

Practice Newsletter

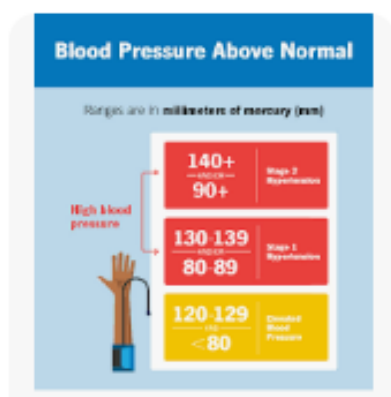
January 2025

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

Happy New Year

We wish you all a healthy and prosperous new 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. We have a new machine in Reception which you can use. Alternatively, you can send us your reading so we can add them to your medical record. Lots of information on how to reduce your blood pressure can be found online.

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



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.

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.

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

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/2uNIBbuHfIY>

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.

If you have had a Smear test abroad, please send us a copy of the results so that we can add them to your records.

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

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.



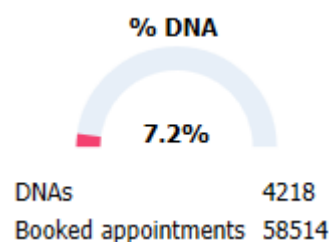
Child Immunisation Clinic



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 4218 (previous year was 2752) appointments wasted, costing the practice approximately £142K 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. This is one of the reasons you may struggle getting an appointment.

Patients that have an ongoing history of missing patients will be asked to register elsewhere.

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 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.

Staff changes

Sadly, Dr Waller no longer works at the practice, however we are pleased to inform you that we have a new GP, Dr Darke, that has now joined the practice.

We are also pleased to announce that we now have a Phlebotomist that offers a clinic on a Friday afternoon for the elderly and vulnerable patients.

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 4 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 our commitment to the NHS Green agenda.

Please visit our website for more useful information

**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
- 🌐 visit 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

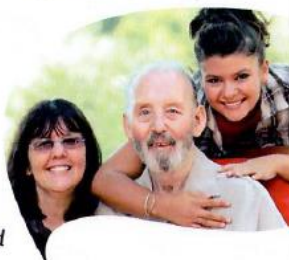
- ✉ email gethelp@ageukislington.org.uk
- 🌐 visit ageukislington.org.uk

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
- 🌐 visit 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
- 🌐 visit 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.**

