

Signposting directory

information on local
services, facilities
and resources



ISLINGTON





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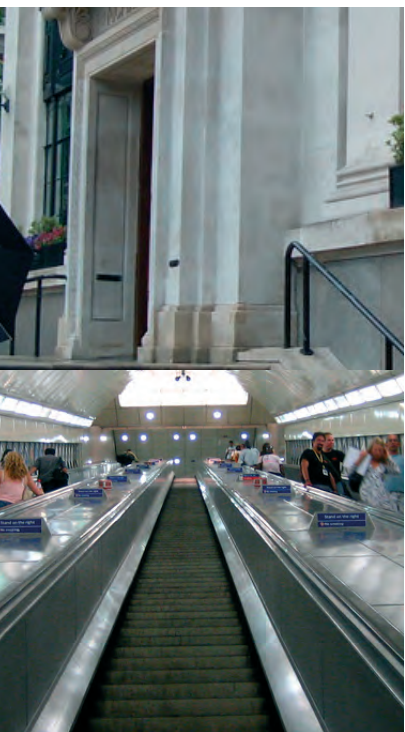
1. Shortcuts to key Council services
2. Your nearest Jobcentre Plus
3. Independent welfare benefits advice and help with money or debt
4. Legal help including dealing with immigration issues
5. Dealing with the effects of crime or anti-social behaviour
6. Facilities for children and young adults
7. Advice and services for the over 55s
8. Help to get into employment
9. Education and training resources
10. Finding a doctor, dentist or other medical services
11. Coping with substance misuse
12. Finding the right mental health services
13. Finding the right care services
14. Disability advice
15. Transport and mobility services
16. Community resources and day centres
17. Cultural and religious facilities
18. Carers and parents groups
19. Sport and leisure facilities
20. Settling into a new home - utilities and furniture
21. Resources for gay men, lesbians and bisexual and transgender people
22. National advice and helplines

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SELECTED SERVICES

Main Contacts

Town Hall, 222 Upper Street, London N1 2UD
Tel: 020 7527 2000
email: contact@islington.gov.uk
minicom: 020 7527 1900 Fax: 020 7527 5001
web: www.islington.gov.uk

Specific service contacts: [click here >>](#) to link to the Council's 'Search the A to Z of Services' for contact details of specific Council services.

Quick telephone contacts:

Pest Control 020 7527 3190
Council Tax 020 7527 2633
Housing Benefit 020 7527 4990
Housing Advice 020 7527 6321
Removal of vehicles 020 7527 4814.

Islington Energy Centre

159 Upper Street, N1 - advice on energy efficiency and on energy related grants and discounts - 020 7527 2121

Parking Permits

Islington residents may purchase a resident's parking permit or visitors vouchers, subject to eligibility, that allows you and/or visitors to park in any residents bay within a controlled parking zone (CPZ).

The address for postal permit or visitor voucher applications is: Permits Department, PO Box 46106 London, EC1B 1BR
tel: 020 7527 1338 or fax: 020 7527 6121

Permits and vouchers can also be purchased from one of the Council's walk-in services:

Islington Parking Shops:
6 Clifton Terrace N4 3JP. Open Mon to Fri 8am –6pm and Sat 9am to 5pm. Closed Suns and public holidays

1 Waterloo Gardens, Milner Square N1 1TY. Open Mon to Fri 8am – 6pm and Sat 9am to 5pm.

222 Upper Street, London N1 1YA. Open Monday to Friday 8.30am and 5.45pm.

[Click here for detailed information about the Parking Permits Service.>>](#)

Blue Badge applications

Apply for a Blue Badge by ringing 0207 527 6108 and asking for an Application Form. The form will be sent with a pre-paid envelope in which to return all the required information as well as the completed form. If the applicant is automatically entitled to a Blue Badge eg; is registered blind or in receipt of Higher Rate Mobility component DLA then proof is required. Blue Badge applications can only be dealt with by post/fax or phone and not in person.

Bulky Waste & Recycling

Islington offers a free bulky waste collection service for larger items of waste such as furniture and beds. Residents can have up to five items of bulky waste collected three times per year by appointment. This annual allowance includes the collection of one 'white good' item, such as a refrigerator.

[Click here >> for info on waste collection and recycling](#)

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LOCAL OFFICES

Islington Jobcentre Plus
 4 Upper Street, London
 N1 0NW
 tel: 020 7301 8700 (benefits enquiries)
 Fax: 020 7301 3885

Barnsbury Job Centre Plus
 1 Barnsbury Road, London
 N1 0EX
 tel: 0845 377 0002
 Fax: 020 7301 3885

Jobcentre Plus is the government agency with responsibility for delivering the national employment service and the social security office in the United Kingdom administering a range of welfare benefits. They are often operated from a high street shop location.

Jobcentre Plus typically provides resources to enable the unemployed find work, including posting vacant job listings using a computer system called LMS (Labour Market System) which can be accessed by customers through Jobpoints (touch-screen computer terminals) as well as providing job-search help and information about training opportunities for those who have been registered as unemployed for some time. Part of the agency is engaged in administering claims for unemployment benefits such as Jobseeker's Allowance.

