

## Practice Newsletter

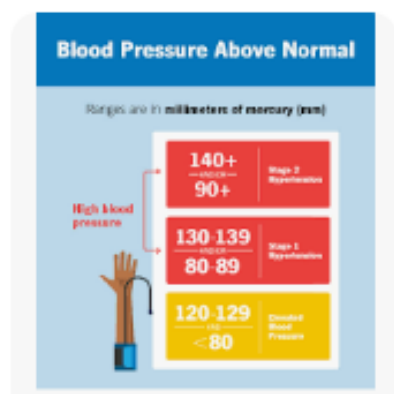
December 2023

**Have you changed address or contact number? Please let us know so that we can ensure your records are up to date.**

### Special points of interest?

Christmas and New Year Appointments  
Please note we will only be offering same day appointments between 21<sup>st</sup> December and 2<sup>nd</sup> January for GP's. This is to reduce the number of missed appointments that we experience this time of the year.

### Blood Pressure



We encourage all adult patients to have their Blood Pressure checked on a regular basis. You can easily do this yourself by purchasing a simple BP machine or booking an appointment at the practice.

Walking regularly is a great way to reduce Blood Pressure.

Please send us your reading so we can add them to your medical record.

**Around 50%** of heart attacks and strokes are associated with high blood pressure



### Welcome to our Practice Newsletter

We hope to issue a newsletter 2-3 times per year to update you all on how the practice is doing and notify you of any major changes that are taking place.

We hope that you find the information useful, and it makes it easier to access our services.

### New Telephone & Appointment System



We launched a new telephone service in October that will allow you to make appointments with the nursing team 24/7 by selecting the various options presented. You will need to request a PIN number to use this service. We will be contacting patients that are already signed up for this service in January to enable this feature for them.

To help direct you to the most appropriate team, our reception/administration staff will ask you the nature of your call or enquiry. We appreciate that some patients may not wish to disclose the nature of their contact, however this could cause a delay in getting the service that you need. We have a number of new clinical roles working at the practice that you maybe able to access quicker than the traditional method of seeing a GP for your clinical needs.

On a daily basis we have 50% of our GP appointments bookable on the day and another 50% that can be pre-booked in advance. Nurse appointments are all available for same day and advanced booking.

Appointments will be based on the number of clinicians working that day. Please do take on board that this will fluctuate regularly as staff take time off or need to attend meetings etc. Once all the appointments for the day have gone, you may be redirected to other services, eg 111.

## NHS APP



If you haven't already done so, we recommend all patients to sign up to the NHS app. The App allows you to access your medical records and request repeat medication as well as other online services.

Please make sure that you turn notifications on.

<https://youtu.be/wBDj4RyfxZs>

## Join our Patient Participation Group (PPG)



Help us to improve the way that we deliver services to our patients by helping us design, review and feedback on how we do things.

The PPG group meets 2-3 times per year for approximately an hour early evening, where we discuss major changes. If you would like to join this group, please email the practice with your details and we will send you details of the next meeting. Please email

[ritchiestreetgrouppractice@nhs.net](mailto:ritchiestreetgrouppractice@nhs.net)

## Out of Hours

For all life-threatening conditions, you should go to A&E, or call an ambulance if you are not mobile.

When calling the practice outside of our core hours (8am-6.30pm, Monday to Friday) you may be transferred to our extended hours service provider or the 111 service.

Normal GP appointments (and some nurse appointments) are usually available between 6.30pm and 8pm, Monday to Friday and 9am to 5pm on a Saturday.

## New long Term Condition Appointments

Patients with multiple Long-Term Conditions (LTC) are now offered longer appointments to reduce the number of times that they must attend reviews at the practice. You will be sent questionnaires in advance to reduce the amount of time that you will need to spend with the clinician during your appointment. At the end of your LTC review you should be given a mutually agreed Personal Care Plan. It is extremely important that you attend these appointments or cancel them as soon as possible, so that they are offered to someone else that may need a review as well.

