
Rucksack directory

Services for bereaved families with young children in Islington

Contents

Bereavement	3
Counselling, Advice & Information	9
Families & Animals	16
Finance, Jobs & Training	19
Health & Safety	23
Leisure	24
Parenting	42
Index	47

Welcome to rucksack's directory.

This directory has been put together by rucksack, the bereavement service for children aged 3 to 11 living in Islington. This directory has been created for parents and carers in Islington with bereaved children, but we hope others will find it useful too.

This is not a directory specifically targeted to childhood bereavement. The focus of the directory is to provide a quick reference to things to do, places to go and useful contacts addressing all manner of issues for bereaved children, both practical and therapeutic.

All details are based on information supplied to us at time of publishing. However, changes do occur and rucksack cannot accept responsibility for facts and contact details becoming outdated, or for inadvertent errors or omissions. Please do always confirm the information listed in this directory. We apologise if a contact number is changed and you can no longer reach the service listed. We also cannot be responsible for the quality of services offered.

We hope this directory will be useful and help you find the services you need, or point you in the direction of something you might not have discovered on your own. We hope it saves you time and frustration and from searching for what is locally available for your child.

Mostly, we hope it helps you and your child.

Augene Nanning

September 2005

**rucksack**

CARIS Islington Bereavement Service
St Mary's Church
Ashley Road
London N19 3AD
020 7281 5200
Email: carisislington@yahoo.co.uk

CARIS Islington's bereavement service has been offering support and counselling to bereaved people for more than twenty years. Our specialist service for bereaved children aged 3 to 11 is called **rucksack**.

At **rucksack** we offer a selection of therapeutic programmes for bereaved children. Trained visitors visit the child at home, usually once a week, for as many visits as necessary. The appropriate therapeutic support programme for each child is developed taking into account the child's age, personality and needs. This will be discussed at an initial meeting with the child's parent or carer.

The **rucksack** volunteer visitors are all trained and supervised. They have all had the appropriate checks to ensure the safety of the children we work with.

The service is free and offered to any bereaved child in Islington regardless of disability, gender, race or religion.

Please phone 020 7281 5200 for more information or to arrange an appointment.

The rucksack therapeutic programme*Talking*

The **rucksack** visitor is a skilled listener and will listen, and answer questions, throughout the visits.

Focussed play

If the child is affected by their loss, this may show in their play. The rucksack visitor can facilitate play sessions and will focus the play in ways

that allow the child to express their feelings.

4

Art and craft

There are various art and craft activities that can be used to honour memories (eg making a picture frame to house a cherished photo) and to help a child to express feelings.

Memory Boxes

We can provide a special memory box which can be filled with items for the child to keep. The rucksack visitor will spend time discussing the items in the box and will help the child add pictures, writing, poems etc and decorate the box if wanted.

Scrapbooking

It can be helpful for the child to record their thoughts and feelings about their loss. The rucksack visitor will help the child to make the book, and will provide the basic materials for this activity.

We will ask you to leave your child alone with the rucksack visitor for at least some sessions – sometimes children try to protect those around them from their feelings and it helps if they can have the opportunity to spend some time alone with the visitor.

BBC

www.bbc.co.uk

The BBC web site has several helpful articles on different issues relating to bereavement. Type “bereavement” into the search box.

CancerBACUP

3 Bath Place

Rivington Street

EC2A 3JR

Tel: 020 7696 9003 (Switchboard: Monday – Friday, 9am – 5.30pm)

Fax: 020 7696 9002

Helpline: 0808 800 1234 (freephone) & 020 7739 2280 Monday – Friday
9am – 8pm

Website: [/www.cancerbacup.org.uk](http://www.cancerbacup.org.uk)

Provides cancer patients and their families with up-to-date information and practical advice.

The helpline is staffed by cancer specialist nurses.

Channel 4 Health House: Children's Bereavement

www.channel4.com/health/microsites/0-9/4health/body/dad_childgrief.html

This gets you to some short articles about: helping yourself; supporting young people; talking about death; when someone takes their own life; and other information. It also provides a list of support organisations (which are listed in this directory) with web links, and a list of books on childhood grief.

Child Bereavement Trust

Aston House
West Wycombe
High Wycombe HP14 3AG
Tel: 01494 446 648
0845 357 1000 (information and support line)
Email: enquiries@childbereavement.org.uk
Website: www.childbereavement.org.uk

A national organisation improving the care offered by professionals to grieving families.

Their interactive website contains information for families including a discussion forum for families to share their experiences and help each other. There are also a range of articles to help people experiencing bereavement and grief and those close to them. Information can be downloaded and resources can be purchased on line.

There is also information specifically for young people and children.

The Child Bereavement Trust produces books, videos, CD-Roms, workbooks and packs for bereaved families and professionals. They have been developed with input from families and children.

Child Death Helpline

Great Ormond Street Hospital
Great Ormond Street
London WC1N 3JH
Tel: 020 7813 8551
Fax: 020 7813 8516
Helpline: 0800 282 986 (10am – 1pm, Monday – Friday; 7pm – 10pm, every evening, and 1pm – 4pm Wednesday)

Staffed by a bereaved parent, the helpline is a confidential service for anyone affected by the death of a child.

Compassionate Friends

6

53 North Street
Bristol BS3 1EN
Tel: 08451 20 37 85 (Monday to Friday 9.30am to 5pm)
Fax: 08451 20 37 86
Helpline: 08451 23 23 04

Offers support to all families bereaved after the death of a child or children. This can be through their Helpline, local group meetings, one-to-one visiting, telephone and/or letter contact, a range of publications, a postal library, retreats and gatherings.

Cruse Bereavement Care

126 Sheen Road
Richmond TW9 1UR
Helpline: 0870 167 1677 (Mon – Fri 9.30am – 5pm)
Helpline – Young person's (free phone) 0808 808 1677 (Monday – Friday: 9.30am to 4.45pm)
Email: helpline@crusebereavementcare.org.uk
Email: info@crusebereavementcare.org.uk
Website: www.crusebereavementcare.org.uk

A national charity specialising in bereavement. They run a helpline, and offer counselling, advice and support to anyone affected by the death of someone close to them.

They have many short articles about bereavement on their website, including how to support bereaved children and what helps when someone has been bereaved.

Cruse Bereavement Care Youth Involvement Project

Central Hall
Oldham Street
Manchester
M1 1JT
Tel/Fax: 0161 236 9116
Minicom: 0161 839 3915
Helpline: 0808 808 1677 (Monday to Friday, 9:30 am – 5pm)
Email: info@rd4u.org.uk
Website: www.rd4u.org.uk

The Youth Involvement Project is part of Cruse Bereavement Care, and is there specifically for young people who have been affected by someone's death.

They provide a website, the freephone number and peer support.

7

RD4U means the 'road for you' - the main aim of the site is to let young people find their own 'road' to dealing with loss.

Mind Publications

15–19 Broadway
London E15 4BQ
tel. 0844 448 4448
fax: 020 8534 6399
email: publications@mind.org.uk

Mind provides a booklet about bereavement *Understanding bereavement*. This can be purchased from Mind or viewed online at www.mind.org.uk/Information/Booklets/Understanding/Understanding+bereavement.htm

Roadpeace

PO Box 2579
London NW10 3PW
Tel: 020 8838 5102
Helpline: 0845 4500 355
Fax: 020 8838 5103
Email: info@roadpeace.org
Website: www.roadpeace.org

Supporting those bereaved or injured in a road crash. The helpline offers information, advice and support. Roadpeace also provides publications written from the victims' perspective and practical experience of hundreds of cases – on investigations, prosecutions and civil claims. Long-term support and friendship are offered through mailings, local groups, annual events and many joint acts of remembrance.

SANDS: Stillbirth and Neonatal Death Society

28 Portland Place
W1B 1LY.
Tel: 020 7436 7940 (Monday – Friday 10am – 5pm)
Helpline: 020 7436 5881 (Monday – Friday 10am – 3pm)
Fax: 020 7436 3715
Email: helpline@uk-sands.org; support@uk-sands.org
Website: www.uk-sands.org

Provides a helpline for anyone who has been affected by the death of a

baby and wants to talk to someone about their experience. Their loss may have been very recent, or may have happened many years ago. 8

The Helpline team provide advice about finding local help from a SANDS group or other counselling services, and have information about other relevant support organisations.