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Click here >> for on-line information about Jobcentre Plus services.



ISLINGTON

you can





ADVICE AGENCIES

Citizen's Advice Bureaux

Contact your local CAB for advice.

Islington Citizens Advice Bureau, The Advice and Learning Centre, 86 Durham Road, Finsbury Park, London N7 7DU
tel: 0870 751 0925 fax: 020 7561 7475

Holloway Citizens Advice Bureau (CAB), Caxton House 129 St John's Way, London N19 3RQ. tel: 020 7272 5577

Upper Street Citizens Advice Bureau (CAB), 135 Upper Street, London N1 1QP tel: 020 7359 0619

Islington People's Rights, 2 St Paul's Road, London N1 2QN tel: 020 7359 2010 Open Monday-Friday 2pm - 4.30pm, Phone for an appointment.

LOW COST FINANCE

Islington Credit Union

Please check their website for latest information.
www.islingtoncredit union.co.uk

Change

Coming soon to this borough...
A low cost alternative to doorstep loan sharks and financial literacy/skills development courses.
[Click here >>](#) for details

BASIC BANK ACCOUNTS

Basic bank accounts are offered by many high street banks and can be opened by most people.

[Click here >>](#) for the Financial Services Authority's advice on choosing a bank

[or here >>](#) for the CAB version

see also

National Debtline, telephone helpline: 0808 808 4000
or email advice@nationaldebtline.co.uk
web: www.nationaldebtline.co.uk

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LEGAL HELP

Islington Law Centre, 161 Hornsey Road London N7 6DU. tel: 020 7607 2461
 Telephone advice service: Mondays and Fridays 10.00 - 12.00 immigration/housing/employment
 Wednesdays 10.00 - 12/00 immigration/housing.
 Housing advice, first and third Friday each month.
 Tel: 020 7697 1484

CABs

Islington Citizens Advice Bureau, The Advice and Learning Centre, 86 Durham Road, Finsbury Park, London N7 7DU
 tel: 0870 751 0925 fax: 020 7561 7475

Holloway Citizens Advice Bureau (CAB), Caxton House 129 St John's Way, London N19 3RQ. tel: 020 7272 5577

Upper Street Citizens Advice Bureau (CAB), 135 Upper Street, London N1 1QP tel: 020 7359 0619

OTHERS

Islington People's Rights, 2 St Paul's Road, London N1 2QN tel: 020 7359 2010 Open Monday-Friday 2pm - 4.30pm, Phone for an appointment.

Disability Action in Islington, 90-92 Upper Street London N1 ONP
 tel: 020 7226 0137 Open Monday-Friday 10am - 1pm and 2pm - 5pm, Drop in or telephone. Information line open Monday-Friday 10.00am-1pm tel: 020 7354 8925

Detention Advice Service, 308 Seven Sisters Road, London N4 2AG
 tel: 020 8802 3422 Open Monday-Friday 9.30am - 5.30pm, Phone or write.

LB Islington - Trading Standards 156-167 Upper Street, London N1 1RE tel: 020 7527 3198 Open Monday, Wednesday, Friday 9am-5pm Tuesday, Thursday 9am-1pm. Drop-in, phone or write.

[Click here >> for help yourself legal info on the web from Community Legal Service Direct.](#)

See Also

The Law Society of England and Wales
www.lawsociety.org.uk
 who provide advice on choosing a solicitor and promote access to justice for all.

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METROPOLITAN POLICE

Community Safety Unit
 The borough has two specialist police unit dealing with the support of victims and investigation of race and homophobic hate crime and domestic violence. For more details about the Police Community Safety Units click here >>

COMMUNITY SERVICES

Noise Patrol
 Islington Council, 159 Upper Street, London N1 1RE
 Tel: 020 7527 3229

Graffiti & Flyposting
 Click here >> to report Graffiti or flyposting online or contact the Council on tel: 020 7527 2000

Abandoned Cars
 Click here >> to make a report

Domestic Violence Matters
 c/o Islington Police Station, 2 Tolpuddle Street, London, N1 0YY Tel: 020 7421 0340.
 This is an independent, charitable, voluntary organisation offering emotional and practical support to women experiencing domestic violence.

Islington Victim Support
 9 Manor Gardens, London N7 6LA.
 tel: 020 7272 0784
 An independent, voluntary organisation offering sup-

port to victims of crime, including both women and men experiencing domestic violence.

Islington Women's Aid Floating Support Service
 tel: 020 8269 2121
 website: www.iwauk.org/pages/services.htm
 information, support and advocacy services for women experiencing domestic violence who choose to stay in their own homes when it is safe to do so.

MEDIATION

Camden Mediation Service, 11-17 The Marr, Camden Street, Camden, London NW1 0HE tel: 020 7383 0733 fax: 020 7383 7110
 email info@camdenmediation.org.uk
 Open: Mon, Wed and Fri 10am - 5pm, Tue and Thur 10am - 9.30pm
 Service Offered: Mediation service for people who are involved in a neighbour dispute or other disputes within the community. Service free of charge to London Borough of Islington tenants and leaseholders. There may be a charge for private tenants.

