

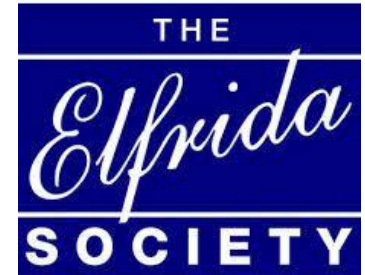
'On Your Marks'

Community Offers in Islington

(and some neighbouring boroughs)



communitycatalysts®
unlocking potential effecting change



About this document

- This Powerpoint document was used at the 'On Your Marks' event hosted by Elfrida, Family Carers Action Group and Community Catalysts.
- It is for partners to help with signposting.
- This document was **last updated on the 15th January 2024**.
- The information within the document about community offers is public information, gained mainly from the Islington Directory:
<https://findyour.islington.gov.uk/kb5/islington/directory/home.page>
- The council and partners are working to make this information available in different ways.
- We offer an impartial service, and cannot recommend or endorse any providers listed.
- **It is strongly recommended that people always check with the community offers that the service meets their requirements as timetables are subject to change.**

Elfrida SOCIETY **communitycatalysts®**
An event for people with learning disabilities and/or autism and their families

Are you looking for more activities in Islington?

Then come and join us at **On Your Marks!**
An event for people with learning disabilities and/or autism and their families

On Your Marks is a fun and interactive drop-in session being held at Daylight Centre on 29th November 2023 (10.30-12.30pm).

Anyone aged 16+ with a learning disability and/or autism and their family and carers will be warmly welcomed!

Come along for chat, a coffee and a chance to find out about over 100 things to do in Islington and neighbouring boroughs.

There will be lots of activities and volunteering opportunities to find out about.

You can even have your say on new activities you would like to see set up!

Daylight Centre, 14-16 Highbury Grove, Islington N5 2EA

SCAN ME

Scan the box with the camera on your phone to book a place today.

YOURSE WRITE! **Wednesday** **November 29** 10:30 12:30

For more information, please contact Kat Edwards on kat.edwards@elfrida.com or 07801 529 963

Section guide



1. Sport and Dance
2. General arts
3. Social activities
4. Life skills- vocational, learning, volunteering



Sport and Dance



Cricket

FREE Cricket Sessions delivered by the Elfrida Society and Middlesex Cricket



Come along and improve your cricket skills, get fit and make new friends in a fun and friendly environment. All disabilities and ages are welcome.



When: Every Friday
Time: 1:00pm to 2:30pm
Where: Caxton Community House, 129 St John's Way, N19 3RQ



What do I need?
Trainers, loose clothing, and water.



What do we need from you?
Just let us know if you are coming and to spread the word amongst friends



To find out more contact Nikki on:
07841 033248
or Nikki.chivers@Elfrida.com

Fresh Start Fitness

A sport session delivered by the Elfrida Society and Sportworks



Sessions are FREE and include:
aerobics, body conditioning, light weight training, boxercise, yoga and intensity interval training



When: Every Monday
Time: 2:30 to 3:30pm
Where: Islington Tennis Centre and Gym, Market Road, London, N7 9PL



What do I need?
Trainers, loose clothing and water



To find out more, speak to Nikki:
07841 033 248
Nikki.chivers@elfrida.com

Tennis

FREE Tennis sessions for adults and young people with learning disabilities in partnership with Sportworks



We run FREE weekly tennis sessions geared towards all people with learning disabilities. All abilities are extremely welcome and our coach will combine tennis-based ball and racket skills with fitness and fun



When: Every Wednesday
Time: 11:00am to 12:00pm
Where: Islington Tennis Centre and Gym, Market Road, N7 9PL



What do I need?
Trainers, loose clothing, and water.



What do we need from you?
Just let us know if you are coming and to spread the word amongst friends



To find out more, speak to Nikki:
07841 033 248



Elfrida Football Club

Inclusive Sessions for People with a Learning Disability



Come along and improve your football skills, get fit and make new friends in a fun and friendly environment.

All disabilities and ages are welcome.

The sessions are FREE and are delivered by a Football Association Qualified Coach.