Local self-help groups vary in size and in the services they provide.

Survivors of Bereavement by Suicide (SOBS)

Volsolve House

14-18 West Bar Green

Sheffield S1 2DA

Tel: 0114 272 5955 (administration)

Helpline 0870 241 3337 (Available 9am – 9pm every day)

Email: sobs.admin@care4free.net

Email: sobs.support@care4free.net

Website: sobs.admin.care4free.net

SOBS exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

They offer emotional and practical support in a number of ways:

- telephone contacts
- bereavement packs
- group meetings (in a number of locations)
- one-day conferences
- residential events
- information relating to practical issues and problems

Many of those helping have, themselves, been bereaved by suicide.

Winston's Wish

Clara Burgess Centre

Bayshill Road

Cheltenham GL50 3AW

Tel: 01242 515 157

Tel: 0845 20 30 40 5 (Helpline)

Fax: 01242 546187

Email: info@winstonswish.org.uk

Website: www.winstonswish.org.uk

A charity which supports bereaved children and young people. They also offer guidance and information to local families and to anyone concerned about a child after a bereavement. The website explains

more about how they can help after the death of someone close and offers resources, activities and ideas to try.

Youngminds

(see Counselling section for contact details)

Counselling, Advice & Information

Brandon Centre

26 Prince of Wales Road

London NW5 3LG

Tel: 020 7267 4792

Fax: 020 7267 5212

Email: reception@brandon-centre.org.uk

Website: www.brandon-centre.org.uk

A place where young people aged 12 to 21 can come and get free help with personal problems wherever they live.

Cancer Counselling Trust

1 Noel Road

N1 8QH

Tel: 020 7704 1137

Email: support@cctrust.org.uk

Website: www.cctrust.org.uk

Provides face-to-face counselling for anyone able to travel to Islington.

Appointments can be made for times between 8 am and 7 pm on weekdays. Fees are charged on a sliding scale linked to household income.

They offer a telephone counselling service and have articles giving first hand accounts on the emotional aspects of a cancer diagnosis.

Child and Adolescent Mental Health Service (CAMHS)

The Northern Health Centre

580 Holloway Road

N7 6LB

Tel: 020 7445 8150

Fax: 020 7445 8153

Child and Family Consultation Service (CAMHS)

This service offers help for families with children or teenagers (up to age

18) who have serious emotional or behavioural difficulties including problems eating or sleeping, depression, difficulties going out or going to school, problems getting on with others and hyperactivity (the child has more energy than normal).

Referral is by the GP, health visitor or social worker. Treatments include family work, psychotherapy and behaviour management.

Community Adolescent Service (CAMHS)

This service provides a free, community-based counselling service for local young people aged 11 to 18 years. They will also meet with parents who may want to discuss worries about their son or daughter.

Community Child and Adolescent Psychology Service

Opening hours: Monday to Friday 9am to 5pm

This free service provides appointments for parents and their children (age 0-11 years old) with a child clinical psychologist. This is to help find solutions to worries about their children.

Contact the service to find your local clinic. To refer yourself and child, you will need to contact the local clinic.

ChildLine

Tel: 0800 1111 (24 hours a day, every day)

Minicom 0800 400 222

Website: www.childline.org.uk

The minicom is open Monday – Friday, 9.30am to 9.30pm; Saturday and Sunday, 9am to 8pm.

A helpline for children and young people under 18-years of age. Lines are very busy. If you don't get through the first time, do call back.

Cruse Bereavement Care

(see Bereavement section for contact details)

Disabled Children's Team

Part of Social Services, Children and Families Division

Disabled Children's Team

166 Upper Street

N1 1XU

Tel: 020 7527 3394

Fax: 020 7527 3279

Text phone/Minicom 020 7527 3282

11

Opening hours: Monday to Friday: 9am to 5pm

The team helps local children and young people who have a disability, which is both permanent and substantial. A disability can be a learning disability, a physical disability, sensory impairment or multiple disabilities.

Referrals are accepted from parents, teachers, doctors and other health professionals. The service also makes referrals to the Disabled Children's Family Support Team.

Disability, Pregnancy & Parenthood International

National Centre for Disabled Parents

Unit F9, 89-93 Fonthill Road

London, N4 3JH

Helpline: 0800 018 4730

Admin: 020 7263 3088

Fax: 020 7263 6399

Minicom: 0800 018 9499

email: info@dppi.org.uk

Website: www.dppi.org.uk

Provides support for disabled people considering parenthood, during pregnancy and as parents and for service providers who support them. Offers free confidential information and support on practical childcare strategies, equipment, rights to support and good practice, as well as details of local and national services.

Education Welfare and Social Work Service

School Social Work Team

Lough Road

N7 8RH

Tel: 020 7527 5840/020 7527 5833

Fax: 020 7527 5507

Opening hours: Monday to Friday from 9am to 5pm

Schools refer children because of concerns about complex emotional, social and behavioural needs. You cannot refer your child yourself. This service consists of multi-disciplinary/agency teams (many different professionals).

Family Service Unit (FSU)

207 Old Marylebone Road

NW1 5QP

Tel: 020 7402 5175

12

Fax: 020 7724 1829

Email: centraloffice@fsu.org.uk

Website: www.fsu.org.uk/units/camden.php

Camden & Islington Family Service Unit is a voluntary organisation providing services for children (aged 5 – 18 years) and their families. Services include: family support; individual work with children and parents; boundary and routine setting; working with challenging behaviour; domestic violence; joint work with other agencies (Social Services, Health and Education); mediation work; advocacy; advice and support on benefits; emotional and practical support.

Get Connected Helpline

PO BOX 51719

NW1 5UH

Tel: 020 7009 2500

Fax: 020 7009 2501

Email: admin@getconnected.org.uk

Website: www.getconnected.org.uk

A free, UK wide, email and telephone helpline that finds young people the best help whatever the problem.

Helpline workers provide emotional support and have access to databases covering everything from national helplines to local drop in centres.

Telephone users can then be connected for free to the service they select, or have information forwarded to them via SMS (text message).

Islington Law Centre

161 Hornsey Road

N7 6DU

Tel: 020 7607 2461

Email: info@is-law.org.uk

Islington Victim Support

Manor Gardens Centre

9 Manor Gardens, N7 6LA

Tel: 020 7272 0784

Fax: 020 7281 1415

Email: ivss@demon.co.uk

This group offers practical and emotional support to victims of crime in Islington.

Mind (Islington)

13

Manor Gardens Centre
8 Manor Gardens N7 6LA
Tel: 020-7561 5289
Fax: 020-7272 6797

Email: admin@islingtonmind.org.uk
Website: www.islingtonmind.org.uk

This mental health charity provides short term counselling and crisis counselling over the phone and face-to-face.

35 Ashley Road, Tel: 0845 0123 2373. You must phone to book face-to-face sessions. Only open Monday to Saturday, 5.00pm – 10.00pm. Other services include a day centre, advocacy, information and advice, an employment project and computer related training.

Royal College of Psychiatrists

Website: www.rcpsych.ac.uk/info/help/bereav/index.asp

They provide an online leaflet which you can print. It describes the grieving process and how to seek help and advice. It briefly mentions grief of children and adolescents, that they grieve differently from adults and do need to mourn.

Saneline

Tel: 0845 767 8000
Open: Monday to Friday 12 noon to 11pm, Saturday and Sunday 12 noon to 6pm

This helpline is for anyone affected by mental health problems. They provide practical information, crisis care and emotional support

Supportline

PO Box 1596
Ilford
Essex, IG7 3FW
Helpline: 020 8554 9004
Tel: 020 8554 9006 (Administration)
Fax : 020 8 554 9600
Email: info@supportline.org.uk
Website: www.supportline.org.uk

This confidential telephone helpline provides emotional support to children, young people and adults. They also maintain a database of other agencies and counsellors throughout the UK.

The Drum

167 Whitecross Street
London EC1Y 8JT
Tel: 020 7336 0022
Fax: 020 7336 0033

Opening times

Thursday 2pm to 8pm
Friday 9am to 3.30pm

A place for young people aged 16 – 20 who live, work or go to school in the South Islington area, to get help with personal problems from professionally trained therapists. The service is free and confidential.