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DIRECTORY SERVICES

Islington Children's Information Service,
Regeneration and Education
Laycock Street, London N1 1TH tel: 020 7527 5959

Islington Play Association
1st Floor, West Library, Bridgeman Road
London N1 1BD tel: 020 7607 9637 Alternative
number 020 7700 1969 fax 020 7607 9638
website www.islingtonplay.demon.co.uk

Islington Children's Directory for services for chil-
dren, young people and families: Website:
www.islington.gov.uk/childrensdirectory

CHILD CARE

Childcare link
Directory for all local childcare services [click here](#)
>>

YOUTH SERVICES

Islington Youth Advice Service
198 Caledonian Road, London N1 0SQ
tel: 020 7527 1012/1014 fax: 020 7527 1013
Service: Advice and information service for young
people living in Islington.

Islington Connexions

Connexions is a countrywide information and advisory
service for 13-19 year olds and people with special
learning needs or disabilities under 25. They offer
advice on issues related to young people including
careers, work, housing, drugs, money, health and
leisure.

Connexions Islington, White Lion Youth Centre
43-45 White Lion Street, London N1 9PW

See [Connexions Direct](#) for advice outside office hours
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Sure Start is the Government's programme to deliver
the best start in life for every child by bringing together:
early education, childcare, health and family support.

Services: advice on education and accessing education,
access to childcare, information for parents, employment
advice to information on childcare, and children's cen-
tres. [Click here](#) for the list of local programmes >>



ACCESS TO SERVICES

Information and Access Service - First point of contact for members of the public and professionals requesting community care services for older people – To make a referral call: 020 7527 2299

PRACTICAL HELP

Mobile Repair Service

2 St Paul's Road, N1 - Carries out low-cost repairs for pensioners & disabled people living in Islington - Call: Mon-Fri 10.30am-12.30pm (ansaphone other times) 020 7226 8431

Care & Repair Handyperson Service

8 Nora Leverton Court, NW1 - Offers people over 60 a range of help with maintenance and repairs - Call: 020 7284 5473

Islington Community Alarm Service - Link Line

Emergency service to Islington Residents Provides a year round 24-hour emergency service to elderly, disabled and vulnerable residents - Call: 020 7527 5456

Islington Age Concern

6-9 Manor Gardens, N7 - Advice on benefits, community care, housing, family concerns, etc. and information on social activities in Islington, Wed 2-4pm - Call: 020 7281 6018

See Also

Counsel & Care Helpline - Free, confidential information & advice for the over 60's, their carers, friends and family - Call: 0845 300 7585

SeniorLine, Help the Aged, 207-221 Pentonville Road, London, N1 9UZ tel: 020 7278 1114 email: info@helptheaged.org.uk , Web: www.helptheaged.org.uk A free telephone advice and information service for older people, their relatives, carers and friends.

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EMPLOYMENT ADVICE

New Deal

New Deal is a key part of the government's Welfare to Work strategy. Personalised programmes of work and skills training opportunities, delivered locally, are aimed at helping unemployed people into work.

There are programmes for young people (18-24), 25+, lone parents, disabled people, 50+ and partners of the unemployed.

All programmes are accessible through Employment Services and, whether you are an unemployed individual looking for a job or a company with vacancies to offer, your first point of contact should be the local Job Centre Plus - [click here for details >>](#)

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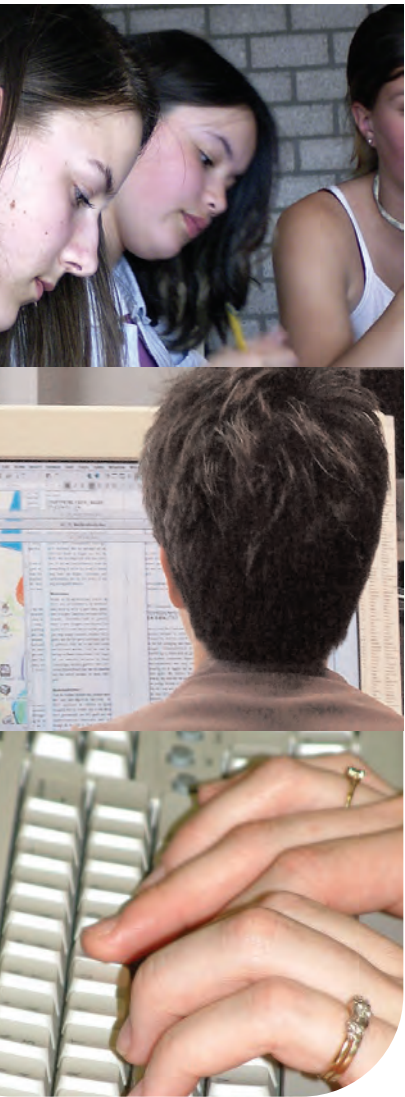
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pathways2work

The pathways2work team can help Family Mosaic residents and their families to find employment, training or set up their own businesses.