Where?
TRENT PARK, Bramley Road, Southgate, N14 4UW - on 5 aside & 7 aside pitches



Nearest Tube: Oakwood - Piccadilly Line
Nearest Bus Routes: 121 or 307



When?
Thursdays from 11:30 am to 1:00pm
Pan Disability League games on Weekends



What do I need?
Bring water and shin pads & your own kit



What do we need from you?
Just let us know if you are coming and to spread the word among your friends



To find out more or to let us know, you are coming contact Ashley Cunliffe on
07487367853 or by email:
Ashley.Cunliffe@elfrida.com



Club Islington multi sport session

Wednesdays- 4:00pm – 5:30pm

Sobell Leisure Centre in the Body and Mind Studio.

The first session is free trial. £4 per session onwards.

Booking details:

You need to book in advance:

To book the session, please use this link:

<https://disabilitysportscoach.org.uk/get-active/community-clubs/club-islington/>

Club Hackney multi sport session

Thursdays- 11am-12.30pm

Queensbridge Leisure Centre

The first session is free trial. £4 per session onwards.

Booking details:

You need to book in advance:

To book the session, please use this link:

<https://disabilitysportscoach.org.uk/get-active/community-clubs/club-hackney/>



Yoga On Zoom

Thursday 5-5.30pm - Free

Please use the zoom code below for all sessions:

Join Zoom Meeting:

<https://us06web.zoom.us/j/85265414685?pwd=b1VNdTVQSkFCRWFrTVgvL0tWRGxnZz09>

Meeting ID: 852 6541 4685

Passcode: 210087





Thursday 11:30am-1:30pm

Weekly football session for people with Learning disabilities

Free

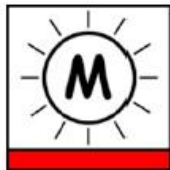
Arsenal Hub N77BA

To find out more about any of these sessions and to take part, please contact Luke Howard at [**lhoward@arsenal.co.uk**](mailto:lhoward@arsenal.co.uk)



mencap Me Time

Day: Staff



Monday: Johny

Activity



Walking Football

Start time



11:30

Finish time



1:00

Meeting



Angel Tube Station



If you are interested in **joining an activity** telephone or email

Johny **07506 844 649** or johny.brown@mencap.org.uk

Jonathan **07930 563 790** or jonathan.quarterman@mencap.org.uk

mencap
Me Time



Thursday: Johny



Gym



Sobell Centre



If you are interested in **joining an activity** telephone or email

Johny **07506 844 649** or johny.brown@mencap.org.uk

Jonathan **07930 563 790** or jonathan.quarterman@mencap.org.uk

Visit our **Activity Finder** to search for activities in your local area



Sense Active

Sense Active support individuals with complex disabilities to be active.

Are you a service who supports individuals with complex needs? We often have lots of free opportunities but struggle to find the right services to share it with.

Get in touch with the London coordinator (katie.sawyer@sense.org.uk) to see what support we can offer.

Setting up activities

We support the setup of new activities specifically for individuals with complex needs, either in your service or community-based sessions in the local area.

Workforce Training

We provide training for anyone wanting to learn how to deliver effective and engaging sport & physical activity sessions to individuals with complex needs & sensory impairments.

Sensory Sport

We've found that team-based sports are very hard for those with complex needs to take part in, in a meaningful and engaging way. That's why we created [Sensory Tennis](#) and [Sensory Football](#). Get in touch to discuss our free resources, training and support to set up your own sessions, or attend ones we already have set up.



Sensory Walks

Our [Sensory Walks](#) programme enables people with disabilities to engage with nature through the senses on fully accessible walking routes. We help train walk leaders, map sensory walks and organise led walks.



To access any of these opportunities or for more information, please contact katie.sawyer@sense.org.uk or call **07500 706579**



SEN sports sessions at Finsbury Park, Tuesdays 11am-1pm

No age limit- everyone welcome

The Access to Sports Project deliver a wide range of free Sporting Activities for Young People aged up to 19 in Islington.