For more info visit: <https://youtu.be/2uNlBbuHfIY>

## Flu Vaccinations

It's not too late to get a Flu jab, either contact the practice or visit your nearest community Pharmacy.

## Smear Test Appointments



We are running special clinics on Saturday morning for women that need a Smear test. If you haven't had a test in the last 3-5 years, please contact us to make an appointment.

## New Blood Test Booking Service



You now need to create an account with an online booking service called **SwiftQueue** to arrange blood test appointments. You will need to print the forms and take a hard copy of the request with you to your appointment. You will not be seen without the form, and the service will not be able to access or print the form for you. To register and create an account, go to [www.swiftqueue.co.uk](http://www.swiftqueue.co.uk)

## Are you a Carer?



Please let us know if you are a carer for someone else or if you are a cared for person.

## Care Quality Commission

We continue to be rated as a GOOD service overall.



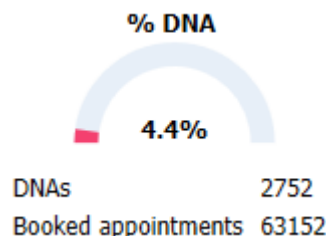
## Child Immunisation Clinic



It is important that your child has the best protection available against harmful diseases. Please ensure that their immunisations are up to date so that they are protected. Clinics are held on a Monday afternoon. Please bring your child's Red Book with you to the appointment.

## Missed Appointments and their impact on others.

### Did Not Attend (DNA) Data



A reminder to patients to always cancel their appointments if no longer needed. You can email us, use the NHS APP or select one of the telephone options to do this. Last year we had a total of 2752 appointments wasted, costing the practice approximately £93K which could have been used to improve services or pay for more clinicians.

This also meant that we could have offered these appointments to those in greater need. So next time we are unable to offer you an appointment, please do bear this in mind. We will now be asking patients that abuse the appointment system to register elsewhere so not to negatively impact those patients that are adhering to the rules.

## New Clinical Roles at the Practice

Due to the ongoing shortages of qualified GP's and nurses in the country, we now have a wider range of qualified clinicians working on site to bridge the skills shortage. These clinicians can offer quick access to clinical care for our patients and reduce the need for a patient to be seen by a GP.

### Practice Based Pharmacist (PBP)

PBP's can issue repeat medication and carry out medication reviews. They are also able to deal with a multitude of Long-Term Conditions, such as Asthma, Diabetes, Minor Ailments, etc.

### First Contact Physio

If you have a new muscular pain, you will be directed to see the practice Physio in the first instance.

### Practice Paramedics

Our paramedics carry out home visits and look after our frail patients.

### Social Prescribers

Social Prescribers help patients connect with local community support services for several services including unemployment, housing, loneliness and general support.

## COMPETITION WINNER

The winner of our August Newsletter competition is HL

The prize of a £100 Amazon Gift Card is on its way.



## Self-Referrals

You can self-refer to some community services without having to see your GP first. These include:

Issues relating to:

- Muscles, Joints and Feet pain
- Mental Health
- Money, Housing, Work, Life etc
- Help for Carers
- Domestic and Sexual Abuse
- Sleeping Issues
- Help for Armed Force Veterans
- General Health and Minor Health Issues (eg, hay fever)

Please visit our website page for more information.

<https://www.ritchiestreetgp.co.uk/health-information/self-referral/>

## Zero Tolerance Policy



There has been a reported increase in abuse towards NHS staff nationally. We would like to remind patients that our staff work hard under often every difficult circumstance, for our 17,500+ patients. We will treat you with respect and dignity and we hope that you can do the same. Any abuse towards our staff will not be tolerated and we will ask any person violating this rule to register elsewhere. In the last 3 months we have de-registered 3 patients for abuse.

## Printing Paper

To reduce our carbon footprint, the practice will refrain from printing any letters or paperwork for patients and will email them instead to the email on file as part of our commitment to the NHS Green agenda.