Young people can refer themselves by telephoning or dropping in. Young people can also be referred by someone else, e.g. a family doctor.

The Maya Centre

Eastgate Building
131B St John's Way
N19 3RQ
Tel: 020 7281 2673
Fax: 020 7272 8530
Email info@mayacentre.org.uk
Website: maya.centre.org.uk

A professionally-staffed, multi-ethnic, women's counselling centre. They provide free, one-to-one psychodynamic counselling and group therapy to women on low incomes.

Traumatic Stress Clinic

(Part of Camden and Islington Mental health and Social Care Trust and University College)
73 Charlotte Street
W1T 4PL
Tel: 020 7530 3666
Fax: 020 7530 3677

Opening hours: Monday to Thursday from 9am to 5pm and Friday from 9am to 4pm

Provides support to adults, children/young people and families with traumatic stress reactions including traumatic bereavement.

Referrals can only be made by GPs or Health Professionals.

Venus Project

The Old Laundry
Montem School
254 Hornsey Road
N7 7QT

Tel: 020 7281 2121

Fax: 020 7272 8467

Email: venusproject@btconnect.com

This is an advice, information, counselling and resource centre for under 21's. Under 19's on Mondays, ring for more details. The Venus Project offers general counselling on emotional issues and advice on relationships, and other issues.

They offer a range of training courses, workshops for young people, youth workers and other professionals.

Women's Therapy Centre

10 Manor Gardens, N7 6JS

Tel: 020 7263 6200

Opening times: Monday and Thursday: 12noon to 2pm

Tuesday and Wednesday: 2pm to 4pm

This centre provides psychotherapy for women. A charge may be made.

Young Persons Victim Support Project

(Part of Islington Victim Support)

9, Manor Gardens

N7 6LA

Tel: 020 7527 8765/020 7272 0784

Fax: 020 7527 7066

Email: ann.waldron@islington.gov.uk

Opening hours: Monday – Friday 8.00 am – 5.00pm by telephone.

Saturday via mobile number given on answer machine.

This voluntary service provides practical and emotional support to children and young people who have been victims of crime.

YoungMinds

PO Box 52735

EC1P 1YY

Tel: 020 7336 8445

Parents Information Service: 0800 018 2138

Fax: 020 7336 8446

Email: enquiries@youngminds.org.uk

Website: www.youngminds.org.uk

Opening hours: Monday to Friday from 9:30am to 5:30pm.

Parents Information Service: Monday and Friday from 1pm to 4pm

Tuesday, Thursday from 1pm to 4pm, and Wednesday 1pm – 4pm and 6pm – 8pm

This voluntary organisation provides a free information service for parents and anyone else with concerns about the mental health of a child or young person. Other services include training and consultancy, and a wide range of publications for young people, parents and professionals covering issues that affect children such as depression, bullying and self-harm.

YoungMinds also publishes a magazine every two months for anyone who works with children and young people.

Families & Animals

Ajowa Ebi (Family Co-operation)

14 Conewood Street

N5 1DL

Tel: 020 7226 6370

This group was set up to meet the needs of African and Caribbean families in the community. There is also a community nursery providing day care for African/Caribbean children.

Animal Welfare Service

159 Upper Street

N1 1RE

Tel: 020 7527 3222

Website: www.islington.gov.uk/Environment/469.asp

The Animal Welfare Service can give help or advice about the care of animals. The service also investigates complaints about stray dogs, dangerous dogs and animal cruelty.

Enterprise Careers Services

Islington Careers Centre

White Lion Building

43 White Lion Street

17

N1 9PW

Tel: 020 7713 0593

Fax: 020 7713 0609

Email: enterprisecareers@vts.com

Website: www.careers.co.uk

Opening times: Monday to Thursday, 9.30am to 12.30pm

Monday to Friday from 1.30 to 4.30pm

Offers careers information, advice and guidance for 16 – 21 year olds

FSU

(see Counselling section for contact details)

Islington Council Children's Directory

This is a comprehensive online guide to services for children, young people and families in Islington with key word and postcode search facilities.

By choosing from the simple needs-based categories it is quick and easy to find what you are looking for, including:

- help with parenting
- leisure and play
- special needs services
- family support
- childcare
- health services
- housing

and much more...

Islington Voluntary Action Council (IVAC)

322 Upper Street, N1 2XQ

Tel: 020 7226 4862

Fax 020 7359 7442

Email: information@ivac.org.uk

Website: www.ivac.org.uk

Provides information on a wide range of local voluntary organisations, community and self-help groups looking for volunteers. Volunteering can be an opportunity to meet people, develop skills or get new ones.

One Parent Families

255 Kentish Town Road

NW5 2LX

Tel: 020 7428 5400

Fax: 020 7482 4851

Helpline: 0800 018 5026 (Monday to Friday 9am to 5pm)

Email: info@oneparentfamilies.org.uk (cannot answer emails seeking personal advice. Use Helpline.)

Website: www.oneparentfamilies.org.uk/helpdesk

Provides information and advice on all sorts of issues specific to one parent families

The website helpdesk provides practical information on dealing with the problems, financial issues and life events that affect lone parents.

The helpline provides free information for lone parents on issues including: maintenance, tax credits, benefits, work, education, legal rights, childcare and holidays. They also have information about other organisations and local groups who may be able to help.

Talented Athlete Scholarship Scheme (TASS)

Coach Lane Sports Centre

Newcastle upon Tyne

Tyne & Wear

NE7 7XA

Tel: 0191 215 6567

Fax: 0191 215 6262

Email: sv.tass@unn.ac.uk

Website: www.tass.gov.uk

A Government funded programme that helps hundreds of young people, 16 to 25 years of age, to fulfil their sporting potential by maintaining a sensible balance between academic life or employment whilst training and competing as a performance athlete.

The Parent House, Winton & Co

c/o Winton Primary School

Killick Street

N1 9AZ

Tel: 020 7837 1383

Email: info@parenthouse.co.uk

Open Monday – Friday: 9am – 3.30pm

This small registered charity offers training for parents and carers. A small crèche is offered alongside classes.

Other services include a drop-in, parent-toddler group, toy library and activities during school holidays.

Finance, Jobs & Training

Consumer Credit Counselling Service

Wade House

Merrion Centre

Leeds LS2 8NG

Helpline: 0800 138 1111 (Monday to Friday, 8am to 8pm)

A registered charity that assists people who are in financial difficulty by providing free, independent, impartial and realistic advice. This includes counselling on personal budgeting, advice on the wise use of credit and, where appropriate, managing achievable plans to repay debts.

Housing Aid Centre

1 Garnault Place

EC1R 1US

Tel: 020 7527 6321 (closed Wednesday mornings)

Housing advice officers provide information and advice on private sector lettings, landlord and tenant law, referrals to hostels and other agencies. Help for those who find themselves homeless or threatened with homelessness.

Islington Careers Centre

White Lion Building

43 White Lion Street

N1 9PW

Tel: 020 7713 0593

Tel: 020 7713 0609

Email: enterprisecareers@vts.com

Website: www.careers.co.uk

Opening Times: Monday to Thursday: 9.30am – 12.30pm

Monday – Friday: 1.30pm to 4.30pm

The Centre offers careers information, advice and guidance for 16 – 21 years olds living in Islington.

Islington Energy Efficiency Advice Centre

Freephone 0800 512 012

Tel: 020 7527 2121

Website: energy.advice@islington.gov.uk

The centre gives free, impartial advice on energy efficiency measures 20 including heating, lighting, insulation, appliances and fuel bills. They also give advice on energy-related grants and discounts, heating, insulation and glazing installers.

Job Centre Plus

Tel: 0845 606 0234 (local rate charge)

Textphone: 0845 605 5255

Website: www.jobcentreplus.gov.uk

Help you to find a job, claim benefits and apply for a job.

Local offices

N1, WC1X, EC1

Barnsbury Job Centre

1 Barnsbury Road

N1 0EX

Tel: 020 7301 3800

Islington Job Centre

4 Upper Street

N1 0MW

Tel: 020 7301 8700

N10, N6, N8

431 Hornsey Road

N19 4DU

Tel: 020 7800 5300

N4, N5

Finsbury Park Jobcentre

52-53 Medina Road

N7 7JX

Tel: 020 7301 5900

N7, N19

Upper Holloway Jobcentre

North Star House

556-564 Holloway Road

N7 6JP

Tel: 020 7800 53

King's Cross Furniture Project

21

Unit 18, Ashley Road

N17 9LJ

Tel: 020 8493 0900

Website: www.kingscrossfurniture.org

Provides affordable furniture and household appliances to homeless and disadvantaged people. Requires letter of referral from a housing officer, caseworker or social worker.