<https://accesstosports.org.uk/bookings/>

There are also some women's only sessions (see right)

MONDAYS

Football Sue Davies Pitch	Ages: 8 - 12	5pm - 6:30pm
Football Sue Davies Pitch	Ages: 13 - 16	6:30pm - 8pm
Women's Football Sobell Leisure Centre	Ages: 16+	7pm - 8pm
Tennis & Multi Sports King Square	Ages: 6 - 7	4pm - 5pm
Football King Square	Ages: 8 - 12	5pm - 7pm

WEDNESDAYS

Women's Fitness Elizabeth House	Ages: 17+	9:30am - 10:30am
Football Harvist Estate	Ages: 8 - 12	4:30pm - 6:30pm
Multi-Sports Rosebowl Youth Hub	Ages: 8 - 12	4:30pm - 6pm
Multi-Sports Rosebowl Youth hub	Ages 13+	6pm - 8pm

THURSDAYS

Tennis Sue Davies Pitch	Ages: 5 - 7	4pm - 4:45pm
Tennis Sue Davies Pitch	Ages: 8 - 10	4:45pm - 5:30pm
Multi-Sports Rosebowl Youth Hub	Ages: 8 - 12	4:30pm - 6pm
Basketball London Met Uni (Tower Building)	Ages: 6 - 11	4:30pm - 6pm
Football Mayville	Ages: 8 - 12	5:30pm - 7:30pm
Women's Football Sobell Leisure Centre	Ages: 16+	7pm - 8pm



Pedal Power

Special people on the move!

Tuesday between 10am-2pm on the Finsbury Park Athletics track.

Thursday between 10:30am-1:30pm at the Emirates Stadium

Friday between 9:30am-12:30pm at the New River Stadium on White Hart Lane




Saturday between 12pm-3pm at the Finsbury Park Athletics Track

Pre-booking is required via the website or the Pedal Power bookings line

Tel: 0749 037 0347 on Tuesday 10-12 noon or Thursday 10am-12 noon.

Each session is £3 and will last 50 minutes.



	<p>Day: Staff</p>  <p>Tuesday: Johny</p>	<p>Activity</p>  <p>Pedal Power</p>	<p>Start time</p>  <p>10:00</p>	<p>Finish time</p>  <p>12:00</p>	<p>Meeting</p>  <p>Finsbury Park</p>	<p>You can also attend Pedal Power as part of Mencap Me Time!</p> <p>Johny 07506 844 649 or johny.brown@mencap.org.uk</p> <p>Jonathan 07930 563 790 or jonathan.quarterman@mencap.org.uk</p>
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MahaDevi
Roberta Sumar Yoga Center

MahaDevi Yoga Centre is a specialised yoga centre that offers therapeutic yoga to children, young people and adults with additional or complex needs.

MahaDevi offer one to one support although ask that support works stay in the building at all times.

Weekly wheelchair Yoga sessions also available.

Prices: First class FREE | Drop in £13 | Discounts for block bookings





Thursdays 5pm-6.45pm

The All On Board club offers a programme of beginner friendly, safe and supervised water sports and outdoor activities for people with additional needs.

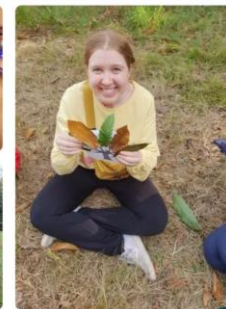
Ages 14-25

First session is FREE and from then on it is £8

To book: info@islingtonboatclub.com or call on 020 7253 0778

16-34 Graham Street

N1 8JX





MMARAP- Mixed martial arts for people with a disability

Tuesdays- 5.30-6.30pm

For ages 13 to 65

£7 per session

Ringcross Community Centre, Islington

Please contact Jonathan to book: 07956530377

MIXED MARTIAL ARTS FOR REFORM AND PROGRESSION

4.30pm - 5.15pm / Age 6yrs - 12yrs
5.30pm - 6.30pm / Age 13yrs - 65yrs

SUPER TUESDAY EVERY TUESDAY

MMARAP OFFERS

- ✓ Self Defense
- ✓ Discipline
- ✓ Respect
- ✓ Coordination
- ✓ Confidence
- ✓ Fitness
- ✓ Safety
- ✓ Positivity
- ✓ Honor
- ✓ Courage