Wishing you all a wonderful Christmas and a health new year.

**GET  
TOGETHER**

**Find new  
interests & meet  
others locally!**



**For adults of all ages (18yrs+)**

## Contact us to find out what's on!

- Free & affordable social activities
- Get help to find an activity that's right for you
- Keep fit or try something creative
- Support groups & activities for unpaid carers
- Venues across Islington

**Contact  
our Helpline  
today!**

**Call 020 7281 6018**

- ✉ email [activities@ageukislington.org.uk](mailto:activities@ageukislington.org.uk)
- 🌐 visit [ageukislington.org.uk](http://ageukislington.org.uk)



**Islington  
ageUK**

**Worried about  
money or finding  
things difficult?**



**For adults of all ages (16yrs+)**

## Helping you to sort out day-to-day issues!

- Benefits help and managing debt
- Understanding paperwork
- Looking after your home
- Getting out & about
- Finding free & affordable social events

**Contact  
our Helpline  
today!**

**Call 020 7281 6018**

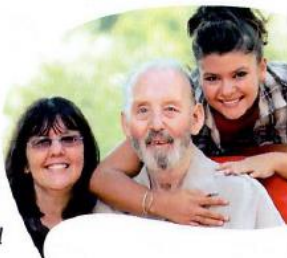
- ✉ email [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)
- 🌐 visit [ageukislington.org.uk](http://ageukislington.org.uk)

## How can we help?

Are you one of the thousands of people in Islington looking after someone regularly? Perhaps you care for a parent, partner, sibling, neighbour or friend? We're here to support you in your caring role.

### ■ Talk to People Who Understand

"I called Islington Carers Hub and it was great to talk to someone who understands. It's been difficult financially since I had to give up work to care for my mum but I'm now confident that I'm getting the right benefits. When I mentioned that my mum had dementia, because they're part of Age UK Islington, they were able to support us both!" *Shahida, 53yrs old*



### ■ Get a Break From Caring

"I receive the e-newsletter and join in with some of the support groups and activities for carers. It's a good way to meet other carers and I can either go in person or meet via Zoom. What I also needed was a complete break from caring. I found out through the support group that there is a charity who provide free accommodation to carers and I've recently booked for a short break with a friend." *Xavier, 62yrs old*



### ■ Get a Carers Assessment

"I initially thought this assessment was for the person I look after, but it was for me! It's a conversation to see how I could be supported in my caring role and it just took an hour. As a result, I have been referred for carers counselling and am getting support to help me get back into work. I now also have an emergency care plan in place." *Polly, 24yrs old.*

To get help & an information pack:

Call 020 7281 6018 / 3319

- ✉ email [info@islingtoncarershubs.org](mailto:info@islingtoncarershubs.org)
- 📍 visit [islingtoncarershubs.org](http://islingtoncarershubs.org)



ISLINGTON  
CARERS HUB

Do you look after  
a partner, friend  
or relative?



Do you help someone with: Shopping, paperwork, hospital appointments?

Islington Carers Hub is here to help unpaid carers!

- Access key services & financial support
- Events & support groups
- Help to get a break
- Help getting back to work
- Emergency planning for alternative care

Contact  
our Helpline  
today!

Call 020 7281 6018 / 3319

- ✉ email [info@islingtoncarershubs.org](mailto:info@islingtoncarershubs.org)
- 📍 visit [islingtoncarershubs.org](http://islingtoncarershubs.org)



Supported by  
**ISLINGTON**  
For a more equal future

Need help with your **muscle or joint problems?**



LEARN HOW TO SELF-MANAGE WITH OUR **FREE LOCAL MSK APP**. TO GET ACCESS,  
ASK RECEPTION OR YOUR CLINICIAN.