Learndirect

Tel: 0800 101 901 (Helpline: 7 days a week, 8am – 10pm)

Website: www.learndirect.co.uk/

Learndirect provides

- hundreds of specially created online courses in computers, office skills and self development, designed so that you can learn at a time, place and pace to suit your needs.
- information on the network of over 2,000 learndirect centres to help you with your local learning needs
- information and advice on over 900,000 courses from colleges etc. throughout the UK

Learning centres at the library

Central Library: 020 7527 6950

Finsbury Library: 020 7527 7960

Mildmay Library: 020 7527 7880

North Library: 020 7527 7840

Study in your own time, borrow material including software, or book a session on a computer to learn new skills. Also access the internet for free.

Local Education Authority

Islington Student Support Section

Tel: 020 7527 5700

Provides financial information and help to those planning to go to college or university.

National Debtline

Helpline: 0808 808 4000

Open: Monday – Friday 9am – 9pm and Saturday 9.30am – 1pm

This is a free, confidential and independent helpline for people with debt problems. The specialist advice is backed up with written self-help

materials which can be sent to you for free. If your circumstances meet certain criteria, they can assist in setting up a Debt Management Plan for free.

New Deal for Lone Parents

Tel: 0800 868 868

Text: 0845 606 0680

Website: www.newdeal.gov.uk

Open: 7 days a week, 7am to 11pm

A voluntary programme to help you find a job or suitable training to help you improve your skills.

It is available to all lone parents who are not working, or who are working less than 16 hours per week and whose youngest child is under 16 years of age.

There is a range of support which may be available to you after moving into work. An adviser will also help you with expenses to attend meetings, job interviews and registered childcare.

Shelter

Tel: 020 7505 4699

Helpline: 0808 800 4444 (free)

Minicom: 0114 252 7934

Fax: 020 7505 2030

Email: info@shelter.org.uk

Website: <http://england.shelter.org.uk>

Open: Monday – Friday, 9am – 9pm; Saturday, 9am – 1pm.

They help 100,000 people a year fight for their rights, get back on their feet, and find and keep a home.

Social Fund

Jobcentre Plus Office

www.jobcentreplus.gov.uk/cms.asp?Page=/Home/Customers/WorkingAgeBenefits/501

See: Jobs section for Jobcentre Plus local offices.

Alternatively go to www.jobcentreplus.gov.uk

Then go to “Want to make a claim”; go to “A-Z listing” (bottom of page); go to “R to T”, and find Social Fund. This is for people living on a low income. If you satisfy certain criteria you may be able to get help from the Social Fund with important costs that are hard to pay for out of your regular

Tax Credits: Working Families Tax Credit and Child Tax Credit

Helpline: 0845 609 5000 or 0845 300 3900 (local rate charge)

Textphone 0845 300 3909 (local charge rate)

Website: www.taxcredits.inlandrevenue.gov.uk

Nine out of 10 families with children are entitled to tax credits. You don't need to be working to qualify for Child Tax Credit. You don't need to have children to qualify for Working Families Tax Credit. If you are a working parent, you may be able to get help with childcare costs through the Working Families Tax Credit. Use the website to learn what tax credits are and to find out how much you could get. You can make claims online.

Working Parents' Website

Website: www2.dti.gov.uk/er/workingparents.htm

Helpline: 08457 47 47 47

The website provides information about Maternity/Paternity/ Adoption leave and pay, flexible working, parental leave, time off for dependants.

Worktrain

www.worktrain.gov.uk

Worktrain provides access to information about job vacancies, careers options and training courses in one place on the internet.

Health & Safety

NHS Direct

0845 4647

www.nhsdirect.nhs.uk

A confidential health advice and information service in England. If you are feeling unwell and concerned, call this number to speak with a health professional. The website provides information about health issues.

London Fire Brigade

Fire Safety Branch

5-6 City Forum

250 City Road

EC1V 2FB

020 7587 4500

Email: fscityforum@london-fire.gov.uk

Website: www.london-fire.gov.uk

The fire branch provides information about all aspects of fire safety.

Leisure

Active Places

Website: www.activeplaces.com

This website is a source of sports and fitness centres in England. Just type in your postal code to find out what is in the area.

It also provides ideas and inspiration, tips and tricks to help you do 30 minutes of activity a day. If you have a sports project in mind and need financial backing, there is a list of sources of funding and information.

Camden Passage Market

Upper Street, N1

Open Tuesday, Wednesday, Saturday 8am to 4pm; Thursday and Friday 9am to 5pm

This Islington market is an antiques market on Wednesday and with books on Thursday. On Saturday it becomes a general market selling all sorts of things.

Even if you don't want to buy anything, markets can be fun to visit if you don't mind crowds and do like watching people and looking at stuff.

Cinemas/Film

British Film Institute

Tel: Information Services (020) 7255 1444, for answers to questions about film and television

Tel: 020 7815 1329, for workshops and events at the NFT

Email thalia.cassimatis@bfi.org.uk

Website: www.bfi.org.uk/index.html

They are the custodians of the largest film archive in the world and are a world leader in film restoration and preservation. They run the internationally renowned National Film Theatre and London Film Festival, the bfi IMAX Cinema, and the world's largest film library and educational resource. They also release films in cinema and on video and DVD and publish books and run educational programmes. They also have one of the largest collections of film stills and film posters in the world.

National Film Theatre

Belvedere Road
South Bank, Waterloo
SE1 8XT
Tel: 020 7928 3535
nft@bfi.org.uk

The NFT screens a unique choice of film and TV, including specially programmed seasons and events.

bfi London IMAX Cinema

1 Charlie Chaplin Walk
South Bank, Waterloo
SE1 8XR
Tel: 0870 787 2525
imax.cinema@bfi.org.uk

The biggest screen in Britain showing incredible large-format films.

Website: www.visitlondon.com

This site lists most of what you need to know if you are visiting London. It is also helpful for people living in London if you want to find something to do for the day, go to Attractions and find details on art galleries, museums, palaces and castles, sight seeing, tours and what they call the 'unusual/unique' for something a bit different.

City Farms and City Gardens

FCFCG, London Regional Office
P.O. Box 25359
NW5 4ZN
Tel: 020 7485 5001
Email: London@framgarden.org.uk
Website: www.farmgarden.org.uk

Contact for information about small green spaces around London, including city farms. Each space and farm is unique and distinct to the community from which is developed.

Freightliners City Farm (Islington)

26

Sheringham Road
N7 8PF
Tel: 020 7609 0467
Fax: 020 7609 9934
staff@freightlinersfarm.org.uk
www.freightlinersfarm.org.uk

Open: Tuesday to Sunday, 9am to 1pm and 2pm to 5pm.

Freightliners is a working farm with lots of animals and poultry. Activities include after school clubs, under 5's and school visits.

Gingerbread

First floor, 7 Sovereign Court, E1W 3HW
Tel: 020 7488 9300
Advice Line: 0800 018 4318 (Monday to Friday: 9am to 5pm)
Fax: 020 7488 9333
Email: office@gingerbread.org.uk
Website: www.gingerbread.org.uk

A leading support organisation for lone parent families in England and Wales. Gingerbread was started in 1970 and is a registered charity maintained by lone parents.

Gingerbread provides a variety of services, including social and informational for parents and children. In London there is a Teen Project, run by teenagers.

Holloway Parents Centre

38 Mayton Street
N7 6QT
Tel:020 7700 3690
Fax:020 7607 1602
Email: parentscentre@hng.org.uk
Open Monday – Friday, 9.30am – 4.30pm (term time).

They are a community-based service which provides information and support to parents in Islington and offers a range of free courses, workshops and support groups. Courses are aimed at parents from a wide range of backgrounds, for parents with teenagers, with young children, young parents and many others. Free crèche facilities are available for all courses. Courses are accredited and parents receive a participation certificate on completion of the course. They also have an under-5s play

area outside and offer respite crèche and a time out crèche and a drop-in group.

