



ST LUKE'S OVER 55s NEWSLETTER

March 2024

Extended opening: Mon-Thurs 9am-7pm, Friday 9am-5pm, Sat & Sun 11am-3pm



Welcome to the first over 55s newsletter of 2024!

This issue is packed full of highlights, new offerings and helpful information.

Be sure to save the dates for the Over 55s Summer Party and the 80th anniversary D-Day afternoon tea. Discover our recent achievements and learn how our services can benefit and support you.

Please tell your neighbours or local friends about St Luke's so they can join in the fun. We would love to welcome anyone who lives in our area of benefit and would like to become a member.

Thank you for being a part of our community.

Warm regards

In January we welcomed supporters, volunteers and staff to a celebration at St Luke's for achieving Level 1 Trusted Standard for charities from the National Council for Voluntary Organisations (NCVO). The award was the culmination of a rigorous process to show we have professional standards in place across all areas of the charity, so

we were pleased to hear in September that we had reached the required level. This recognition proves we are working to the standard our local community requires, and also shows our professional ethics when we apply for grants and funding. Everyone involved in the Centre makes this possible, including our vital Members and users.

The Islington Veterans Breakfast Club 6th Anniversary



On Friday 16th February the veterans celebrated six years of their breakfast club, with the last four years at St Luke's. We welcome them every 3rd Friday of the month for their breakfast. They got a special Thank You card for Maurizio and his team.



Jo King - Services Manager

WHAT'S BEEN HAPPENING AT ST LUKE'S?



Paddle Boarding Lessons

The Multicultural Women's Group and Men's Shed had indoor training with coach Nicola Baird in stand up Paddleboarding (SUP) from Islington Boat Club, Regents Canal. Next step is trying it out on the Canal!



Valentine's Day

Our annual over 55s Valentine party didn't disappoint with lovely cocktails served with a side of cakes and jokes from Rufus!



Burns Night Celebrations

On 25th January each year the Scottish poet Robert Burns is celebrated in all his artistic glory. We celebrated with the ceremonial cutting of the Haggis, bingo, a cocktail and a cuppa!



10 years at King Square Garden

The Men's Shed has been looking after a designated area at King Square Gardens and this year will be its 10th year. During this time it has expanded to include an inner city orchard. They tend to the garden every week when weather permits.

ST LUKE'S COMMUNITY CENTRE'S Easter Egg Appeal 2024

Join St Luke's this Easter and help us share Easter eggs with local families registered to the Food Hub.

If you would like to help, please bring in your donated eggs to St Luke's reception at 90 Central Street, EC1 between Monday - Friday 9am-5pm.

St Luke's User Group visits St Paul's Cathedral

The St Luke's User Committee Group meet each quarter to discuss updates on services, events & community needs. This quarter they visited St Paul's Labyrinth Mediation Walk as they pondered on their discussions.



Tea & Tour of the Centre

Every Friday 10:30-11:30am
Every Sunday 11:30-12pm

For members and local people of all ages. Meet in reception for a tour of St Luke's building then finish with a nice drink. A great way to let you know about all the activities, events, services and membership benefits that are available to you as a member of St Luke's.

ST LUKE'S NEW WEBSITE IS NOW LAUNCHED!



Please visit our new website!

www.slpt.org.uk

We now have a brand new look and an events booking system which will be rolled out over the next few months. Please visit the site and see all events, activities and classes for you!

Over 55s Coffee Morning

Every Tuesday 11am-12pm

Please join us in our cosy club room for a friendly chat, drink delicious tea, coffee and biscuits and meet new people. It's a great way to meet other members if you are new to the centre or just catch up with other local people.



Metal Working

Jacky Oliver, Bunhill artist in residence, delivered several workshops for the Multicultural Women's Group and the Men's Shed. They loved being shown how to heat metal and texture and cut a piece out using a jeweller's saw. You can see upcoming classes on page 7.

ST LUKE'S OVER 55s NEWSLETTER

March 2024

ST LUKE'S
COMMUNITY
CENTRE

Rufus – giving a helping hand



It's hard to believe Rufus only joined St Luke's in August 2023, as our Minibus Driver/Helping Hands Assistant – he's fitted seamlessly into our services team. Rufus' main role is to look after the over 55s and

ensure they can get to the Centre every day and know what activities are on offer. You might see him out and about locally in the St Luke's minibus. With the breadth of daily services and events St Luke's has to offer for all ages it's useful to have a helping hand to explain what's going on when, and make sure they're in the right place at the right time.

It's a varied role, but one that Rufus relishes. He's really enjoying all aspects of his new role, but particularly the interaction with people. He's really keen to ensure more members know what

is on offer and take an active role in participating.