[Click here >> for more info](#)



RESOURCES

Islington Training Network

Islington Training Network (ITN) is a network of training providers in and around Islington. ITN offers a range of services to its members and promotes an integrated training provision in the borough as well as better quality training.
Opening Times Monday to Friday, 9am to 5pm
Contact Details 243 Junction Road, London N19 5QG
info@itn.org.uk tel: 020 7263 9018
web: www.itn.org.uk

Durham Road Lifelong Learning Centre

86 Durham Road, London N7
Contact: Lucy Bell
Tel: 020 7561 7498

City and Islington College: Lifelong learning centres

Finsbury Park, 28-42 Blackstock Road, London N4
2DG tel: 020 7700 9333

Dalby House, 396-398 City Road, London EC1V 2QA
tel: 020 7833 2193

Junction Road, 36 Junction Road, London N19 5RH
Tel: 020 7281 8739

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SEARCH FACILITIES

Doctors (GPs)

Find-a-Doc Service tel: 020 7655 6688
Ring Mon-Fri 9am-5pm for more information about registering with a local GP including catchment areas and which GPs have room on their lists.

Search for a local GP surgery or pharmacy by post-code [here >>](#)

OTHER HEALTH SERVICES

Find a list of local family planning clinics [here >>](#)

Search the [A to Z of services here >>](#) for other specialist clinics in Islington including sexual health, primary care for homeless people occupational health/therapy, etc.

Hospital

Whittingdon Hospital, (24 hour accident and emergency unit) Highgate Hill, London N19 5NF tel: 020 7272 3070

Dentists

Click here for a full list of dentists that accept new NHS patients >>

HEALTH AUTHORITY

General Enquiries

Islington PCT, 338-346 Goswell Road, London EC1V 7LQ tel: 020 7527 1000

Patient Advice and Liaison Service - PALS

The PALS team are available from 9.00am until 5.00pm on Mon to Fri and can be contacted by telephone, or in writing.

Drop in and see the PALS team in person: Appointments not needed, just turn up to: 338-346 Goswell Road, London Weds from 10am -12 noon of Thurs from 2pm-4pm

If you are deaf or deafened: Drop-in for deaf or deafened people with a BSL interpreter or a loop system on the 1st Tuesday of every month, from 10am-12noon. Translation service available.

See Also

NHS Direct: Gateway to health information on the web or by phone 0845 4647 www.nhsdirect.nhs.uk

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SERVICES

NORTH ISLINGTON DRUGS SERVICES

North Islington Drugs Service is an experienced team of doctors, nurses, drugs workers, social workers, GP shared care workers, psychologists, a Criminal Justice worker, a hospital liaison worker and administrative support staff.

Services include: Access to treatment programmes for crack cocaine users, access to complimentary therapies via our partnership organisations-the Hungerford and Angel projects, Joint working with the Hungerford North for groups, Rapid Access services for clients referred via the Drug Intervention Programme (DIP), Advice and support in accessing education, training and employment Address: 592 Holloway Road. London N7 6LB tel: 020 7530 2002 Open, MON 9.30am - 1pm & 2pm - 5pm, TUES 11am - 1pm & 2pm - 5pm, WEDS 9.30am - 1pm & 2pm - 5pm, THURS 9.30am - 1pm & 2pm - 5pm, FRI 2pm - 4pm. Drop-in at anytime or phone to book an appointment.

SOUTH ISLINGTON DRUGS SERVICES

Services as above. The Margarete Centre, St James' House, 108 Hampstead Rd London NW1 2LS tel: 020 7530 3086

Open, MON 9am - 1pm & 2pm - 5pm, TUES 9am - 1pm & 4pm - 7pm, WEDS 9am - 1pm & 2pm - 5pm, THURS 9am - 1pm & 2pm - 5pm, FRI 9am - 1pm & 2pm - 4pm

New Roots Black and Asian Alcohol Advice Service

480a Holloway Road, London N7 6HT tel:020 7272 2617 email: newroots@rugbyhouse.org.uk

Services offered: Alcohol counselling and advice, offering a culturally sensitive service for people from the African, Asian and Caribbean communities. Young people's service. Elders service for 50+. Help arranging home or residential detox. How to contact: Phone for an appointment. Clients will be referred to the nearest drop-in. Opening hours: Mon - Fri 9am - 5pm

Angel Drug Services

332c Goswell Road, Angel, London, EC1. tel: 0800 169 2679 (5 minutes from Angel Tube)

Service Offered: Advice, information, and support for people with drug related problems, their partners, families and friends. Offer counselling and complementary therapies by appointment. Outreach services. Target Group: People with drug related problems, their partners, families and friends. Area Served: London Borough of Islington and their surrounding boroughs. Helpline Monday to Friday 2-5pm Tuesday & Thursday 6-9pm or ring for an appointment.

Alcohol Advisory Service - Camden and Islington

309 Grays Inn Road, London WC1X 8QF tel: 020 7530 5900 admin: 020 7530 5900 fax: 020 7530 5901

Service Offered: Advice, information, assessment, community detoxification, individual counselling, brief interventions. Assessment for residential detox and referrals for rehabilitation. Also provides training on alcohol issues to a wide range of professionals. Target Group: People with alcohol related problems.

Area Served: London Boroughs of Camden and Islington.