Islington Ecology Centre

Gillespie Park Local Nature Reserve

191 Drayton Park

London N5 1PH

Tel: 020 7354 5162

Email: islingtonecologycentre@btopenworld.com

A park surrounds the Ecology Centre where you can discover a wide variety of wildlife and flowers.

The Ecology Centre is an education and visitors centre, designed and run as a model of green living. Events are run for the public and the Nature Conservation Team can provide advice on all aspects of sustainable living.

Contact the Centre for a copy of the free *Islington Greenspace and Leisure Events* brochure which outlines the many activities in the local green spaces/parks, including health and fitness activities, walks and talks, courses and workshops for families, shows and festivals, children's activities.

Islington Play and Youth Service

Block B

Barnsbury Complex

Barnsbury Park, N1 1QG

Tel: 020 7527 5641

Website: [www.islington.gov.uk/Education/SchoolYears/](http://www.islington.gov.uk/Education/SchoolYears/YoungPeople/Service/Guide)

[YoungPeople/Service/Guide](http://www.islington.gov.uk/Education/SchoolYears/YoungPeople/Service/Guide)

This service manages and supports over 150 groups which provide a range of activities for children and young people aged between 5 and 18.

For details about what is available, contact the office and ask for a copy of the Play and Youth Guide, or log onto the website

Services include: play centres, adventure playgrounds and play schemes, youth clubs, youth centres and specialist youth projects.

Islington's Young People's Services

Tel: 020 7527 5641

Website: www.islington.gov.uk

Phone for the Guide to Islington's Young People's Services.

On the website look for the *children's directory* and *play* which provide details about activities for children in the borough and a list of play areas. Some of the details are listed in this directory.

Islington's Young People's Services work with the local voluntary sector to provide a range of things to do. For children this includes play centres, adventure playgrounds and play schemes and a variety of activities including drama, music, crafts and trips and outings. If there is something not offered, that you or your child would like, you can discuss it with a play worker who may help you to set it up.

Islington Council funds 12 adventure playgrounds, including one specialist playground for children with disabilities. These playgrounds are for those aged 5 – 12 years and are open after school, weekends and holidays. There are 21 play centres running after school in primary school buildings for the 5-11 age range. These run for 2.5 hours per night and have full day programmes in some places during the Easter and summer holidays.

There is also lots offered for young people aged 11 – 18.

Kidz Page

www.campsimcha.org.uk

Go to "About Us". Then follow link to "Kidz Page" to get a list of games, boredom busters, and activities to do.

Kings Cross Partnership

Tel: 020 7713 1177

Fax: 020 7713 7117

Email: brain.tesner@kxpartnership.co.uk

Website: www.kingscrosslondon.com

Phone for a free copy of the Kings Cross Guides, which tells you what is happening in the Kings Cross area, or visit the website which includes details on local attractions, entertainment, festivals, sport and fitness, workshops and classes.

Leisure Centres

Tel: 0207 7609 2166

Website: www.aquaterra.org

Leisure centres in Islington are managed by the charity Aquaterra Leisure. For details about the opening times and prices of Islington's seven leisure centres, contact Aquaterra or the individual leisure centre.

Archway Leisure Centre

MacDonald Road, N19 5DD

Tel: 0207 281 4105

Website: www.aquaterra.org/Islington/archway

The centre has a leisure pool with a river run, spa pools, water slide, water jets, waves, lane swimming and lessons. The centre also provides children's parties, a hi-tech gym with computerised machines and satellite television, magic boat soft play area, sauna steam room, sun beds and sun booth, and water aerobics.

Cally Pool

299 Caledonian Road, N1 0NH

Tel: 0207 278 1890

Website: www.aquaterra.org/Islington/cally

The centre features a large main pool with lane swimming, lessons and warm teaching pool. The centre also provides children's parties, toys and floats sessions, hi-tech air conditioned gym with computerised machines, sauna and steam room, sun booth and water aerobics.

Finsbury Leisure Centre

Norman Street, EC1V 3PU

Tel: 0207 253 2346

Website: www.aquaterra.org/Islington/finsbury

The centre provides badminton, children's parties, exercise classes, football, judo, netball, squash, table tennis and trampolining. There is also a bar and function suite.

Highbury Pool

Highbury Crescent, N5 1RR

Tel: 0207 704 2312

www.aquaterra.org/Islington/highbury

The centre has a large main pool, warm teaching pool, children's float sessions, lane swimming, lessons, water aerobics. The centre also has children's parties, a hi-tech gym with computerised machines and satellite television, sun-bathing patio and sun booths.

Ironmonger Row Baths

Ironmonger Row

EC1V 3QF

Website: www.aquaterra.org/Islington/irb

The centre has a large main pool, warm teaching pool, lane swimming, lessons, water aerobics, Turkish baths and sauna. The centre also provides children's parties, a hi-tech gym with computerised machines and television, a launderette, sun beds and booths.

Islington Tennis Centre

Market Road, N7 9PL

Tel: 0207 700 1370

Website: www.aquaterra.org/Islington/ITC/

The centre provides indoor tennis, outdoor tennis, coaching sessions, facilities for children's parties, a hi-tech gym with computerised machines, two full size floodlit Astro turf pitches and a changing pavilion.

Sobell Leisure Centre

Hornsey Road, N7 7NY

Tel: 0207 609 2166

Website: www.aquaterra.org/Islington/sobell

The centre provides exercise classes, martial arts, badminton, basketball, children's parties, pirates playhouse soft play area, climbing walls, coaching sessions, crèche, fitness training and five-a-side football. The centre also has a function suite, a bar, a hi-tech gym with computerised machines and satellite television, an ice rink, sauna and steam, squash, sun beds and sun booths, table tennis and a trampoline.

London Travel Information

020 7222 1234

Website: www.transportforlondon.gov.uk

Provide information on public transport: routes and time tables.

London Wildlife Trust

Central Office

Skyline House

200 Union Street

SE1 0LW

Tel 020 7261 0447

Fax 020 7633 0811

Email enquiries@wildlondon.org.uk

Website: www.wildlondon.org.uk

One of 47 Wildlife Trusts which form a nationwide network of local nature conservation charities. The Wildlife Trusts care for almost 2,500 nature reserves. There is also a Kids Club for 8 to 14 year olds. The website lists contact names and telephone numbers for local groups.

Museums

24-hour museum listings

24 Hour Museum
 PO Box 3470
 Brighton
 BN1 1DA
 Tel: 01273 820044
 info@24hourmuseum.org.uk
 www.24hourmuseum.org.uk
 www.show.me.uk (children's section of 24 Hour Museum website)

The 24 Hour Museum is the UK's National Virtual Museum, offering a unique mix of daily arts and museum news as well as exhibition reviews and in-depth online trails.

Venue and listings information is supported by a comprehensive searchable database of more than 3,000 museums, galleries and heritage sites. The site provides museum "trails" which give plenty of ideas for things to do and places to visit. Some trails can be followed in a day, others might take longer.

Plenty of photographs, lots of links and easy to find contact details make an interesting read. Some trails can be followed physically, some virtually and some are themed, like the trail for Harry Potter fans.

Bank of England Museum

Bartholomew Lane, off Threadneedle Street, EC2
 Tel: 020 7601 5545 (answering machine)
 Website: www.bankofengland.co.uk
 Opening times: Monday to Friday, 10am – 5pm; Christmas Eve, 10am – 1pm. Closed at weekends and on Public and Bank Holidays.

Generally open on the day of the Lord Mayor's Show in mid-November but could be subject to change.

This is the place to go to learn about the Bank from its earliest days to its current role in the modern economy. There's lots to see, including Sir John Soane's 1793 Bank Stock Office, a modern reconstruction of his first major

work for the Bank on the original site. (You can see Sir John Soane's eccentric home in Lincoln's Inn, also for free.)

There are activity sheets for children. Some of the regular daily event include free, easy-to-follow presentations for children (9 – 11 years) about money. No booking required but limited availability. Check the website or call for more details and for a listing of special events and activities.

British Library

96 Euston Road

NW1

Tel: 020 7412 7332

Website: www.bl.uk

Opening times: Monday, Wednesday, Thursday, Friday: 9.30am – 6pm;
Tuesday: 9.30am – 8pm; Saturday: 9.30am – 5pm; Sun & English Public
Holidays 11.00am – 5pm

The British Library is the national library of the United Kingdom and one of the world's greatest libraries.