Back, Back and Leg, Neck, Shoulder, Hip, Knee, Ankle and Soft Tissue Lower Limb Injury

Did you know that we have an on-site Physio on site now for **NEW** muscle or joint pain and problems. She works on Monday and Fridays. For existing or ongoing problems, please speak to your GP. **Download the 'getUBetter' app now.**

### North Central London

Borough	Pharmacy Name	Address	Postcode	Telephone	Christmas Day 25 <sup>th</sup> Dec 2023	Boxing Day 26 <sup>th</sup> Dec 2023	New Year's Day 1st January 2024
Barnet	Fairview Pharmacy	Finchley Memorial Hospital, Granville Road	N12 0JE	020 8346 0707	10:00-16:00	10:00-16:00	10:00-16:00
	Greenfield Pharmacy	16 Greenhill Parade, New Barnet	EN5 1ES	020 8449 0708	10:00-18:00	10:00-14:00	10:00-14:00
	The Learning Pharmacy Ltd, t/a I Warman Freed	45 Golders Green Road, London	NW11 8EL	020 8455 4351	10:00-18:00	14:00-18:00	14:00-18:00
Camden	Grafton Pharmacy	132/132A Tottenham Court Road	W1T 5AZ	020 7383 4233	10:00-18:00	10:00-14:00	10:00-14:00
	Dales Pharmacy (Jasrup Ltd)	463 Finchley Rd London	NW3 6HN	020 7435 4813	10:00-18:00	14:00-18:00	14:00-18:00
Enfield	Healthfare Pharmacy	9 Coleman Parade, Southbury Road, Enfield	EN1 1YY	020 8367 5456	10:00-18:00	10:00-14:00	10:00-14:00
	Bees Dispensing Chemist	172 Fore Street, Edmonton	N18 2JB	020 8807 3228	10:00-18:00	12:00-16:00	12:00-16:00
Haringey	Pharmacy Express	214 High Road, Wood Green, London	N22 8HH	020 8888 1669	10:00-18:00	10:00-14:00	10:00-14:00
	Coopers Pharmacy	59a Broad Lane, London	N15 4DJ	020 8808 0422	10:00-18:00	12:00-16:00	12:00-16:00
Islington	Wellcare Pharmacy	552 Holloway Road	N7 6JP	020 7263 3152	10:00-18:00	10:00-14:00	10:00-14:00
	Osbon Pharmacy (Turnbolls)	155 Essex Road, London	N1 2SN	020 7226 8409	10:00-18:00	11:00-17:00	11:00-17:00



## Warm Spaces in Islington (Side 1)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
9-7 - St Luke's Community Centre <sup>1</sup>	9-5 - Finsbury Library	9-5 - Finsbury Library	9-7 - St Luke's Community Centre <sup>1</sup>	9-5 - Finsbury Library	Saturdays 9-5 - Finsbury Library
9-8 - Finsbury Library	9-7 - St Luke's Community Centre <sup>1</sup>	9-7 - St Luke's Community Centre <sup>1</sup>	9-8 - Finsbury Library	9-7 - St Luke's Community Centre <sup>1</sup>	9:30-5 - Central, N4, South, West, and Archway Libraries
9:30-1 - Mildmay Library	9:30-5 - N4 and Central Libraries	9:30-1 - Cat and Mouse Library	9:30-1 - N4 Library	9:30-1 - North Library	11-3 - St Luke's Community Centre <sup>1</sup>
9:30-8 - N4, South, and Central Libraries	9:30-7 - Cat and Mouse Library	9:30-8 - Central, South, Archway, and N4 Libraries	9:30-7 - Cat and Mouse Library	9:30-5 - Archway, South, West, Central, and N4 Libraries	11-5 - Cat and Mouse, North, and Mildmay Libraries
10-2 - Goodinge Community Centre <sup>2</sup>	9:30-8 - Mildmay, North, and West Libraries	9:45-4:30 - Highbury Roundhouse at Sotheby Mews	9:30-8 - Central, Mildmay, West, and North Libraries	9:45-4:30 - Highbury Roundhouse at Sotheby Mews	11-5 - Hornsey Lane Estate Community Centre <sup>2</sup>
10-6 - Hornsey Lane Estate Community Centre <sup>2</sup>	9:45-4:30 - Highbury Roundhouse at Sotheby Mews	10-2 - St Clement's Church	9:45-4:30 - Highbury Roundhouse at Sotheby Mews	10-6 - Hornsey Lane Estate Community Centre <sup>2</sup>	
1-3 - St. Mary's Hornsey Rise	10-4 - Hilldrop Community Centre <sup>2, 3</sup>	10-6 - Hornsey Lane Estate Community Centre <sup>2</sup>	10-6 - Hornsey Lane Estate Community Centre <sup>2</sup>	10:30-1:30 - St Mary's Church (Upper Street) <sup>2</sup>	
	10-6 - Hornsey Lane Estate Centre <sup>2</sup>		10:30-12 - St George's Tufnell Park (at the Church) for Parents with Children	11-4 - Brunswick Estate Community Centre <sup>2</sup>	