And what attracted Rufus to the role at St Luke's? In his own words: "It was the welcome I received when I turned up for my interview!" Definitely a good first impression!

Outside of work Rufus has his hands full with a new granddaughter, who is now his favourite hobby! He's also a huge West Ham fan, travelling home and away to see them in action, and an accomplished Level 2 Boxing Coach. There's never a dull moment for Rufus!

How much does it cost to produce your meal at St Luke's Lunch Club?

The Lunch Club provides a nutritious daily meal for residents aged 55+ who live in the London Borough of Islington. Over the years we have used contractors, which was expensive, but we have run the service in-house to reduce costs, and it is now run by Catering Manager, Maurizio Morelli, and his fabulous team. We thought it would help to give a breakdown of what the lunch costs.

We have all been affected by the escalating costs of food prices and energy bills, but until now we have not increased our prices for Lunch Club for over seven years, providing a subsidised meal at a very



affordable price. After much consideration and thought, this year we decided to increase the cost of each course of the meal by 50p.

Main course: £4, two courses: £5 (dessert or soup) & three courses: £6.

It's worth remembering the price you pay for your meal does not cover the cost of staffing, equipment and kitchen maintenance,

and that is how it is kept so low. We are proud to cook from scratch using fresh ingredients, but this also costs more and takes more staff time. Even taking into account a small grant from Islington Council the cost for us to serve your meal means that St Luke's has to subsidise it by £9 per person each day, and that's just one service we provide among the many activities and events we hold each year at the Centre.

We love welcoming people into the Centre daily for Lunch Club, and hope you enjoy meeting friends and new people in the group as well as a nutritious, freshly-prepared meal.

ST LUKE'S OVER 55s NEWSLETTER

March 2024

ST LUKE'S
COMMUNITY
CENTRE



St Luke's Food Hub

St Luke's Food Hub provides weekly groceries to local households who are on low income and struggling financially. The service lasts eight weeks. We'll also introduce you to longer term support.

Email: tmenghistu@slpt.org.uk



Over 55s Kiddo Sessions Tuesdays during term time, 2-3pm

Every Tuesday our over 55s group and local nursery children enjoy games, reading and conversation together, bridging the age divide and bringing a smile to everyone's faces.



St Luke's Food Co-op

The co-op is a buying group, where members buy groceries and household items in bulk and receive surplus food. Members contribute £5 each week. Join now to save money on your weekly shopping.

Email: tmenghistu@slpt.org.uk



Adult Cook & Eat Classes Fridays 11am-1pm See website for dates.

Learn how to make nutritious meals at a low cost. Forget the takeaways, feed yourself the best way! Eating well will improve your health and wellbeing, giving you more energy.



Art Workshops

With Jacky Oliver, Bunhill Resident Artist

Sun 17th Mar, 1.30-2.30pm Postcard Workshop

Come along and get creative making postcards with Jacky, using a range of methods, including rubber stamps, collage and drawing.

Wed 20th March, 5.30-7pm Making Rubber Stamps

Learn how to create and carve marks, and make your very own rubber stamp!

Wed 27th March, 5.30-7pm Making a Pendant / Key Ring

Explore heating metal and texturing it and then cut a piece out using a jeweller's saw.

Wed 17th April, 5.30-7pm Drawing into Clay

Work with clay to make moulds for plaster pieces and casts.

Wed 24th April, 5.30-7pm Cuttlefish or Sand Casting

Bring in your own small object to press into the sand moulds or work with metal, making moulds from cuttlefish bone.

ST LUKE'S
COMMUNITY CENTREIMPACT
REPORT
2023ST LUKE'S
COMMUNITY
CENTRE

£38,170

in local grants
distributed

1713

registered members

270

registered as new
members in 2023

87%

of older users
said St Luke's
made a positive
impact on their
wellbeing

39

daily Lunch Club
visitors on average

323

households benefitted
from food donations

11,532

low cost/free meals
served Monday to Sunday

64 tonnes

of food distributed
to local households

48,968

people welcomed
into the Centre

3000

residents reached through
community pop-ups

2955

hours donated by local
resident volunteers

124

supportive and
active partners

241

free/low cost room hires to
local charities or groups

2140

hours donated by
corporate volunteers

STRONGER COMMUNITY THROUGH LEARNING, WELLNESS AND CONNECTION IN SOUTH ISLINGTON.

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

www.slpt.org.uk info@slpt.org.uk @StLukesTrust

Registered Charity Number: 207497



WHAT'S ON THIS SPRING



IWD Celebration 2024

Friday 8th March 2024

St Luke's Multi-Cultural Women's Group is inviting all women members to celebrate IWD 2024. Enjoy crafts, mindfulness, print making plus lunch followed by performances, DJ set and dancing! Please wear traditional clothing if you can. Register at reception.