for more info www.mmarap.co.uk/registration-form

Ringcross Community Centre
60 Lough Road, Islington, N7 8RH

+447956530377

£6 Kids £7 Adults



Islington Boccia

Fridays 11.30am-1pm

Richard and Mary Halliday host Boccia training for people with a disability

Cost- £3 including refreshments

Contact Mary to book or for more information

M: 07950 253 691

E: marybhalliday@yahoo.co.uk

Ringcross Community Centre- 60 Lough Rd, London N7 8RH

We Swim

Tuesday evenings- 7.30-8.30pm

Meet in the entrance lobby at 7.15pm

Ironmonger Row Baths, at 1 Norman St EC1V 3AA

Wednesday evenings - 6.45-7.45pm.

Meet at 6.30pm in the entrance lobby

Golden Lane Sport & Fitness, Fann St, Fane Lane, Golden Lane Estate,
EC1Y 0SH, near Barbican station.

The Golden Lane session has a shorter waiting list than Ironmonger Row Baths.

Online application form: <https://forms.gle/8LdyaNFNoLwSm5Ph8>

Any difficulties completing the form contact: cameron@weswim.club



Archway Leisure Centre

Swimming sessions for people with a disability

Thursday, 5-6pm

Saturday, 4.30-6pm

There is a pool hoist and accessible changing area and toilet, and special pool wheelchairs that can go in the shallow area. The session is also open to family/friends/carers.

Cost- £4.50

Archway Leisure Centre, N19 5DD

Please book online- www.better.org.uk

Carers go free



Laburnum

BOAT CLUB

Hackney's Community Boating Project

Adult Canoe Club

Learn to kayak, canoe, stand up paddleboard while you meet friends and get fit!

Every Wednesday 7-9pm, beginners welcome. Over 18's only.

Cost: £12.50pp

Book online:

<https://bookwhen.com/laburnumboatclub#focus=ev-s449-20240117190000>

Out&About Club

Meet new friends and learn life skills. A fortnightly Club on Sunday afternoons for young adults with additional needs (16-25yrs).

Cost £5pp

Please contact us to enquire about spaces:

info@laburnumboatclub.com



Sport Club Islington with Pulse CIC

Starting again in April 2024 as have been without a venue

Multisport sessions for people with a disability, held at Sobell Leisure Centre

Contact Marlon for more information: 07375 594 559

Or info@pulsesocial.co.uk



PULSE SOCIAL
EST. 2019

SPORTS CLUB ISLINGTON
FOR DISABLED PEOPLE AGED 8+

Wednesday (term-time only)
5.00pm - 6.30pm

ENQUIRE NOW!

Make Friends Inclusive Games Multi Sports

FOR GENERAL BOOKINGS & ENQUIRIES

SOBELL LEISURE CENTRE, HORNSEY ROAD, LONDON, N7 7NY

0208 191 8507 07375 594 559
info@pulsesocial.co.uk

www.pulsesocial.co.uk



**ELIZABETH
HOUSE**

Your local community centre



Monday	Tuesday	Wednesday	Thursday	Friday
9.15-10.15 Aerobics (Fee to pay)	9.30-10.45 Community Yoga (Fee to pay)	9.30-10.30 Women Only Fitness *FREE*	9.30 – 10.30 *NEW* Women's only Self Defence and MMA (Fee to pay)	9.30-10.30 Women Only Fitness *FREE*

6.15-7.10
Zumba Class
FREE

6.00-9.00
Kuk Sool Won - Korean
Martial Arts (Fee)

For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>



Men's Club: Keep fit and chat (F2F)
Thursdays, 1.30-2.45pm

Longevity Keep Fit with Qi Gong
Exercises followed by a coffee social.
Term starts on 9th January.

NEW! 6 week Mindfulness Course (F2F)

Start the new year with our rejuvenating 6 week mindfulness course. Learn and practice helpful mindfulness techniques in a supportive friendly group, to promote relaxation and wellbeing. With Katy.

Let's Dance (Zoom)
Saturday 9th March, 2.30-3.30pm

Lift the spirit and have fun with invigorating easy dance moves. With Mark.

Mindful Deep Stretching and Self-Massage (Zoom)

Saturday 16th March, 2.30-3.30pm
Explore the positive benefits of mixed exercises: including sitting and breathing techniques, self-massage, mindful movements and stretching. With Maurizio.