Updated: November 2022

continued on reverse



## Warm Spaces in Islington (Side 2)

### Other Services

**Citizens Advice Islington**  
Benefit and financial advice  
020 7527 8222  
heretohelp@islington.gov.uk

**Shine London**  
Energy and fuel advice  
0300 555 0195  
shine@islington.gov.uk

**Islington People's Rights**  
Welfare and debt advice  
020 7561 3685  
info@ipradvice.org.uk

**Housing Aid**  
Through Islington Council  
020 7527 2000

**Manor Gardens Welfare Trust**  
Food Support  
07538 562128  
mgassistance@manorgardenscentre.org

**Help on Your Doorstep**  
Support with wellbeing & health, housing, employment, and family issues  
020 3931 6080  
connect@helponyourdoorstep.com

### Tuesday

12-3 - St Jude and St Paul's Church <sup>2 6</sup>

12:30-2 - Mildmay Community Centre's Community Cookup <sup>3</sup>

6-8:30 - St George's Tufnell Park (at the Vicarage, 72 Crayford Rd) <sup>2</sup>

### Wednesday

10:30-12 - St George's Tufnell Park (at the Church) <sup>2 7</sup>

12:30-3:30 - Holloway Neighbourhood Group for those over 55 <sup>2</sup>

5-7 - Mildmay Community Centre's Young People's Café for youth <sup>2</sup>

### Thursday

11-4 - Brunswick Estate Community Centre <sup>2</sup>

12:30-2 - Mildmay Community Centre's Community Cookup <sup>3</sup>

2-5 - King's Cross Church Community Café <sup>1</sup>

### Friday

4-7:30 - Hargrave Hall's Winter Warm Room

### Weekends

**Sundays**  
11-3 - St Luke's Community Centre <sup>1</sup>

1-5 - Central Library

(by arrangement) - Hornsey Lane Estate Community Centre

#### Please Note

- St Mary's Church (Upper Street) opens daily 9:30-4 with heating
- <sup>1</sup> means **free drinks** are offered
- <sup>2</sup> means **free food** is offered
- <sup>3</sup> means **food is offered** on a **Pay As You Can**-basis
- <sup>4</sup> means a **£4 hot meal** is offered
- <sup>5</sup> Hilldrop Community Centre warm space is **not** operating 12/12/23 - 08/01/24
- <sup>6</sup> St Jude and St Paul's Church offers a **meal** at **1pm**
- <sup>7</sup> St George's Tufnell Park serves **lunch until 2:30** during **term time only**

For feedback and/or questions, please email [hello@islingtonfoodpartnership.org.uk](mailto:hello@islingtonfoodpartnership.org.uk)  
For more avenues for food support, please visit [islingtonfoodpartnership.org.uk](https://islingtonfoodpartnership.org.uk)



Updated: November 2023

## Other Support

**Healthy Start Vouchers**  
Help to buy fruit, vegetables & milk if you are pregnant or have a child under 4 and are on a low income  
0300 330 7010  
healthy.start@nhs.uk  
www.healthystart.nhs.uk