Warm Spaces in Islington (side 1)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Weekends
<p>9-7 - St Luke's Community Centre EC1V 4NB ¹</p> <p>9-8- Finsbury Library EC1V</p> <p>9:30-1 - Mildmay Library N1</p> <p>9:30-4:30 Vibast Community Centre EC1V 9NH (not bank holidays) ²</p> <p>10-1:30 Andover Community Centre N7 7RY ¹</p> <p>9:30-8 - N4, South, Archway + Central Libraries</p> <p>10-3 - St. Mary's Hornsey Rise N19 3AD ¹</p> <p>11:30-1.30 - Elizabeth House N5 1ED Women's Group (term time) ^{2 4}</p> <p>10-6 - Hornsey Lane Estate Community Centre N19 3YJ ²</p> <p>2-4 Margins Project at Union Chapel N1 2UN (includes digital skills classes) ¹</p> <p>6.30pm-8.30pm - Elizabeth House Youth Club N5 1ED ²</p>	<p>9-5 - Finsbury Library EC1V 4NB</p> <p>9-7 - St Luke's Community Centre ¹</p> <p>9:30-4:30 Vibast community centre EC1V 9NH ² (except bank holidays)</p> <p>9:30-5 - N4 + Central Libraries</p> <p>9:30-5:30pm - Mildmay Community Centre N16 8NA (from 12/11/24) meal 12.30-2pm ³</p> <p>9:30-7 - Cat and Mouse Library N7 OJN</p> <p>9:30-8 - Mildmay, North + West Libraries</p> <p>10-3 - St. Mary's Hornsey Rise N19 3AD ¹</p> <p>9:45-4:30 - Highbury Roundhouse N5 1XB</p> <p>10-4 - Hilldrop Community Centre ^{2 5}</p>	<p>9-5 - Finsbury Library EC1V 4NB</p> <p>9:30-4:30 Vibast community centre EC1V 9NH ² (not bank holidays)</p> <p>9-7 - St Luke's Community Centre EC1V 8AJ ¹</p> <p>9:30-1 - Cat and Mouse Library N7 OJN</p> <p>9:30-11 + 19:30-20:30 Mildmay Community Centre N16 8NA ¹</p> <p>9:30-8 - Central, South, Archway + N4 Libraries</p> <p>9:45-4:30 - Highbury Roundhouse N5 1XB</p> <p>10-2 - St Clement's Church EC1V 8DA</p> <p>10-3 - St. Mary's Hornsey Rise N19 3AD ¹</p> <p>10-6 - Hornsey Lane Estate Community Centre N19 3YJ ²</p>	<p>9-7 - St Luke's Community Centre EC1V 8AJ ¹</p> <p>9:30 - 4:30 Vibast community centre EC1V 9NH ² (except bank holidays)</p> <p>9-8 - Finsbury Library EC1V 4NB</p> <p>9:30-1 - N4 Library N4 2JF</p> <p>9:30-7 - Cat and Mouse Library N7 OJN</p> <p>9:30-8 - Central, Mildmay, West, and North Libraries</p> <p>10-3 - St. Mary's Hornsey Rise N19 3AD ¹</p> <p>10-6 - Hornsey Lane Estate Community Centre, N19 3YJ ²</p> <p>10:30-12 - St George's Tufnell Park N7 OND (at the Church) for parents with children</p>	<p>9-5 - Finsbury Library EC1V 4NB</p> <p>9:30-4:30 Vibast community centre EC1V 9NH ² (not bank holidays)</p> <p>9-7 - St Luke's Community Centre EC1V 8AJ ¹</p> <p>9:30-1 - North Library N7 6JX</p> <p>9:30-5 - Archway, South, West, Central, and N4 Libraries</p> <p>9:30-5:30 Andover Community Centre N7 7RY ¹</p> <p>9:45-4:30 - Highbury Roundhouse N5 1XB</p> <p>10-3 - St. Mary's Hornsey Rise N19 3AD ¹</p> <p>10-6 - Hornsey Lane Estate Community Centre, N19 3YJ ²</p>	<p>Saturdays</p> <p>9-5 - Finsbury Library</p> <p>9:30-5 - Central, N4, South, West, and Archway Libraries</p> <p>11-3 - St Luke's Community Centre EC1V ¹</p> <p>11-5 - Cat and Mouse, North, and Mildmay Libraries</p> <p>11-5 - Hornsey Lane Estate Community Centre N19 3YJ ²</p>

continued on reverse

Updated: October 2024





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

Tuesdays

10-6 - Hornsey Lane
Estate Centre, N19 3YJ ²
11-1.30, Elizabeth
House N5 1ED ^{2 7}
12-3 - St Jude and St
Paul's Church N1 4PL ^{1 2 6}
12:30-2 - Mildmay
Community Centre
Community Cookup
N16 8NA ³
6pm-8:30pm - St
George's Tufnell Park
(at the Vicarage, 72
Crayford Rd N7 OND) ²

Wednesdays

12-3 - Brickworks
Community Centre ²
10:30-12 - St George's
Tufnell Park (at the
Church) N7 OND
term-time only ²
11 - 1.30- Elizabeth
House N5 1ED. Over
50's Blue House Club ²
12:30-3:30 - Holloway
Neighbourhood
Group N7 6QT. For
people over 55 ²

Thursdays

12-3 - Brunswick
Estate Community
Centre EC1V OHP ²
12:30-2 - Mildmay
Community Centre
Community Cookup
N16 8NA ³
2-5 - King's House
Church Community
Café N1 9JY ¹
12-4 Whittington
Park Community
Centre N19 4RS ²

Fridays

6pm - 8:30pm
Mildmay
Community
Centre N16 ^{1 4}
6.30pm-8.30pm -
Elizabeth House
Youth Club N5
1ED ^{1 2}

