

St Luke's Time Bank

Members will be interested to hear that our Temporary Broker, John Garces, has recently signed up St Luke's member, Noreen Attfield, who will be offering help with English in return for help with clearing out her kitchen. Also, member Josephine Miller who would like to offer befriending and English conversations in return for IT support.

Another St Luke's member, Alan Tunbridge, is really enjoying learning the guitar with

lessons provided by member Mark Sabla. Mark is hoping to spend his credits on Time Bank trips and DIY and Alan is offering befriending skills for his exchange.



We are sad to report that Fatuma Abdulahi has resigned as Time Bank Broker and we are now looking for her replacement. Fatuma worked very hard in her year with the Time Bank to make it the success it has become and we are delighted that we already have 80 members regularly sharing their skills to earn and spend credits.

For more information about the Time Bank, please pop into the Centre or telephone John Garces on 020 7549 8196.



John Garces welcomes new Time Bank member, Noreen Attfield

Legal Advice Sessions

In partnership with Islington People's Right we will be offering the use of the 2nd floor for legal advice sessions which are being offered to Islington residents free of charge by a team of volunteer legal workers. Appointments can be made by contacting St Luke's reception on 020 7549 8181

Training Advice Sessions

Shaguffa Nasreen, EC1 Learning Links Officer, is holding weekly coffee mornings every Tuesday at St Luke's Centre from 10am-12pm. The coffee mornings are an informal opportunity for adults to find out more about local learning opportunities in a friendly and supportive environment.

Evening Cyber Café

During April we will begin offering local people the free opportunity to use our recently upgraded computers and internet every Wednesday evening from 5.30-8.30pm beginning on Wednesday 30th April.

Welcome to St Luke's summer newsletter...

As you will see, it's a really busy time for St Luke's Trust with lots of new services and activities being developed for our older members. This year we are also beginning to open up the Centre to other users and groups in preparation for becoming a centre for the whole community when we move into our new building. Full details of new developments including a cyber café, legal advice sessions and allotments are outlined in this newsletter. If members have any concerns, queries or suggestions, please do not hesitate to let us know.

Care and Transport

Regular visitors to the Centre will undoubtedly be impressed with the wider range of interesting, fun and entertaining activities taking place in the first floor lounge. We would like to take this opportunity to thank new Care Manager, Jem Wilson and her team of staff, volunteers and social worker students for making this possible.

Day care and an escorted transport service has always been an integral part of St Luke's services - we feel strongly that members with health or mobility problems should not be prevented from participating equally at

Members enjoying an Easter Bonnet Parade

the Centre. St Luke's is also now operating a "casual" transport list which is ideal for members who might only occasionally need a lift to and from the Centre depending on their health, the weather etc. If you would like more information about our day care and transport services for yourself, or maybe a friend or neighbour, please do pop in or telephone Jem Wilson on 020 7549 8190.



St Luke's Centre Allotments

St Luke's is busy working with EC1 New Deal and a team of volunteers led by Lez Quinn to turn our car park into allotments. Mini raised beds will be available for local residents to use to grow their own herbs, vegetables or flowers. We are delighted to be making proper use of this empty space and, although it will only be a temporary feature for the next 2 years or so until building work begins on our new centre, we intend to use the time to assess interest in gardening and hopefully include this activity in our new community centre.

The allotments will be officially "opened" on Saturday 26th April by the Mayor of Islington at a "Grow Your Own Day" featuring food growing workshops, home cooking demonstrations, well-being activities, plants to pot and take away, pot painting and children's activities. The event will take place from 11am-2pm. If you would like to get involved in the St Luke's Members' Allotment, or for more information about the event, please contact Heather Stabler at EC1 New Deal on 020 7608 8549.

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What's happening at St Luke's Centre?

New Tenants

We hope you will join us in welcoming staff from EC1 New Deal who will be moving into the Centre in April. EC1 New Deal is moving into the Sure Start Islington South offices as they now have a base in the new school at Golden Lane.