**StepChange**  
Debt charity offering free debt advice and money management  
0800 138 1111 | www.stepchange.org

**Turn2Us**  
Information and financial support  
0808 802 2000 | www.turn2us.org.uk  
benefits-calculator-2.turn2us.org.uk

**Shelter**  
Advice and information with housing problems or if you are homeless  
0808 800 444  
england.shelter.org.uk

**MoneyHelper**  
Advice to help improve your finances  
0800 138 7777  
07701 342 744 (WhatsApp)  
www.moneyhelper.org.uk

## For Migrants with No Recourse to Public Funds (NRPF)

**Praxis**  
Immigration advice  
020 7749 7608  
020 7749 7605  
www.praxis.org.uk

**Ramfel**  
Support for migrants in crisis to access justice and support  
www.ramfel.org.uk

**Islington Council NRPF Team**  
Support for those with NRPF  
020 7527 3481 or 020 7527 7118  
nrpf@islington.gov.uk  
www.nrpfnetwork.org.uk

**Islington Centre for Refugees and Migrants**  
Support for migrants and refugees  
www.islingtoncentre.co.uk

## About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets). The information on this leaflet was last updated on 27/09/22. For more information on the Cost of Living see [www.islington.gov.uk/costofliving](http://www.islington.gov.uk/costofliving).

Feedback? What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)



Digital leaflet



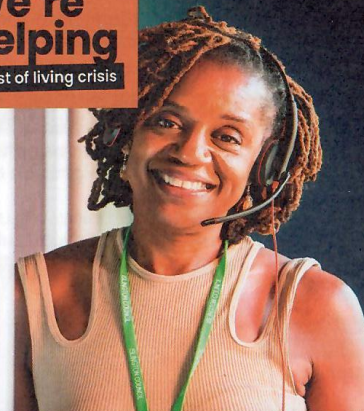
[www.worryingaboutmoney.co.uk/islington](http://www.worryingaboutmoney.co.uk/islington)

# Worrying about money?

Support is available in Islington

Three steps to find options and places to get help

**£ We're helping**  
with the cost of living crisis



## Step 1: What's the problem?

### I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 6

### My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See options 1 2

### I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3

### I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4



**ISLINGTON**  
For a more equal future

## Step 2: What are some options?

### 1 Council support schemes

People on low incomes may be able to get Housing Benefit, Discretionary Housing Payments and Council Tax Support from Islington Council. All schemes will depend on your current circumstances.

### 2 Maximise your income

If you are struggling financially you can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals and make sure you're not missing out on things like free school meals.

### 3 Debt advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

### 4 Benefit advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

### 5 Hardship payment

If you have been sanctioned, you may be able to request a hardship payment from the DWP. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseekers Allowance or Employment Support Allowance do not (not a loan).

### 6 Challenge a decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

## Step 3: Where can I get help? For free and confidential advice

### Islington Council

#### Benefits and money advice

020 7527 8222  
heretohelp@islington.gov.uk  
www.islington.gov.uk/costofliving  
Help with options: 1 2 3 4 5 6

### Citizens Advice Islington

#### Advice on benefits, debt, housing and more

0300 330 1197 (Advice Line)  
020 3745 8921 (Debt advice)  
admin@rcjadvice.org.uk  
www.islingtoncab.org

Help with options: 1 2 3 4 5 6

### Shine London

#### Energy advice service and fuel poverty referral network

0300 555 0195 | shine@islington.gov.uk  
www.shine-london.org.uk

Help with options: 1 2 3

### Islington People's Rights

#### Free welfare benefits and debt advice

020 7561 3685 | info@ipradvice.org.uk  
www.ipradvice.org.uk

Help with options: 1 2 3 4 5 6

### Islington Law Centre

#### Legal advice on benefits, debt, housing, immigration and more

020 7288 7630  
info@islingtonlaw.org.uk  
www.islingtonlaw.org.uk

Help with options: 1 2 3 4 5 6

## Other Support

### Housing Aid - Islington Council

Advice for housing issues and homelessness  
020 7527 2000  
www.islington.gov.uk/advice/housing-advice