Weekends

Sundays
11-3 - St Luke's
Community
Centre EC1V
8AJ ¹
1-5 - Central
Library N5 1PF
(by
arrangement) -
Hornsey Lane
Estate
Community
Centre N19

Please Note

- St Mary's Church (Upper Street) opens daily 9:30-4 with heating
- ¹ means **free drinks** are offered
- ² means **free food** is offered
- ³ means **food is offered** on a **Pay As You Can**-basis
- ⁴ means **games or activities**
- ⁵ Hilldrop Community Centre warm space is **not** operating 20th December to 3rd January
- ⁶ St Jude and St Paul's Church offers a **meal** at **1pm**
- ⁷ means **advice sessions** are available **by appointment**



Updated: October
2024



For feedback and/or questions, please email hello@islingtonfoodpartnership.org.uk
For more avenues for food support, please visit islingtonfoodpartnership.org.uk

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. 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.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback



Digital leaflet



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

RitchieStgrouppractice

Affordable (+ free) food in Islington

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p><u>Margins Project at Union Chapel</u> 19B Compton Terrace N1 2UN  Drop-in session for people facing homelessness. Sit down meal, takeaways, hot showers & laundry 11am-1pm</p> <p><u>Caxton House</u> N19 3RQ (from 12.30) - surplus bread and cakes in reception when available </p> <p><u>Muslim Welfare House</u> 233 Seven Sisters Rd, N4 2DA  Giving out hot meals 2pm</p> <p>ISLINGTON  FOOD PARTNERSHIP</p> <p>Updated: October 2024</p>	<p><u>St Giles Pantry</u> N7 9GJ. Community pantry  £3.50 per visit. Tuesdays 2-4pm. Wednesdays 9:45am-4pm. Thursdays 9:45am-12:30pm/2-4pm Appointment only. To seek a referral, contact St Giles or visit www.stgilestrust.org.uk/how-to-get-support/</p> <p><u>St Luke's Food Hub</u> EC1V 8AJ 1:30-3:30pm For some EC1 area, by appointment (please call to check eligibility) 02075498181 info@slpt.org.uk</p> <p><u>The Peel</u> EC1R 0HU  Free ready meals Queue from 12:45</p> <p><u>Elizabeth House</u> 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 </p> <p><u>Hilldrop Community Centre</u> N7 0JE  Free hot lunch served at 12.30 For residents of N7 & local Hilldrop Estates. Term-time only</p> <p><u>Holloway SDA Church</u> N7 0RN  Food bank 12-2pm</p> <p><u>Mildmay Community Centre</u> N16 8NA Soup & Stew Day (12.30-2pm) Hot bowl of stew or soup; meat / vegetable option (donation based) </p>	<p><u>St Luke's Food Hub</u> EC1V 8AJ 1:30-3:30pm  For some EC1 area, by appointment (please call to check eligibility) 02075498181 info@slpt.org.uk</p> <p><u>The Peel</u> EC1R 0HU  Wednesdays: fresh food available. Queue from 12:45pm</p> <p><u>Hornsey Lane Community Centre</u>: 020 7272 5938  Giving out surplus food 10:30-2pm at Hornsey Lane N19 3YJ</p> <p><u>Brickworks Community Centre</u> N4 4BY Food parcels 12pm-3pm. For local area (N4 4BY). On other days, can provide emergency food bags (if available), please ring reception: 02072631067. colin.adams@hanleycrouch.org.uk / vanessa.freeman@hanleycrouch.org.uk </p> <p><u>Margins Project, Union Chapel</u> 19B Compton Terrace N1 2UN. Drop-in session: sit-down meal, takeaways, hot showers & laundry. 11am-1pm </p> <p><u>Manor Gardens Centre</u> N7 6LA. 10:45am-12pm. Food co-op. Take home bags of groceries for £3 </p> <p><u>St. George's</u> N7 0ND Free Hot Lunch. 10.30am -1 (lunch 12-1) </p> <p><u>FoodCycle Islington</u>. New River Baptist Church, N1 2TL  Free hot meal, 1pm. No need to book!</p> <p><u>The Ringcross Foodbank</u> N7 8RH www.rcfb.info  Food parcels, meals & essentials £3. 1-4pm. 07565256537 Open to residents of Holloway, Laycock, Caledonian Wards & Hyde Housing Estates (proof of address needed), as well as people who are sleeping rough</p> <p><u>Holloway SDA Church</u> N7 0RN. Haven Cafe 12- 2pm Advice, activities + free lunch (at 1.30pm) </p> <p><u>Muslim Welfare House</u> 233 Seven Sisters Rd N4 2DA. Giving out hot meals 2pm </p> <p><u>The Hive Foodbank</u> N19 3AD. 6.30-8.30pm. Referral needed: 020 7916 2710 hivefoodbank@gmail.com </p>	<p><u>Mildmay Community Centre</u> N16 8NA Community Cook-up  Free shared meal. Meat / vegetarian option. Donations welcome  Cooking activity: 9.30am - 12.30pm Food served: 12.30 - 2pm</p> <p><u>Hillside Clubhouse</u> N7 9GJ Hearty Thursdays 12:30 - 3pm  Giving out free meals, hand-cooked by their members for the community. Halal, Kosher & vegetarian options</p> <p><u>Copenhagen Street Foodbank</u>: N1 0SR  Weekly foodbank 1pm-3:30pm. Fresh food + non-perishable items 02078378378 copenhagenstreetfoodbank@gmail.com</p>	<p><u>Mildmay Community Centre</u> N16 8NA Weekly food co-op for residents of Mildmay ward.  £1 per person in household. Register: 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</p> <p><u>Andover Surplus Food project</u> Andover Community Centre, N7 7RY. 1:30pm Residents of Finsbury Park Ward. Free - choose 5 items 020 7272 3493 andovercc@islington.gov.uk</p> <p><u>St Mary's Church & The Hive Foodbank</u> N19 3AD  Cook Together Drop-in. Learn to make cheap, easy & tasty meals. All ingredients provided. 3 - 5.30pm</p> <p><u>St. Mary's Islington</u> N1 2TX  Open House (10.30 -1.30). Free coffee morning + soup lunch</p>	<p><u>Choices CIC</u> African Caribbean Cultural Food Co-op  Pay £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@choiceslondon.cic.com</p> <p><u>FoodCycle Finsbury Park</u>  Free 3 course vegetarian meal Saturdays 1pm onwards. Andover Community Centre, Corker Walk, N7 7RY. No need to book!</p> <p><u>Holloway SDA Church</u> N7 0RN. Love Feast Sundays 3 - 5pm </p> <p><u>St Luke's EC1V 8AJ</u> Free community lunch (monthly) 12.30 -1.30pm  Next dates: -Saturday 23/11/24 -Saturday 14/12/24</p>