Computers

Members will be pleased to learn that the computers in our ground floor resource room have recently been replaced with newer, faster PCs. The computers are available throughout the week. Annetta, our Social Worker student, is also holding Monday morning information sessions for anybody who needs a little help. If you would like some individual support to use a computer, please enquire at the St Luke's Time Bank.



Party Bookings

Just a reminder that St Luke's is available to local people who would like a venue for their birthday party, wedding anniversary, etc. The dining rooms or bar can be booked any time on Saturday or Sunday until midnight. We are offering very competitive prices to members and can also include a range of catering packages from Kings Square Bakery. Members are also encouraged to pop into the Bar to admire the recent redecoration and new pub furniture which make it a much more appealing party setting!

Coach trips

St Luke's traditionally offers members the chance to visit seaside resorts during the summer months at subsidised rates. This year's coach trips will be taking place as follows:

Wednesday 14th March	Worthing
Tuesday 17th June	Whitstable
Wednesday 9th July	Eastbourne
Wednesday 13th August	Hastings
Tuesday 9th September	Brighton

Tickets cost £6 per person and will be available for purchase 4 weeks before each date from reception.

Strawberry & Cream Tea Dance

Summer really is just around the corner which is why we are very much looking forward to this sparkling event which will take place on Wednesday 25th June. An afternoon of strawberries and cream, pots of tea, fabulous music and lots of dancing - no wonder we are excited! Tickets costing just £2 will be available from reception a little nearer the time.

St George's Day party

Help us celebrate St George's Day with a party in the bar on Wednesday 23rd April from 2-4.30pm. An afternoon of music, dancing and refreshments for just £2 per person! Please buy your ticket from reception.

St Luke's Centre History Project

Did you know that our current building was a boy's school, before becoming a mixed school and then a school for deaf children? We are working with St Luke's Community History Group to investigate the history of our building, to hear our members' own memories of the Centre and also to research past community activity in the area. If you would like to become involved in this fascinating group, please do get in contact with Keren Wiltshire on 020 7549 8181.

Beginners Art Class

Would you like to create your own watercolour landscape or still life painting but think you have no artistic ability?! Then this new class is just for you! Fantastic art tutor, Clare, is looking forward to teaching an 8 week beginners course beginning on Monday 21st April from 10am-12pm. Please register for this course at reception but hurry as places are limited!

Quiz & Cocktails

On the afternoon of Friday 30th May we will be hosting a prize quiz competition in the bar from 2-4pm - although we're not sure if our range of special cocktails will help or hinder! We are looking for teams of up to four people and the winning team will win a cash prize of £50 donated from the Users Fund! We look forward to this being a regular event so please register your team at reception.

Lunches

The lunch service at St Luke's continues to offer excellent quality and also incredible value for money at just £2.50 for a 3 course meal prepared fresh on the premises. Regrettably, the number of members buying lunch remains lower than we would like and of course this affects the funding of the service. To increase numbers we have taken the decision to offer lunch to all users of the Centre. This means that all the Centre's tenants, visitors and users of the meeting rooms will be encouraged to buy their lunch at St Luke's. This is obviously a big change and we are sure you will help to make all our new visitors feel welcome!

Learn to Speak Spanish

Our wonderful Spanish tutor, Lorena, began a new Spanish class for beginners on Thursday 10th April from 10.30-11.30am. Lorena will prove "you're never too old to learn!" and you're sure to really enjoy these fun, interesting and sociable classes. Please register your interest at reception or simply come along and introduce yourself!

Age Concern Advice Sessions

We are very pleased to be working in partnership with Age Concern Islington to offer confidential advice and information sessions to anyone aged 55+ living in Islington. Rowshan began visiting St Luke's Centre every fortnight from Tuesday 1st April from 10am-1pm. For an appointment, please telephone St Luke's Centre on 020 7549 8181.

New Centre Meeting

Members are invited to an open meeting on Tuesday 20th May from 11am-12pm in St Luke's Bar. A number of St Luke's Trustees will be very pleased to update members on progress, answer questions or concerns and hear your views. If you would like to attend this meeting it would be very helpful if you could let us know at reception so we can prepare the seating.