Community Lunch

Saturday 23rd March, 20th April and 18th May 2024

Can you help our Community Chef to create healthy, nutritious meals in the morning from 10am-12pm? Or come and enjoy eating the meal with other people. Please register at reception to volunteer.



Digital Drop-in Session

Wednesday 13th March

If you have a tablet, laptop or phone and want to learn how to use it, our team of volunteers can help you. You can attend the drop in session or book a place on the regular weekly sessions by asking at reception, or call Business Engagement on 020 7549 8179

Over 55s Summer Party

SAVE THE DATE!

Thursday 22nd May 12-3pm

A St Luke's Summer Party especially for you! Please be seated at 12pm for a 3-course roast lunch with a drink for just £7, with waiter service from our corporate volunteers.

After lunch there will be entertainment with a singer and music. Limited number of tickets on sale, please purchase from reception from Monday 15th April.

St Patrick's Day

Thursday 14th March 1-3pm

St Patrick's Day party in the Club Room for Over 55s with the User Committee.

St George's Day

Thursday 25th April 1-3pm

St George's Day party in the Club Room for Over 55s members.

Darts Players Needed!

The Men's Shed are looking to form a St Luke's darts team. If you are interested contact Graham Reeves email: greeves@slpt.org.uk

D-Day Celebrations

Thursday 6th June 1-3pm

This will mark the 80th anniversary of the D-Day landings along the Normandy coast during World War II. The event will be held in the Garden Room and is open to all members.

There will be a singer, entertainment and refreshments which include a selection of sandwiches, soft drink or glass of Prosecco. Members can reserve their place from reception nearer the time.

WEEKLY ADULT ACTIVITIES & CLASSES

FREE

OPEN TO ALL MEMBERS

Learn new skills, meet new friends and improve your health & wellbeing.

MONDAYS

Meditation/Sound Gong Bath.
11.15-12pm

Reading Group. 1-1:45pm (1st
Monday of the Month)

Bingo. 1.15am-3:30pm

MONDAY - FRIDAY

Lunch Club. 12-2pm

Islington residents 55+
subsidised prices, others
welcome, paying full price.

THURSDAYS

Welfare and Debt Advice
Clinic with IPR (appt. only)
9am-1pm

Age UK Islington Helpline
To book call 0207 281 6018

Nail bar with Luisa. 9:30-1pm

Food Co-op. 10am-12pm

Chair based exercise. 11.15am-
12pm

Walking Group 11am. 2nd &
4th Thursday of the month.

Bingo. 1.15-3.30pm

TUESDAYS

Form Filling Clinic
(appointments only) 9:30 am-
1 pm.

Coffee Morning. 11am-12pm

Feel Good Fitness with
Nuffield Health. 11am-12pm

Board Games Café
1-3pm (1st and 3rd Tuesday of
the month)

Food Hub (by appointment
only) 1.30-3.30pm

PC Pals (booking only)
12-1pm Online Centre

Men's Shed - Activities
2-6pm

Cake & Conversation ESOL
tutoring 2-3pm

Line Dancing
2-3pm. Studio

FRIDAYS

Weekly Morning Tea & Tour of
the Centre 10.30-11.30pm

Art For All. 11-1pm

Chair Yoga. 11-12pm

The Multi-Cultural Women's
Group. 1-3pm

The Online Centre is available:
Monday to Thursday 9am-7pm
Friday 9am-5pm
Saturday & Sunday 11am-3pm

WEDNESDAYS

Chiropodist appointments
To book call 07932 382884

PC Pals (booking only) 12-1pm

Sewing For All. 10.30-12.30

Mindfulness. 10.45-11.45am

Women's table tennis. 11-12pm
Studio

Friend's Cafe (2nd Wed of
month) 1.15-2.15pm

Men's Shed - Games
Afternoon 2-6.30pm

Food Hub (by appointment
only) 1.30-3.30pm

Pilates Class. 6 - 7pm

SATURDAYS

Zumba (all ages welcome)
11.45am-12.45pm

Light Lunch 12.30-1pm

Upcycling Clothes. 12-2pm

SUNDAYS

Art Workshop (check website
for dates)

Weekly Morning Tea & Tour of
the Centre 11.30-12pm

Light Lunch 12.30-1pm

Yoga 11.30am-12.30pm

ALL MEMBERS WELCOME. REGISTER AT RECEPTION.

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

 info@slpt.org.uk  020 7549 8181

    @StLukesTrust Charity Number 207497