Gentle Exercise: Building Energy through Movement (Zoom)

Tuesdays, 12-1pm
Chinese movements to increase energy and resilience. Come and get stronger! With Peter. *Term starts on 9th January and ends 26th March.*

Let's Dance (Zoom)
Saturday 30th March, 2.30-3.30pm

Lift the spirit and have fun with invigorating easy dance moves. With Mark.



All workshops are at different venues in North London.

These all need to be booked in advance, then **SLT** send out booking details which include directions to the venue.

To register and get timings and costs, contact info@slt.org.uk or phone 02077139304

Vibast Community Centre

Monday- 1pm-2pm- Dance Fit- Free

Monday- 7pm-8pm- Zumba- Free

Monday- 6pm-7pm, Tai Chi- Free

Tuesday- 6pm-7pm, Stay Fit Boxing- First session free then £5
Contact 07920024597

Wednesday- 10am-11am- Stay Fit Boxing- £5. Women only.(18+)
Contact 07920024597

Wednesday- 11am-12pm. Pilates. Free.

Wednesday- 6pm-7pm- Stay Fit Boxing £5. Women only.(18+)
Contact 07920024597

Thursday- 6pm-7pm, Stay Fit Boxing- First session free then £5
Contact 07920024597


Thursday- 7pm-8.30pm. Capoeira. Fees apply. Contact 07812991769

[Vibast Community Centre: 020 7527 4605](http://vibast.com) or email vibast@islington.gov.uk
167 Old St, London EC1V 9NH

There will be new classes starting in February/ March.



- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890					 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259				
Monday		Tuesday		Wednesday		Thursday		Friday	
Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc		Chance4Young Support for people aged 18-35: -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips		<i>Building closed until 12pm</i> Drop-in 12pm-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc		Art room 10:30am-3:30pm IT room 10:30am-3:30pm Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice		Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc	
Gardening Drop-in 11am-1pm Jewellery making group 11am-12:30pm: Materials provided Paranoia, unusual beliefs and anxiety group 2-3pm: Discussing experiences of paranoia or unusual beliefs and anxiety that it causes, contact Rebecca to join		Monthly Women's Yoga and Meditation Course 2:30-4:30: yoga and meditation course for women led by Zeina, please bring a blanket and pen and paper. Next dates 24th Oct, 7th Nov, 21st Nov Get Active Group 2:45-4pm: doing gentle activity like badminton, frisbee, table tennis, walks – either in the day centre or in the park.		Monthly art lesson/workshop 1:45-3:45pm: Last Weds of the month, next dates: 15th + 29th Nov Music Therapy 1:1 sessions 10:30am-1:30pm: Please contact Lauren if interested Music Therapy Jam Session 2:30-3:15pm: Playing together, for those who play an instrument Music Therapy Drop-in 3:30-4:15pm: Play music and/or sing in a group led by the music therapist - no experience necessary		Bereavement Support Group 12-1pm: sharing experiences of bereavement Film club 1:45-3:45pm: a different film from around the world each week Hearing Voices group 2:30-3:30pm: Alternating in-person and online each week, contact Charles to join			

**MILDMAY
COMMUNITY
CENTRE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM - 11AM Gentle Pilates to improve strength, stamina and energy <i>FREE</i>	10AM - 11AM SHP Seated Yoga by referral only	11:30AM - 12:30PM Strength & Balance exercise class for 55+ <i>FREE</i>	12PM - 2PM Indoor Bowls <i>FREE</i>	6:30PM - 8:30PM Ladies Indoor Roller Skating with a live DJ <i>£PAY AS YOU CAN</i>
6:30PM - 7:30PM Zumba with Reggie £4.50 - £6.50				

Mildmay Community Centre, Woodville Road, N16 8NA

To book phone: 020 7249 8286

Or email: mildmaycp@gmail.com

For Islington and Hackney residents



Caxton House Community Centre is a long established multi-purpose community hub based in Archway, that provides a wide range of diverse, innovative and community led services and activities to our local neighbourhoods. We offer a number of education, fitness and arts projects, and provide a key link between like-minded organisations and the local community.