The library receives a copy of every publication produced in the UK and Ireland and includes 150 million items, in most known languages.

The Sound Archive keeps sound recordings from 19th-century cylinders to the latest CD, DVD and minidisc recordings.

The library runs a variety of workshops, some of which are suitable for children. Visit the website or call for details.

British Museum

Great Russell Street

WC1

Tel: 020 7323 8000 (switchboard)

020 7323 8299 (information desk)

Email: information@thebritishmuseum.ac.uk

Website: www.thebritishmuseum.ac.uk

Gallery opening hours: Saturday – Wednesday: 10am – 5.30, Thursday –
Friday: 10am – 8.30pm.

Great Court opening hours: Sunday – Wednesday: 9am – 6pm; Thursday
– Saturday: 9am – 11pm

Holds a collection of art and antiquities from ancient and living cultures spanning two million years of human history.

The museum runs special events for family groups. There is no pre-booking unless otherwise stated. Details are available from the Information Desk at the Museum, or by calling or visiting the website.

Tours, trails and activity sheets, backpacks and other activities are available for different age groups. Ask in the Reading Room.

Hamlyn Trails:

Free maps outline trails for different parts of the Museum.

Activity Backpacks:

Ford Activity Backpacks contain lots of games and puzzles for the galleries

Interactive guided tours

There are free interactive 30-minute guided tours for ages 6+ on the first weekend in the month and during school holidays. Adults and child(ren) can explore different cultures and galleries with a trained guide.

Family online tours

You can also take a virtual tour with activities and games to print out. Go to: www.thebritishmuseum.ac.uk/education/families/resources.html

Scroll down until you find the family online tours listing.

Canal Museum

2-13 New Wharf Road, London N1 9RT.

Tel: 020 7713 0836

Fax:020 7698

Website: www.canalmuseum.org.uk

Opening times: Tuesday to Sunday plus bank holiday Mondays (public holidays): 10am to 4.30pm. Last admission 3.45pm. Closed: Mondays (except bank holidays).

The Museum is located in New Wharf Road, a five minute walk from King's Cross Station. It is housed in a former ice warehouse built for Carlo Gatti, the famous ice cream maker. It provides a history of the ice trade and ice cream, as well as London's canals. You can see inside a narrowboat cabin. Canal boat trips are available.

Islington Museum

Town Hall

Upper Street, N1 2UD

Tel: 020 7527 2837

Fax: 020 7527 3152

Email: islington.museum@islington.gov.ukWebsite: www.islington.gov.uk/Leisure/LocalHistory/IslingtonMuseum/

Opening times: Wednesday to Saturday from 11am – 5pm; Sunday from 2pm – 4pm; closed Monday and Tuesday.

Islington Museum is in the former Assembly Hall, next to Islington Town Hall. It has two galleries with displays on the history of Islington and contemporary art exhibitions. There is also a small shop and information desk.

Parks in Islington

PO Box 3333

222 Upper Street

N1 1YA

Tel: 020 7527 4926

Email: bob.gilbert@islington.gov.ukWebsite: www.islington.gov.uk/Environment/Parks/171.aspBarnard Park

Copenhagen Street/Barnsbury Road N1

Acreage: 9.036. Large open park containing a good size playground with paddling pool and sand pit. There is also an adventure playground and redgra football pitch.

Nearest Stations: Caledonian Road (Piccadilly line) Caledonian Road and Barnsbury (Silverlink) Buses: 17, 91, 153, 259

Barnsbury Wood

Crescent Street, off Thornhill Crescent N1

Tel: 020 7354 5162

Open Tuesday s 2pm – 4pm and for special events.

Local nature reserve with native and non-native trees, shrubs and plants.

Caledonian Park

Market Road, N7

Acreage: 18.270 Large open grass areas surrounded by native

conservation woodland. Once the site of the old Cattle Market and still retains the original cast iron railings and working Clocktower.

Nearest Station: Caledonian Road (Piccadilly Line) Buses:17, 91, 259

Calthorpe Projects

258-274 Gray's Inn Road WC1

Tel: 020 7837 8019

Gardens where you can grow your own flowers, vegetables or herbs. Wide range of activities including football, tennis and netball.

Camley Street Natural Park

12 Camley St

NW1 0PW

Tel: 020 7833 2311

Email: camleyst@wildlondon.org.uk

Opening times: Monday – Thursday 9am – 5pm or dusk if earlier.

Closed on Fridays. Saturday, Sunday 11am–5pm.

Weekends 11am – 5pm (summer) or 10am – 4pm or dusk if earlier (winter).

Disabled parking only.

Nearest tube: Kings Cross St Pancras

Two-acre wildlife haven, with a visitor centre and year round activities, created in 1985 from a former coal depot. Features include a pond, meadow and woodland, providing a natural environment for birds, bees, butterflies, amphibians and a rich variety of plant life.

Individuals are welcome to drop in during opening hours or call for details of the regular wildlife watch club & holiday play activities.

Canonbury Grove, N1

Acreage: 3.475. Long linear park, following line of New River from St Paul's Road to Canonbury Road.

Nearest Stations: Essex Road (WAGN), Canonbury (Silverlink Metro)

Buses:38, 56, 73, 271, 341

Corams Fields

93 Guilford Street WC1N

Tel: 020 7837 6138

Culpeper Community Garden Islington

Junction of Cloudesley Road and Copenhagen Street, N1
Tel: 020 7833 3951

Open: daily 9 – 4pm weekdays and also most weekends (check before you go).

Prize-winning public garden cultivated by and for local people with a wide range of plants, two ponds and a rose pergola and a picnic area. Various events (plant sales, children's art workshops, pensioner's strawberry teas) held throughout the year. Call for details.

Edward Square N1

Recreational area off Copenhagen Street. A mural marks the huge 1834 trades union gathering here, prior to a successful protest march against sentences imposed on the Tolpuddle Martyrs who fought for farm workers rights.

Elthorne Park

Hazelville Road, N19

Peace garden, conservation area and children's play area.

Nearest Station: Archway (Northern line, five minutes walk) Buses: 17, 41, 43, 91, 210, 271

Finsbury Square

Finsbury Square, EC2

Bowling green and city oasis, great for picnic lunches.

Nearest station: Moorgate (Northern, Circle, Hammersmith and City lines, Thameslink, WAGN) Buses:43, 76, 141, 214, 271

Fortune Street Park

Fortune Street, EC1

Well used, medium sized park with playground facilities, rose gardens and lawns. Very popular lunchtime spot in the summer.

Nearest Station: Old Street

Gillespie Park

Drayton Park, N5

Green Flag Award winner for the second year running, the Gillespie Park Ecology Centre provides education for schools, events and courses for the public and advise on all aspects of sustainable living. One of 3 local nature reserves and contains a range of beautiful wildlife habitats including woodland, meadow, wetland and ponds. Closed on Arsenal match days.

Nearest stations: Arsenal (Piccadilly Line), Finsbury Park (Victoria Line),
Drayton Park Buses: 4, 19, 236

Highbury Fields

Highbury Crescent, N5

Islington's largest open space, with tennis courts, football pitch and a well-used children's play area.

Nearest Station: Highbury and Islington (Victoria line/Silverlink Metro/WAGN). Buses: 19, 30, 43, 271, 277 to Highbury Corner.

Laycock Street Open Space

Laycock Street, N1

Open grass area with island shrub beds. Contains a small playground and kickabout area.

Nearest Station: Highbury and Islington (Victoria line/Silverlink Metro/WAGN) Buses: 4, 19, 30, 437

Paradise Park

Sheringham Road, N7

Large park that contains a playground with sand pit and paddling pool. There is also a football pitch. Next door is the Freightliners City Farm, suitable for children of all ages.

Nearest Stations: Caledonian Road (Piccadilly Line) or Highbury and Islington (Victoria line/Silverlink Metro/WAGN) Buses: 17, 43, 91, 271

Rosemary Gardens

Southgate Road, N1

Large park with playground containing sandpit and paddling pool. The site also has a large redgra football pitch and 2 tennis courts.

