small, friendly and informal with lots of individual assistance and you don't need any computer or research experience! **For more information or to book your FREE place, please ask at reception or telephone 020 7549 8181.**



A Summary of the Special Events Happening at St Luke's Centre

Wednesday 19th September:
Day trip to Canterbury

Friday 21st September:
Yemane's leaving party, 1.30-3pm

Saturday 29th September:
Honey Day! 11am-3pm

Friday 5th October:
St Luke's Pub Night Party, 7-11pm

Monday 8th October:
Bicycle training for beginners, 10.30am
Bicycle training stage 1, 11.30am

Tuesday 9th October:
Relaxation Workshop, 2-3pm

Tuesday 16th October:
St Luke's Time Bank Information Day, 1.30-3.30pm

Thursday 18th October:
St Luke's Day Celebration Party, 2-4.30pm

Tuesday 6th November:
Relaxation Workshop, 2-3pm

Please note we will be sending information about all our Christmas events and outings to all members a little nearer the time along with the St Luke's Centre 2008 Calendar!

St Luke's Bicycle Hire and Cycle Training



You don't have to be super-fit to enjoy cycling, it's good for you and the environment and now you don't even have to go to the expense of owning a bike!

Thanks to local cyclist and St Luke's member, Leo Chapman, St Luke's and Islington Safer Neighbourhoods Team recently got together to ensure more residents have the chance to try out the benefits of cycling. Six bicycles found, but not reclaimed, by the Neighbourhood Team have been donated to St Luke's.

These restored bikes are now available to local people who wish to borrow a bike for a couple of hours, or even a couple of days, but don't want the long term hassle of storage or the worry of maintenance. St Luke's is also organising cycle training on Monday 8th October from 10.30am-12.30pm for anybody who wants to learn to ride a bike or those who need more confidence to ride on the roads. For more information about the FREE bicycle hire scheme or cycle training, please pop into the Centre or telephone **020 7549 8181.**