

Introducing, St Luke's Time Bank

St Luke's Time Bank is a skills-share project which encourages EC1 residents to share their skills and earn credit. The Time Bank has been funded by EC1 New Deal and employs a Time Bank Broker, Fatuma. For every hour you spend sharing your skills with someone you earn 1 credit. You can use your credits to get help from someone else from the Time Bank who has the talent or skills you need.

Joining St Luke's Time Bank is very simple. You fill in a one-page form with your contact details, skills you would like to offer to other members and skills you would like to receive and your availability. You can pick up an application form and a leaflet with more information from St Luke's reception.

We already have a long list of skills in the Time Bank and you can take advantage of these skills by simply contacting Fatuma on 020 7549 8196 and she will facilitate the skill-exchanges.

EC1 Connect

A warm welcome to staff from the EC1 Connect project who recently moved into the St Luke's office space underneath Cripplegate Foundation. EC1 Connect is a referral service that can enable EC1 residents to get help with issues ranging from housing repairs and antisocial behaviour to benefits advice and help in the home. If you would like more information, please contact Stephen Lawson, EC1 Connect Co-Ordinator on 020 7549 8179.

Tenants

Regrettably, the CAB Over 50s Employment Project ceased operating earlier this year and we now have new tenants at the Centre in the floors above Reception. A branch of the national charity After Adoption joined our other tenants, Sure Start EC1 and the Iranian & Kurdish Women's Rights Organisation.



Time Bank Launch Party: Fatuma with John Bird, founder of the Big Issue.

Some of the Time Bank skills include:

- Shopping • cooking • cleaning • laundry
- Gardening • Cat sitting • dog walking
- Paying bills • Baby-sitting • Trips to the supermarket
- Befriending, companionship • Sports therapy
- Massage • Language lessons in Arabic, Spanish, Swahili, German and more...

Gardening...



Volunteers, Ida Franklin and Eleanor Cooper

EC1 New Deal has generously supported St Luke's with the provision of a beginners gardening course which also makes improvements to our garden. Heather Stabler, EC1's Community Environmental Outreach Officer, has been working with volunteers from St Luke's Centre and St Luke's Time Bank. Together they have worked on hanging baskets, cuttings, planting, pruning/weeding etc and are making a huge difference to the garden. If there is sufficient interest from participants it may be possible to develop regular gardening workshops eg herb growing, composting, etc, so do let us know at Reception if you would like to get involved.

St. Luke's
Parochial Trust

Summer
Newsletter 2007
ISSUE 1 JULY 2007

Welcome to St Luke's summer newsletter...

We hope you will like the new style and enjoy the content! Newsletters will be produced every 4 months and the next edition will be ready in the autumn. Newsletters are an important way of sharing information with our members and the local community on new developments in St Luke's Centre and locally. If you have any comments, or wish to contribute to the next edition, we will be happy to hear from you.

New Community Centre

St Luke's is committed to building a new Community Centre for everyone regardless of background, culture or age. Our vision is to own a multi-purpose centre on Central Street that will offer a wide range of services and facilities either directly provided by St Luke's or by other organisations working within the new centre. There are no plans to stop current services in the present building whilst the new one is built.

St Luke's Parochial Trust who own and run the current centre are exploring a number of options which will consider how the new centre will remain financially sustainable and independent. Over the next few years we will be working alongside many partner organisations including EC1 New Deal and Islington Council to ensure that the people in this neighbourhood have a fantastic community resource they can all use.

News on catering at St Luke's Centre

In April we welcomed George from King Square Bakery to the Centre as our new caterers. George has run his thriving bakery for over 30 years and his restaurant, Fish Central, is famous for offering excellent food, value and ambience! He has now taken on the challenge of providing lunches at St Luke's and promises he will "always offer food I'd like to eat myself"! Our Head Chef, Aziz, and his team will prepare a fantastic 3 course lunch for you every day using only fresh produce. Aziz will cater for any special dietary requests as long as he has at least a day's notice - let Lesley know at reception. If you have any helpful suggestions, praise or criticism about our lunches, it would be very helpful if you would fill out a comments form available at the servery. St Luke's continues to subsidise the lunches at the

No smoking 1st July

To comply with the new law, St Luke's Centre will become totally "smokefree" from 1st July 2007. All members, visitors and staff can only smoke in the area at the far end of the garden and on the bar balcony well away from the door. To ensure we have a pleasant and clean environment for everyone we will not allow smoking anywhere near the entrances to the Centre.

If you would like free advice, support and treatment to stop smoking, please drop in to our Stop Smoking Clinic which is held every Monday from 1-4pm. No appointments are necessary.

Have you visited St Luke's Centre in the last 3 months?

If you haven't, please pop in, tell us why and have a FREE delicious lunch!