Nearest Station: Essex Road Buses: 76, 141, 30, 38, 56, 277

St. Pancras Gardens

38

Pancras Way NW1

Tel: 020 7911 1681

The burial ground of Old St Pancras Church became a garden in 1877. Johann Sebastian Bach's son and William Jones, who was Dickens schoolmaster, are buried here. The shape of the mausoleum of architect Sir John Soane and his wife inspired Giles Gilbert Scott's design of the red telephone box.

Tufnell Park Playing Fields

Campdale Road, N7

Popular site for ball games, two tennis courts. Nearest station: Tufnell Park (Northern line) Buses: 4

Whittington Park

Holloway Road, N19

Popular large play area, games area, children's play area and conservation site and enclosed dog exercise area.

Nearest stations: Upper Holloway (Silverlink Metro), Archway (Northern line) Buses:17, 43, 271

Places to visit

English Heritage

Customer Services Department

PO Box 569

Swindon

SN2 2YP

Tel: 0870 333 1181

Fax: 01793 414926

Email: customers@english-heritage.org.uk

Website: english-heritage.org.uk

English Heritage cares for more than 400 historic sites which are open to the public. Each property is unique, with many set in beautiful landscapes or gardens. Over half of them can be visited free of charge, and all are free to members.

Kenwood House

Hampstead Lane NW3

The most local English Heritage site to Islington.

39

It is set in the grounds beside Hampstead Heath. It is an outstanding neoclassical house with works by Rembrandt, Vermeer, Turner, Reynolds and Gainsborough. The house also contains paintings from the Suffolk Collection, with magnificent full-length portraits by William Larkin and Royal Stuart images by Van Dyck and Lely.

Kenwood is also worth a visit: extensive lakeside gardens, meandering pathways and woodland, sculptures by Henry Moore and Barbara Hepworth, wonderful views of London, magnificent scenery with ancient oaks and a variety of wildlife.

Regent's Canal

British Waterways 020 7286 6101

Opened in 1820, linking the Grand Junction Canal at Paddington to the Thames at Limehouse, passing through King's Cross. The two canals merged in 1929 to form the Grand Union Canal. Commercial traffic was heavy until the 1940s, but by 1960 it had all but disappeared. Now used for leisure, you can still see the relics of the past all along its course. See also Canal Museum (page 33).

Playgrounds

Crumbles Castle

Bingfield Street N1

Tel: 020 7278 8640

Adventure playground for 5-15 year olds. Open Monday to Friday 3.30pm – 6pm. Call for cost.

Toffee Park Adventure Playground

A registered charity which provides an open access adventure playground for 5-12 years old. Childcare places are full time in the holidays. After school pick up service: from St Lukes, Prior Weston, St Peter's and St Paul's, picked up and brought back and given a light snack, play activities available, costs £4 a day. Also runs a scheme for 30 childcare places (costs £5 per day for packed lunch and for a cooked meal). Termtime: Mon-Fri, 3.30-6pm; Holidays: Mon-Fri, 10.15-12.45pm & 2-5.15pm. As from the 18th of April 2005 it will open 10am-3pm. Voluntary managed.

Road Safety

40

Tel: 020 7527 2513 (Road Safety officer)

Tel: 020 7527 2071 (Cycle routes)

Road Safety provides free cyclist training courses for children aged 11 and over.

Siblinks

PO Box 2561

Coulsdon CR5 2YA

Website: www.siblinks.org/index.htm

Siblinks is a network for young people 13 to 25 years who are a sibling or son or daughter of people affected by cancer. Siblinks aims to help these young people to gain support through social, practical and emotional activities and provide information to raise awareness. They also work to empower young people to organise and run Siblinks.

Young people are invited to register their name and details by email to be added to the mailing list. The young person will then be kept informed with the latest siblinks news, events and instructions on how to book your place to join in the activities.

Sport England

3rd Floor Victoria House

Bloomsbury Square

WC1B 4SE

Tel 08458 508 508 (Monday – Friday, 8am to 6pm)

Fax: 020 7383 5740

Email: info@sportengland.org

Website: sportengland.org

Sport England is an organisation committed to creating opportunities for people to start in sport, stay in sport and succeed in sport. If you want to get active, check out some of the suggestions. "It only takes thirty minutes of exercise a day to dramatically improve your health and fitness." Contact them to find out more about Sport England's ambitious new campaign.

Sure Start

(see Parenting section for contact details)

Talented Athlete Scholarship Scheme (TASS)

(see Families & Animals section for contact details)

This is a website suitable for children, young people and adults. It provides an opportunity online to participate in condensed versions of workshops that have taken place in schools, museums and galleries.

Young National Children's Bureau

8 Wakley St

EC1V 7QE

Tel: 020 7843 6067 or 6099

Email: info@youngncb.org.uk

Website: www.youngncb.org.uk

Part of a much bigger organisation called the National Children's Bureau.

All children and young people can become members of Young NCB for free. It is run by an Advisory Group of young people and gives its members the chance to talk about – and do something about – things that are important to you, like television, health, schools, bullying and drugs.

At Young National Children's Bureau what a young person says will be heard by other children and young people, professionals and people who change policy.

Youth Art Online

Tel: 020 7286 2722

Website: www.youthartonline.org.uk

This is an organisation that is "promoting creativity and participation". The web page lists all sorts of courses and ways young people can get involved in the arts.

Youth Music

1 America St

SE1 0NE

Tel: 020 7902 1060

Fax: 020 7902 1061

Email: info@youthmusic.org.uk

Website: thesoundstaion.org.uk

A national charity that has been set up to enable children and young people to make themselves heard, regardless of their background or ability. They fund and support all sorts of different music-making projects across the country; from garage to gospel, rock to reggae, hiphop to house, classical to choral, samba to soul, funk to folk, jazz to junk.

ChildcareLink

www.childcarelink.gov.uk

Tel: national information line 08000 96 02 96

This service provides general information about childcare, explaining what the different forms of child care are and how to find local childcare. The site also contains details of your local Children's Information Service, who can provide additional help and advice with all aspects of childcare and early years.

Leaflets can be downloaded on the following:

- Choosing a childminder
- Choosing a nursery class or nursery school
- Choosing out of school care/holiday schemes

Daycare Trust

21 St George's Road

London

SE1 6ES

Tel: 020 7840 3350 (Monday – Friday 10am to 5pm)

Fax: 020 7840 3355

Email: info@daycaretrust.org.uk

Website: www.daycaretrust.org.uk

The national childcare charity.

They provide general information and advice about childcare in their comprehensive guide, *Choosing Childcare* – your Sure Start guide to childcare and early education. The guide may help you to decide what kind of childcare might suit your child and your family circumstances. The guide includes details about childcare options, how to find childcare, becoming a working parent.

National Family and Parenting Institute

430 Highgate Studios

53-79 Highgate Road

London NW5 1TL

Tel 020 7424 3460

Fax 020 7485 3590

Email info@nfpi.org

Website: www.e-parents.org.uk

An independent charity working to improve the lives of parents and families by campaigning for a more family-friendly society.

e-parents is a website that provides all sorts of information and advice. It also has an agony aunt online for parents to email in questions and concerns.

Parentline Plus North London

520 Highgate Studios

53-79 Highgate Road

London NW5 1TL

Tel: 020 7284 5536

Helpline 0808 800 2222 (seven days a week, 24 hours a day)

Textphone: 0800 783 6783 (Monday—Friday: 9am – 5pm)

Website: www.parentlineplus.org.uk

Parentline Plus is a national charity that works for, and with, parents.

In addition to the helpline, Parentline Plus run groups and workshops to give parents tools and ideas to build closer relationships with their children and to help their children to make the most of life.

Sure Start Islington

Part of a national government-funded programme working with local families and carers with children under-four. There are five local programmes in Islington. Local parents can participate in the parents' forum and become involved in making decisions about how services are offered to local families in the area.

Each programme provides lots of different services (decided locally). These may include trips and outings, activities for children, parenting advice and courses, extra support at difficult times, support during pregnancy, opportunities for parents to meet other parents and to get involved in the local area and services and for children to have new experiences and to meet other children.

Each local programme has a defined catchment area. Call the nearest programme to find out if you are within their area.

Sure Start Highview

Unit 115 Belgravia Workshops

157–163 Marlborough Road

N19 4NR

Tel: 020 7527 5260/020 7527 3379

44

Fax: 020 7527 5262

Opening hours: Monday to Friday from 9am to 5pm

The Highview catchment area is in the north east of the borough.