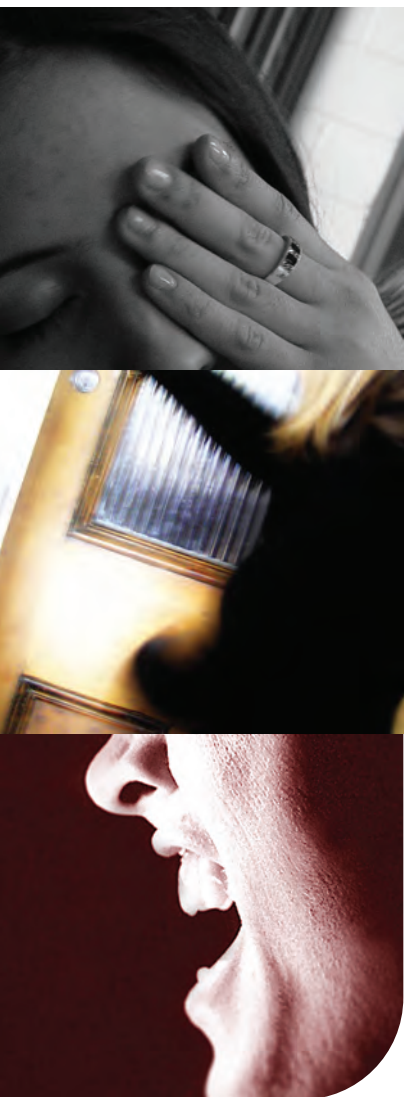
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VOLUNTARY SERVICES

Islington MIND

8 Manor Gardens, London N17 6LA tel: 020 7272 6797, admin: 020 7272 4231, IT training: 020 7281 7724 fax: 020 7281 4110 email: mind@islingtonlondonn7@freeserve.co.uk

Service Offered: Advice, information and services for people with mental health problems. Employment service with job search and vocational/educational guidance. Computer training project. Day centre, residential project and housing advice. Advocacy service, crisis counselling line and face to face counselling. Support group for lesbians, gay men and bisexuals. Outreach services, advice via email. How to Contact: Call in, phone, contact for an appointment or write.

Ashley Road Drop-in (Islington MIND)

35 Ashley Road, London N19 3AG tel: 020 7272 6936 fax: 020 7561 0701

Service Offered: Day centre for people with a range of mental health needs. Offer advice on housing, welfare rights, medical and mental health issues. Hearing voices group Mons 2.30pm. Art group Weds 10.30am - 12.30pm. Tues lesbians and gay men only. Thurs women only. Shiatsu/massage for women an Thurs. How to Contact: Drop-in

Islington Women's Counselling Centre

Eastgate Building, 131b St Johns Way, Islington, London N19 3RQ tel: 020 7281 2673

Service Offered: Counselling, social care and welfare, women's issues, counselling/therapy. How to Contact: Write or telephone.

Pine Street Day Centre

13-15 Pine Street, London EC1R 0JG tel: 020 7837 6736

Service Offered: Day centre for people with mental health problems. Offer group psychotherapy and group activities, including art, gardening and cookery. Users are expected to participate in the running of the centre, including cooking lunches and cleaning. How to Contact: Phone and/or make an appointment.

The Alzheimer's Society Islington Branch

Carnegie St Centre, 1 Carnegie St, London N1 9QW tel: 020 7837 8723 fax: 020 7713 0858 email: alzheimers-isl@freeuk.com

STATUTORY SERVICES

Canonbury Community Care Centre

68 Halliford Street, London N1 3RH Tel: 020 7527 8200 Minicom: 020 7527 3724, or

Elthorne Community Care Centre

17-23 Beaumont Rise, London, N19 3AX Tel: 020 7527 7300 Minicom: 0207 527 7327

Outside office hours contact the Emergency Duty Team on 020 7226 0992

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SERVICES FOR ADULTS

Community Care Centres provide a range of social and health services to vulnerable adults so that they can live independently. They are open between 9-5pm, Monday to Friday.

Central Locality Team

Drayton Community Care Centre, 52d Drayton Park, N5 1NS tel: 020 7527 8800 minicom: 020 7527 8846

North Locality Team

Archway Community Care Centre, 4 Vorley Road N19 5JH tel: 020 7527 7500 minicom: 020 7527 7538

South Locality Team

Calshot Community Care Centre, 57 Calshot Street, N1 9XH tel: 020 7527 6400 minicom: 020 7527 6475

Asylum Seekers Service

Multi Cultural Resource Centre, 299 Hornsey Road, N19 0AP tel: 020 7527 7101

MENTAL HEALTH SERVICES ONLY

Canonbury Community Care Centre

68 Halliford Street, N1 3RH tel: 020 7527 8200 minicom: 020 7527 3724

Elthorne Community Care Centre

17-23 Beaumont Rise, N19 3AX tel: 020 7527 7300 minicom: 0207 527 7327

OTHER SERVICES

Occupational Therapy, Church Cottages, Pemberton Gardens, London N19 5RR tel: 020 7527 5200

SERVICES FOR CHILDREN AND FAMILIES

A Borough wide Assessment Service responds to new referrals. 292 Essex Road, London, N1 3AZ tel: 020 7527 1597 minicom: 020 7527 1670

Emergencies

The Emergency Duty Team provides an out of hours service and can be contacted on 020 7226 0992.