### Help on Your Doorstep

Support for residents on wide array of issues via helpline, email and in person appointments  
020 3931 6080  
connect@helponyourdoorstep.com  
www.helponyourdoorstep.com

### Age UK Islington

Advice and further one-to-one support to help people (16yrs+) with day-to-day issues including money worries, energy bills and debt  
020 7281 6018  
gethelp@ageukislington.org.uk  
www.ageuk.org.uk/islington/

### Islington MIND

Mental health charity offering advice and support  
020 3301 9850 | www.islingtonmind.org.uk  
min.wilkinson@islingtonmind.org.uk

### Debt Free London

Expert advice via helpline, webchat, WhatsApp and video chat  
0800 808 5700  
www.debtfree.london

### Disability Action in Islington

Information, advice and advocacy service for people with disabilities and long-term health conditions  
020 7354 8925  
info@daii.org  
www.daii.org

### Multiple Debt Team - Islington Council

Help to manage multiple debts to the council with a single monthly payment  
020 7527 6161  
multipledebtteam@islington.gov.uk

### London Capital Credit Union

Low cost loans and savings advice  
020 7561 1786  
info@credit-union.coop  
www.credit-union.coop



## Affordable (+ free) food in Islington

### Monday

Margins Project at Union Chapel  
Drop-in session for people facing homelessness  
Hot food takeaway  
11:00am-1:00pm  
19B Compton Terrace N1 2UN

Caxton House  
N19 3RQ  
(from 12.30) - surplus bread and cakes in reception when available

### Tuesday

St Luke's Food Hub  
1:30-3:30pm for EC1 residents, by appointment  
0207549 8181 / [info@slpt.org.uk](mailto:info@slpt.org.uk) / EC1V 8AJ  
Brickworks Community Centre Drop-in for food parcels  
12pm-3pm. 42 Crouch Hill N4 4BY. For local area (N4 4BY)  
[colin.adams@hanleycrouch.org.uk](mailto:colin.adams@hanleycrouch.org.uk) / 0207 263 1067  
On other days, can provide emergency food bags (if available)

Elizabeth House  
Pop-up food store, £3  
For residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
[info@elizabeth-house.org.uk](mailto:info@elizabeth-house.org.uk)

Hilldrop Community Centre N7 0JE  
12:15 - 2pm  
Free hot lunch for residents of N7 & local Hilldrop Estates  
Term-time only

Hornsey Lane Community Centre  
Giving out surplus food  
2:30-4:30pm at  
Hornsey Lane N19 3YJ  
020 7272 5938

Mildmay Community Centre N16 8NA  
Soup & Stew Day  
(12.30-2pm) Hot bowl of stew or soup; meat / vegetable option  
(donation based)

### Wednesday

Margins Project, Union Chapel  
Drop-in session: 11am-1pm  
Manor Gardens Centre  
9 Manor Gardens, N7 6LA  
10:45am-12pm. Food co-op Take what you need for £3

FoodCycle Islington  
Free hot meal, 1pm  
New River Baptist Church, N1 2TL  
No need to book!

The Ringcross Foodbank N7 8RH  
Food parcels, meals & essentials  
1-4pm £3.00  
07565 256 537 [www.rcfb.info](http://www.rcfb.info)  
Open to residents of Holloway, Laycock, Caledonian Wards & Hyde Housing Estates (proof of address needed), as well as people who are sleeping rough

The Hive Foodbank N19 3AD  
6.30-8.30pm. Referral needed  
020 7916 2710  
[hivefoodbank@gmail.com](mailto:hivefoodbank@gmail.com)

St. George's N7 0ND Free Hot Lunch  
12-2.30pm term time

### Thursday

Mildmay Community Centre  
N16 8NA  
Community Cook-up  
Free shared meal.  
Meat / vegetarian option. Donations welcome  
Cooking activity:  
9.30am - 12.30pm  
Food served: 12.30 - 1.30pm