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

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/

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



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

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 / 07543491311

Supported by



FREE MEN'S 12 WEEK WEIGHT LOSS COURSE

Start date: January 2025

Location: Islington – The Arsenal Hub

Entry criteria: Camden/Islington Resident.
Male aged 18-65. Body Mass Index of 27.5+

Contact: Rhys Ratcliffe - 07548 107 576
rratcliffe@arsenal.co.uk



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OUR VIDEO



WORRIED ABOUT BECOMING HOMELESS?

We want to help you stay in a safe place and avoid losing your home. We can talk to your landlord or the people you live with, explain your housing rights and options, or help you find a new home quickly if needed.

If you think you might lose your home, don't wait – reach out to the Housing Aid team today. The sooner you contact us, the better chance we have to help you and prevent you from becoming homeless.

For more information please visit:

islington.gov.uk/homeless

Or call us on **020 7527 2000**
Or visit us at **one of three** locations.

📍 **222 Upper Street, N1 1XR**

Monday to Friday, 10am–4pm

📍 **6–9 Manor Gardens, N7 6LA**

Monday to Friday, 9am to 5pm
(10am to 5pm on Wednesdays)

📍 **Finsbury Library,
245 St John's Street, EC1V 4NB**

Monday to Friday, 9am to 5pm
(10am to 5pm on Wednesdays)



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ISLINGTON

For a more equal future