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STATUTORY SERVICES

Specialist Adult Team: Sensory Team, 166 Upper Street, London N1 1RE
tel: 020 7527 3394 minicom: 020 7527 3282

Disabled Children's Team,
166 Upper Street, London N1 1XU
tel: 020 7527 3394 minicom: 020 7527 3282

ADVICE AND OTHER AGENCIES

DisabilityAction in Islington (DAI)
90-92 Upper Street, London N1 0NP tel: 020 7226 0137 fax: 020 7359 1891 minicom: 020 7359 1855
email: info@daii.org

Services: Information and advice service and an advocacy service. Telephone advice and information Mon-Fri, 10am-1pm and 2-5pm; Fri 10-1. Drop in service on Wednesdays 2-4pm. Fully accessible offices. Disabled parking area 10 metres from the entrance. Range of free fact sheets available in Braille, Large print, disc and audio format. .

London Disability Arts Forum (LDAF)
tel: 020 7916 5484 fax: 020 7916 5396 Fax
Service offered: General Enquiries about access to the arts throughout London

Islington Learning Disabilities Partnership
1 Lowther Road, London N7 8SL
tel: 020 7527 6600 minicom: 020 7527 6619

Palace For All Ltd (Play And Learn And Creative Education for children with disabilities)
web: www.palaceforall.org.uk/
Integrated parent-led learning group, based in North Islington, offering a range of therapies as well as a toy library and parent/carer support. Play, physiotherapy, osteopathy, shiatsu, music therapy, learning support, baby massage.

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SELECTED SERVICES

Dial-a-ride in Islington

operated by North London Dial-a-ride, Units C-D,
Regents Avenue Industrial Estate, N13 5UR
tel: 020 8829 1200

Service provided: Transport service for borough residents who have difficulty using mainstream transport services. The service is available between 8.00 a.m. and 11.00 p.m. 365 days a year. Trips are usually limited to within borough boundaries. Book by phone. Small fees apply

Plusbus (Islington Community Transport)

Manor Gardens, N7 - Free travel on buses which follow various fixed routes around Islington. You need to register to use the service tel: 020 7272 9550

Taxicard

The London Taxicard Scheme allows people with disabilities who cannot use buses or trains to travel in licensed black cabs at reduced fares tel: 020 7484 2929

Bus and Tube Passes

People aged 60+ can get a 'Freedom Pass' from most local post offices. Scheme is managed by ALG tel: 020 7484 2929

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COMMUNITY CENTRES

St Mary's Community Centre

St Mary's Church, Ashley Road
London N19 3AD Tel: 020 7272 1783
Service Offered: Community centre for homeless and vulnerably housed people. Counselling, befriending, benefit advice. Nurse, alcohol and drug services, art, gardening, food etc.
How to contact: Drop-in or phone. Closed Mondays.

Jacksons Lane Community Centre

269a Archway Road, London N6 5AA tel: 020 8340 5226 fax: 020 8348 2424
Service offered: Parent and Toddler groups, classes in dance, music, circus, yoga, photography, drama, etc.

Manor Gardens Health & Community Services Centre

6/9 Manor Gardens, London N7 6LA
tel:020 7272 4231 fax:020 7263 0596
email: mgcentreinfo@aol.com
Service: Various activities

Claremont Day Centre

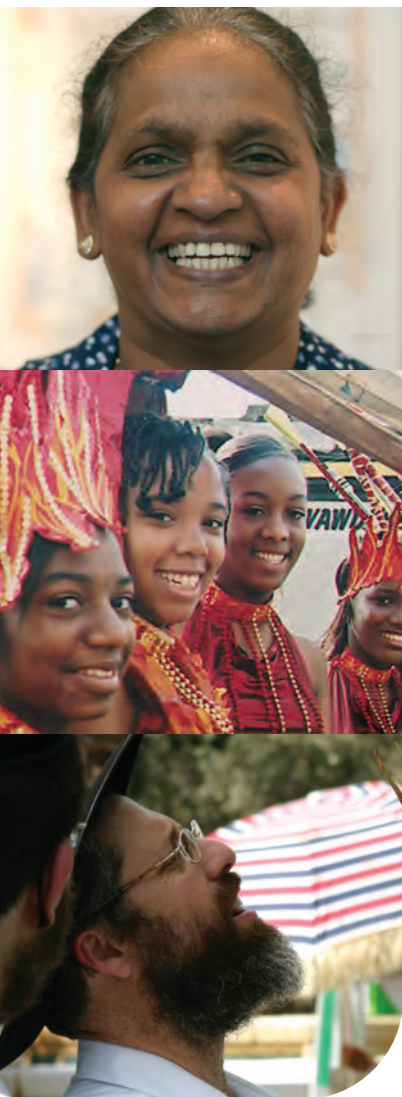
24-27 White Lion Street, London N1 9PD
Contact: Theodore Spyrou tel: 020 7837 3402
Service offered: Claremont is a vibrant and friendly centre for arts in health, based near the Angel. Claremont's programmes are all about creativity, physical health, and mental well-being. Islington residents over the age of 60 can take advantage of significant discounts on daytime activities, including freshly cooked lunches.