This Sure Start programme has a child psychologist, speech and language therapist, nursery nurses and family support workers to support and offer advice to parents.

Crèche facilities are available to users.

Sure Start Hillmarton

43A Roman Way

N7 8XF

Tel: 020 7609 9295/ (Hungerford Centre)

Email: shelly@hillmartonss.co.uk

Sure Start Centre

Hungerford Primary School

Hungerford Road

N7 9LF

Tel: 020 7619 9149

Services include: Daily Stay 'n' Play sessions. A range of free parenting courses, tutored swimming sessions, art, music and dance classes and outreach. Weekly homeopathy (natural healing) and reflexology (therapeutic massage) clinics. Specialist services include art therapy, fast track referral to child psychology and speech and language therapy. Individual family support. Preparation for birth classes, La Leche breastfeeding, peer supporters as well as support and advice on breastfeeding.

Sure Start Holloway

88 Hornsey Road

N7 7NN

Tel: 020 7700 3402

Fax: 020 7697 8101

Email: enquiries@surestartholloway.co.uk

Opening hours: Monday to Friday from 9am to 5pm

This Sure Start provides a range of services including home visiting and outreach, parenting course and workshops, support to families and children with special needs, one to one midwifery with community interpreters, complimentary therapies, stay & play sessions.

There are activities for children, family trips and fun days, free soft-play sessions at Sobell Centre and swimming at Archway swimming pool.

Free crèche is available to support parents attending training activities and also for families in need of respite. Support is also available for parents who want to get back to work.

There are many other services. Call for details.

Sure Start Islington South

St Lukes Centre

90 Central St

EC1V 8AQ

Tel: 020 7336 0286

Fax : 020 7336 0286

Email: islingtonsouth@hotmail.com

This service is for parents and carers with children under-four living in the wards of Bunhill and Clerkenwell.

This Sure Start programme is integrated with the Fortune Park Children Centre.

There is a family support team, who do outreach and run sessions at the Sure Start room at Moreland School.

Sure Start Mildmay and Canonbury East

Unit 30, 3rd Floor

Leroy House

436 Essex Road

N1 3QP

Tel: 020 7704 0198

Fax: 020 7354 9147

Email: paula@surestartmce.com

Opening hours: Monday to Friday from 9am to 5pm

Services include drop-ins, health services, benefits advice, special needs advice and information, fun days, home safety scheme, translation and outreach to the community.

The Parent House, Winton & Co

(see Families section for contact details)

YoungMinds

(see Counselling section for contact details)

Notes

Index

Accessart, 41
Active Places, 24
Advocacy, 12, 13
African/Caribbean, 16
Ajowa Ebi (Family Co-operation), 16
Animal Welfare Service, 16
Art, 4, 25, 36, 39, 41, 44
BBC, 4
Brandon Centre, 9
British Library, 32
British Waterways, 39
Camden Passage Market, 24
CAMHS, 9
Cancer, 4, 9, 40
Cancer Counselling Trust, 9
CancerBACUP, 4
Careers, 16, 19, 21, 23
Careers Centre, 19
CARIS Islington Bereavement Service, 3
Channel 4, 5
Child and Adolescent Mental Health Service, 9
Child Bereavement Trust, 5
Child Death Helpline, 5
Child Tax Credit, 23
Childcare, 17, 42
ChildcareLink, 42
ChildLine, 10
Children, 9, 10, 11, 16, 26, 27, 28, 30, 32, 39, 43-45
 bereaved, 3, 5, 6, 8
 loss of, 5, 6, 7
Children's Directory, 17
Cinemas, 24
City Farms, 25
City Gardens, 25

Compassionate Friends, 6
Consumer Credit Counselling Service, 19
Counselling, 9-17

Crumbles Castle, 39
Cruse Bereavement Care, 6
 Youth Involvement Project, 6
Daycare Trust, 42
Debt, 21, 23
Disability, 11, 28
Disabled Children's Team, 10
Drum, 14
Education, 21
Education Welfare and Social Work Service, 11
Employment, 16, 19, 20, 22, 23
Energy Efficiency Advice Centre, Islington, 19
English Heritage, 38
Enterprise Careers Services, 16
Family Service Unit, 11
Farms. See City Farms
Film. See Cinemas
Fire safety, 23
Freightliners City Farm, 26
FSU, 11
Furniture, 21
Get Connected Helpline, 12
Gingerbread, 26
Grants, 22 See also Money saving
Health, 23
Helpline
 Consumer Credit Counselling Service, 19
Helplines
 CancerBACUP, 4
 Child Death Helpline, 5
 Childline, 10
 Compassionate Friends, 6
 Cruse Bereavement Care, 6
 Youth Involvement Project, 6
 Get Connected Helpline, 12
 Learndirect, 21
 One Parent Families, 18
 Parentline Plus, 43
 Roadpeace, 7
 Saneline, 13
 Stillbirth and Neonatal Death Society, 7
 Supportline, 13

Survivors of Bereavement by Suicide, 8
Tax Credits, 23
Winston's Wish, 8
Holloway Parents Centre, 26
Homelessness. See Housing
Housing, 19, 22
Housing Aid Centre, 19
Islington Careers Centre, 19
Islington Ecology Centre, 27
Islington Law Centre, 12
Islington Victim Support, 12
Islington Voluntary Action Council, 17
Islington's Children's Directory, 17
Job Centre Plus, 20
Jobs, 20. See Employment
Kidz Page, 28
King's Cross Furniture Project, 21
Kings Cross Partnership, 28
Learndirect, 21
Learning centres, 21
Legal advice, 12
Leisure, 24–41
Leisure centres, 28, 29, 30
Libraries, 21, 32
London Fire Brigade, 23
London Travel Information, 30
London Wildlife Trust, 30
Lone parents, 17, 22, 26
Maya Centre, 14
Mind (Islington), 13
Mind Publications, 7
Money saving, 19, 23
Museums, 31, 32, 33, 34
Music, 41
National Children's Bureau, 41
National Debtline, 21
National Family and Parenting Institute, 42
New Deal for Lone Parents, 22
NHS Direct, 23
Nurseries. See Childcare
One Parent Families, 17 See Lone parents
Outdoors, 24, 25, 26, 27, 28, 30, 33,39

Parent House, Winton & Co, 18
Parenting, 9, 11, 15, 26, 42–46
Parentline Plus, 43
Park, 27
Parks, 34 - 38. See also Outdoors
Places to visit, 38
Play and Youth Service, Islington, 27
Playgrounds, 39
Regent's Canal, 39
Road Safety, 40
Roadpeace, 7
Royal College of Psychiatrists, 13
rucksack, 3
Safety
 fire, 23
 Road, 40
SANDS, 7
Saneline, 13
School Social Work Team, 11
Sexual health, 9, 15
Shelter, 22
Siblinks, 40
SOBS, 8
Social Fund, 22
Sport, 18, 40. See also Leisure centres
Sport England, 40
Stillbirth and Neonatal Death Society, 7
Student Support, Islington, 21
Supportline, 13
Sure Start, 43–45
Survivors of Bereavement by Suicide, 8
Swimming. See Leisure centres
Talented Athlete Scholarship Scheme (TASS), 18
Tax Credits, 23
Toffee Park Adventure Playground, 39
Training, 21, 23
Transport, public, 30
Traumatic Stress Clinic, 14
Venus Project, 15
Victim Support, 12, 15
Volunteering, 17

Web links, 4, 25, 28, 41
Winstons Wish, 8
Women, 14, 15
Women's Therapy Centre, 15
Working Families Tax Credit, 23
Working Parents' Website, 23
Worktrain, 23
Young National Children's Bureau, 41
Young people, 9, 12, 14, 15, 16, 18, 21, 27, 40, 41,
bereaved, 5, 6
Young People's Services, Islington, 27
Young Persons Victim Support Project, 15
YoungMinds, 15
Youth Music, 41

**Our many thanks go to
Augene Nanning and Krishna Ramamurthy
for all their hard work in producing this directory.**

Published by CARIS Islington Bereavement Service
St Mary's Church, Ashley Road, N19 3AD, 020 7281 5200
carisislington@yahoo.co.uk © CARIS Islington, September 2005