Hillside Clubhouse  
30 North Road, N7 9GJ  
Hearty Thursdays  
12:30 - 3pm  
Giving out free meals, hand-cooked by their members for the community.  
Halal, Kosher & vegetarian options

Copenhagen Street Foodbank: N1 0SR  
Weekly foodbank  
1pm-3:30pm. Fresh food and non-perishable items  
02078378378  
[copenhagenstreetfoodbank@gmail.com](mailto:copenhagenstreetfoodbank@gmail.com)

### Friday

Mildmay Community Centre  
N16 8NA  
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: [mildmaycp@gmail.com](mailto:mildmaycp@gmail.com)  
020 7249 8286  
If you don't have access to a phone or email, feel free to go to the centre  
Fridays 11.30am - 1.30pm

Andover Surplus Food project  
Andover Community Centre, N7 7RY.  
1:30pm  
Residents of Finsbury Park Ward. Free - choose 5 items  
020 7272 3493  
[andovercc@islington.gov.uk](mailto:andovercc@islington.gov.uk)

St Mary's Church & The Hive Foodbank  
3-5.30pm. N19 3AD  
Cook Together Drop-In  
Learn to make cheap, easy & tasty meals. All ingredients provided

St. Mary's Islington N1 2TX  
Open House (10.30-1.30) - free coffee morning and soup lunch

### Weekends

Choices CiC - African Caribbean Cultural Food Co-op  
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods  
First Saturday of every month at 2pm  
Caxton House N19 3RQ  
If you are on low or no income, please contact us about joining:  
[info@choiceslondoncic.com](mailto:info@choiceslondoncic.com)

FoodCycle Finsbury Park  
Free 3 course vegetarian meal  
Saturdays 1pm onwards  
Andover Community Centre, Community Hub, Corker Walk, N7 7RY  
No need to book!

Updated: November 2023





#### Other services:

Bags of Taste: **free, mentored at-home cooking course** to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents.

islington@bagsoftaste.org // 07986042458

Hornsey Lane Community Centre:

**Family Cook & Share:** Wednesdays 10am-2pm

**Free Lunch Clubs for people over 55:**

Thursdays 12-2pm New Orleans Hall, N19 3TH

Saturdays 12-4pm at Hornsey Lane Estate Community Centre N19 3YJ

St Luke's Community Centre, EC1V 8AJ:

**Over 55s Lunch Club** for Islington residents offering low cost freshly cooked lunches on-site

90 Central St, EC1V 8AJ. Monday to Friday 12-2pm

Elizabeth House Community Centre N5 1ED:

Blue House Club (**over 50s club**). Wednesdays (term-time only). **Chair Yoga** 11am, **free hot lunch** at 12pm, followed by an activity



#### Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here: <https://cooperation.town/contact/>  
Cooperate Girdlestone: Girdlestone Community centre, 11am-2pm Wednesdays. Open to new members!

Please note, this is not a comprehensive list of all food support available in Islington.

For more information, visit: [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

Do you have difficulty finding affordable food that reflects your cultural background or the meals you want to make? We want to hear your experiences: [hello@islingtonfoodpartnership.org.uk](mailto:hello@islingtonfoodpartnership.org.uk) / 07543491311

#### Healthy Start Vouchers

Get **support to buy milk or food**. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and receiving:

- Universal credit with total earned income of £408 or less (after tax) per month for the family
- Child tax Credit with a family income no more than £16,190 per year
- Income support
- Income-based jobseeker's allowance
- Pension Credit
- Income-related Employment and Support Allowance (for pregnant people only)
- Or pregnant and under 18

Complete application online:

[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)

Call **Family Support Surgeries (020 7527 8376)** for any application concerns



#### Bright start Islington

A range of services **supporting under 5's and their families** across Islington. For more information call: 020 7527 5959  
[www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s](http://www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s)