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COMMUNITY RESOURCES

Caribbean pensioners and friends

St. Anns, 60 Durham Road, London N7 7DL Phone: 020 7281 1942 Open: Tuesday to Thursday from 9am to 3pm

Eritrean community in the UK

266-268 Holloway Road, London N7 6NE Phone: 020 7700 7995 Fax: 020 7609 1539 Email: ecuk@globalnet.co.uk Open: Monday to Friday from 10am to 5.30pm

Ghana Union London Projects

431 Caledonian Road, London N7 9BG Phone: 020 7700 5634 Fax: 020 7700 3225 Web: www.ghanunion.demon.co.uk Open: Monday to Friday from 9.30am to 5.30pm

Islington African Project

7 Elthorne Road, London N19 4AJ Phone: 020 7272 8960 or 020 7272 8961 Fax: 020 7561 0084 Email: iapoffice@supanet.com Open: Mon to Fri 9.30am to 5.30pm

Islington Somali community

65 Halliford Street, London N1 3HF Phone: 020 7354 9895 Open: Monday to Friday from 10am to 5pm

Oromo community (UK)

11 Goodwin Street, Finsbury Park, London N4 3HQ Phone: 020 7263 5030 Fax: 020 7281 8020 Open: Monday to Friday from 10am to 5pm

Asian Elderly Group

129 St John's Way, London N19 3RQ Phone: 020 7272 4450

Indo/Pakistan cultural centre

16-18 Hornsey Road, London N7 7BP Phone: 020 7609 4649 or 020 7609 4484 Open: Mon to Fri 9.30am to 5.30pm

London Asian and African Caribbean centre

229 Seven Sisters Road, London N4 2DA Phone: 020 7263 3182 Fax: 020 7561 9844 Email: p.lotlecar@can-online.org.uk Open: Monday to Friday from 9.30am to 5.30pm.

Muslim Welfare House

233 Seven Sisters Road, London N4 2DA Phone: 020 7263

3071 Fax: 020 7281 2687 Open: Mon to Fri from 10am to 6pm.

Pakistan Women's Welfare Association

225 Seven Sisters Road, London N4 2DJ Phone: 020 7272 4030 Fax: 020 7272 4887 Open: Mon to Fri, 10am to 6pm

Islington Bangladesh Association

71 Caledonian Road, London N1 9BT Phone: 020 7833 2608 Fax: 020 7833 2608 Open: Mon to Fri from 9am to 5pm

Islington Chinese Association

33 Giesbach Road, London N19 3DA Phone: 020 7263 5986 Fax: 020 7281 7136 Email: islington-chinese-association@hotmail.com Open: Monday to Friday from 10am to 5pm

Greek'Arachne' Greek-Cypriot women's group

2nd Floor, 67-83 Seven Sisters Road, London N7 6BU Phone: 020 7263 6261 Fax: 020 7263 6261 Email: arachnegk@ukonline.co.uk

Greek and Cypriot cultural community

Arts and Media School, Turle Road, London N4 3LS Phone/Fax: 020 7263 6445 Email: hellenic@btinternet.com Open: Monday to Friday 9am to 9pm

Islington Cypriot Community Association

15 Hercules Street, London N7 6AT Phone: 020 7272 4142 or 020 7272 4143 Fax: 020 7263 7587 Open: Monday to Friday from 10am to 5pm

Latin American welfare group

6-9 Manor Gardens, London N7 6LA Phone: 020 7561 1931 Fax: 020 7272 2566 Email: carila@dial.pipex.com

IMECE Turkish speaking women's group

2 Newington Green Road, London N1 4RX Phone: 020 7354 1359 Fax: 020 7226 7599 Email: imece@dial.pipex.com

Turkish Cypriot community association

117 Green Lanes, London N16 9DA Phone: 020 7359 5231

Islington Irish Centre

131 St John's Way, London N19 3RQ tel: 020 7281 3225, fax: 020 7281 4973

CHURCHES

[Click here >>](#) to get a list of places of worship in Islington

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SELECTED SERVICES

Islington Carers Forum

Unit 1, Ground Floor, 53 Hargrave Road, London N19 5SH

tel: 0207263 9080 fax: 020 7263 0907

email islingtoncare@btconnect.com

web www.carers.org/islington

Service offered: Information, advice and support in writing over the phone or in person by appointment. Carers Forum meetings (four a year) for carers and former carers. Drop-in days 1st Wed of every month 11.00 am to 3.00 pm and Relaxing Days, last Wed of the month. Phone for more details.

IPCSEN (Islington Parents of Children with Special Needs)

43a Roman Way, London N7 8XF tel: 020 7700 8407

Service: Parent-run group, which provides support and information on issues relating to special needs, operates an independent parent-led Education Advocacy Centre and telephone helpline.