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90 Central Street, London EC1V 8AJ

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

Charity number 207497

St Luke's Special Summer Activities for Members...

The following outings and special events have been arranged over the summer months. All bookings should be made at reception but do be quick!

Thursday 5th July

Coach Outing to Hastings

A trip to the seaside for just £6

Tuesday 10th July

Outing to Kenwood House (Day Care members only)

A visit to Kenwood and afternoon tea - speak to Marlo or Jenny for more details.

Friday 13th July

Narrowboat trip on Regent's Canal - FREE!

A free boat trip along Regent's Canal and a tour of the Canal Museum! Bring your own lunch and eat on deck!

Thursday 2nd August

Outing to Gore Farm, Kent & pub lunch - £6

Have a look around Gore Farm, pick/buy your own fresh fruit and vegetables and have lunch at a riverside pub.

Friday 10th August

A Cockney summer party pub night, 7-11pm

An evening of music, dancing, plus great company.

Thursday 16th August

St Luke's singers concert, 2pm - FREE!

Come and have a lyrical afternoon.

Thursday 23rd August

BBQ & summer party, 12-4pm

Fabulous BBQ lunch followed by an afternoon of entertainment! There is the usual cost for lunch and party tickets are £2

Saturday 1st September

Coach outing to the Faversham International

Hop Festival - £6

Spend your day enjoying this fun festival set in the picturesque medieval town square and streets including traditional entertainment, craft stalls, song & dance.

Monday 10th September

An afternoon at Walthamstow Dog Races - £6

Leave St Luke's Centre at 1pm and hopefully spend the afternoon winning lots of money! We will leave the races at 6.30pm.

In September our regular Spanish tutor, Lorena, will return from her summer break offering fun and sociable beginners classes. Lorena teaches at St Luke's on a Thursday morning. If you would like to register for this class, please let us know.

St Luke's Regular Member Activities

St Luke's provides a huge variety of regular activities to keep members busy. To become a member, you need to be aged 55 plus, live locally and pay a small membership fee. New members are always welcome. Please talk to Keren if you are interested in membership or activities.

Day:	Activity:	When:	Where:
MONDAY	Water aerobics	10.30am-11.30am	Ironmonger Pool
	Sewing	11am-1pm	2nd floor hall
	HOY!	1.30pm-4pm	Lounge
	Ballet & movement	2.30pm-3.30pm	2nd floor hall
	Stop Smoking Clinic	1-4pm	Advice room
TUESDAY	Painting	10am-1pm	2nd floor hall
	Line dancing	2pm-4pm	2nd floor hall
	Gentle exercise	1.45pm-2.45pm	Dining room
	Welfare benefits advice	12-4pm	Advice room
WEDNESDAY	Tai chi or keep fit	10.30am-11.30am	2nd floor hall
	Exercise	2.15pm-3.15pm	2nd floor hall
	Hairdresser	10am-3pm	Salon
THURSDAY	Singing	10am-12pm	2nd floor hall
	Beginners Spanish	10.30am-11.30am	Board room
	Barn dancing	2pm-4pm	2nd floor hall
	Manicures	9.30am-2pm	Ground floor
	Hairdresser	10am-3pm	Salon
FRIDAY	Yoga	11.15am-12.15pm	2nd floor hall
	Ballroom dancing	2pm-4pm	2nd floor hall
	Reminiscence	2pm-4pm	Lounge

Other users in St Luke's Centre

Many parts of the Centre are often underused during the day. A properly used community centre should be fully occupied all the time. Regular visitors to St Luke's may have noticed many new faces and lots of younger people using the Centre. For members that don't already know, they are trainee security staff who are being taught and examined in one of the spare rooms on the 2nd floor. This training is being offered to local unemployed people by the Goswell Centre and GEG Security. The training is likely to end in August but, in the meantime, is a welcome employment training opportunity in EC1 and provides St Luke's a bit of extra income.

Hot desking offices and meeting space

St Luke's is pleased to be offering a new facility for local voluntary groups wanting to work in the area but who are unable to afford the expensive running costs of a full time office. We have created flexible office spaces on the 2nd floor which can be rented for just a few hours each week. Hot desk users have access to computers, phones, the internet, photocopier, meeting rooms, etc. We hope this initiative will increase the number of groups working locally and result in improved access to services for residents.

Party room bookings

St Luke's is now available to residents who are seeking a venue for their birthday party, wedding anniversary, family reunion etc. The dining rooms or bar can be booked any time on Saturday or Sunday from 9am to midnight or from 6pm until midnight any evening. We are offering competitive prices and can include a range of catering packages from King Square Bakery. Booking enquiries can be made to Keren Wiltshire, Centre Manager on 020 7549 8188.