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See Also

Lone Parent Helpline 0800 018 5026
www.oneparentfamilies.org.uk
Free confidential helpline service for single parents run by independent charity. Advice available on benefits, tax, child support, and employment





LEISURE CENTRES

Cally Leisure Centre
229 Caledonian Road, London N1 ONH
tel: 020 7278 1890

Facilities: 25 metre main pool and a large shallow pool, 2 pool lifts for people with disabilities, Hi-tech gym, sauna suite water aerobics, swimming lessons. Women's evening Fri, 6pm onwards.

Highbury Pool
Highbury Crescent London N15 1RR
Facilities: large main pool, warm teaching pool, children's float sessions, hi-tech gym, lane swimming, lessons, sun bathing patio, sun booths and water aerobics.

Sobell Leisure Centre
Hornsey Road, London N7 7NY tel: 020 7609 2166
Facilities: 6 squash courts, 4 climbing walls, projectile hall, hi-tech gym, soft play area, sauna suite + steam room. Also badminton, basketball, football, martial arts, table tennis and lots more.

North London Rambling Club
Contact: Margot Jackman, 155 Auckland Hill, West Norwood, London, SE27 9PG Tel: 020 8670 6025
Organises walks every Saturday and occasionally midweek.

Greenspace (responsible for Islington Council Leisure)
For information on walks in Islington for older people, tel: 020 7527 2626

OTHER FACILITIES

Click here for libraries >>

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COMMUNITY FURNITURE PROJECTS

ReStore Community Projects

18 Ashley Road
London
N17 9LJ

Tel: 020 8493 0900
Fax: 020 8493 0109
e-mail: info@restorecommunityprojects.org

Morph

19-23 Kingsland Road, London
Second hand furniture at low prices.

POWER COMPANIES

Help on choosing a utility company - gas and electricity, visit www.energywatch.org.uk

GAS EMERGENCIES

Transco 0800 111 999

WATER

Thames Water Utilities Ltd, PO Box 436
Swindon SN38 1TU

tel: metered account enquiries 0845 9200 887
unmetered account enquiries 0845 9200 888

non-bill related enquiries 0845 9200 800
minicom 0845 7200 899
freephone leakline 0800 714 614

COMMUNITY CARE GRANTS

Community Care Grants help people who are getting Income Support or income based Jobseeker's Allowance or Pension Credit who are likely to get one of these benefits when moving out of institutional care or a care home. They help people live independently in the community and ease exceptional pressure on families. They cover a wide range of personal circumstances and variety of needs and expenses. They do not have to be paid back.

Contact your local Job Centre, Job Centre Plus or Social Security Office for an application form

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SELECTED SERVICES

London Friend

Voluntary organisation that has been serving the lesbian, gay and bisexual community for over 30 years. They exist to promote, support and campaign for the social and emotional well-being, physical and sexual health of lesbian, gay and bisexual people and those who are unsure of their sexuality.

They offer counselling and support services which set out to explore issues of same sex- relationships, sexual identity and promote personal growth and self confidence and also provide a safe space as an alternative place to meet and socialise.

All services are delivered by trained lesbian, gay and bisexual volunteers. Services provided include:

Telephone Helpline - 020 7837 3337
(19:30 - 22:00 daily)

One to One Counselling, Support Groups, Social Groups, A library on LGBT issues

Free information on HIV/AIDS and other Sexually Transmitted Infections, Free condoms and lube

www.londonfriend.org.uk/index.php

London Lesbian and Gay Switchboard

Information, support and referral service for lesbians, gay men and bisexual people from all backgrounds throughout the United Kingdom.

Switchboard aims to: maintain comprehensive information on support, social and specialist services of relevance to lesbians, gay men and bisexuals. Raise awareness of sexual health issues including safer sex and to endorse posi-

tive personal choice. Offer support and initial advice to all callers on any problems they are facing. Suggest sources of more specialist advice, counselling or other help if callers want it.

Lesbian and Gay Switchboard 020 7837 7324
www.lggs.org.uk

LAGER

Unit 1G, Leroy House, 436 Essex Road, London N1 3QP
General Enquiries: 020 7704 2205

Independent advice agency affiliated to the Federation of Independent Advice Centres (FIAC). Free confidential legal advice, information and support to lesbians and gay men who are facing discrimination in the workplace or whilst looking for work.

Audre Lorde Clinic Ambrose King Centre, Royal London Hospital, Whitechapel, London E1 1BB Fri 10am-5pm - tel: 020 7377 7312 Services for lesbians.

Beaumont Society

The largest and longest established transgendered support group in the UK and has developed a support network, which has been at the forefront of the transgender, transvestite, transsexual and cross-dressing community since 1966! website: www.beaumontsociety.org.uk

Stonewall Housing

Housing advice for lesbians and gay men.
website: www.stonewallhousing.org

GMFA

Volunteer-led gay men's health organisation. website: www.metromate.org.uk Call 020 7649 9311 (lines are open between 8.30am and 6pm Mon to Fri and 9am to 1pm on Sat)

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LISTENING EAR

Samaritans

call 08457 90 90 90 anytime

ChildLine

free helpline for children and young people in the UK. Children and young people can call us on 0800 1111 to talk about any problem.

Families Anonymous

For Relatives and Friends Concerned About the Use of Drugs or Related Behavioural Problems
Helpline: 0845 1200 660

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