GENTLE EXERCISE £3
Thursdays 11am-12pm
in the Community Room
Contact Main Office on 020 7263 3151
admin@caxtonhouse.org



SHORT MAT BOWLS FREE
(Term time)
Wednesdays 10am-12pm
in the Main Hall
Contact Mark on 07939 205 663
mantoniewicz@arsenal.co.uk



YOGA
contact for prices
Mondays 2pm-3.30pm
in the Main Hall
Contact Ros on
rosbellyyoga@btinternet.com



YOGA
contact for prices
Saturdays 9am-10.45am
in the Conference Room (1st floor)
Contact Roberta on
roberta@astangayoga.com



TAI CHI £5
Tuesdays: Beginners 3.30-4.30pm,
Med/Adv 4-5pm
in the Main Hall
Contact Steph on
fowler.steph@gmail.com



BEGINNERS TAI CHI
Free, but donations welcome
Wednesdays 9.30am
in the Community Room
Contact Steph on
fowler.steph@gmail.com



CAPOEIRA
contact for prices
Thursdays 7pm-9pm
in the Conference Room (1st floor)
Contact Paulina on 07931 916 233
capoeirabemvndo@gmail.com



CRICKET FREE
WITH THE ELFRIDA SOCIETY
Fridays 1pm-2.30pm
in the Main Hall
Call The Elfrida Society on 0207 359 7443
www.elfrida.com

Activity dates and times may change at short notice or require booking, please contact the individual session to check. www.caxtonhouse.org

Caxton House Community Centre
129 St. John's Way, London N19 3RQ
T: 0207 263 3151
E: admin@caxtonhouse.org



Caxton House Community Centre is a long established multi-purpose community hub based in Archway, that provides a wide range of diverse, innovative and community led services and activities to our local neighbourhoods. We offer a number of education, fitness and arts projects, and provide a key link between like-minded organisations and the local community.



((BOUNCE))
£9.50 or save with a Class Pass
Tuesdays 7pm
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



((BOUNCE)) BEATS
£9.50 or save with a Class Pass
Wednesdays 7.30pm
Followed by Bounce Barbells 8.20pm
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



((BOUNCE)) mix
£9.50 or save with a Class Pass
Saturday 9.30am
in the Community Room
Contact Rosy rosybounce@gmail.com
or visit bouncefitbody.com



ELTHORNE PRIDE GLOVES UP
FREE for 13-19yrs
Wednesday 7.15-8.15pm
in the Main Hall
Contact Elthorne Pride 0208 017 2205
email info@elthornepride.co.uk



BALLROOM WITH MR BALLROOM
contact for prices and session info
Tuesday & Thursday evenings
in the Main Hall
Contact Manusz on 07955 512 695
mail@mrballroom.co.uk
www.mrballroom.co.uk





EXPERIENCE ARCHERY
contact for prices and session info
Mondays & Fridays 6-9pm
Sundays 1-4pm
in the Main Hall
Contact Leander on 07961 870 170
lee@experiencearchery.com
www.experiencearchery.com



TAKE FLIGHT AERIAL COURSE
free for 13-25yrs
Wednesdays & Saturdays
in the Main Hall
Contact Scarabeus Aerial Theatre on
020 3620 2325
soren@scarabeus.co.uk
www.scarabeus.co.uk

www.caxtonhouse.org

 @CaxtonHouse

 CaxtonHouseCommunityCentre

Caxton House Community Centre
129 St. John's Way, London N19 3RQ
T: 0207 263 3151
E: admin@caxtonhouse.org

*Activity dates and times may change at short notice or require booking,
please contact the individual session to check. www.caxtonhouse.org*



Better Sports Get Together- Over 50s

Tuesdays and Thursday at Sobell Leisure Centre 10.30am-1pm.

Wednesdays at Finsbury Leisure Centre 10.30am-12.30pm.

£2.45 Sobell and £2.50 Finsbury.

You'll need to book a place - email our Activities Team to let us know you would like to attend activities@ageukislington.org.uk.





To book contact Kimberley
020 7837 6082
k.bottomley@peelinstitute.org.uk

No wheelchair access.

Sessions subject to change so
please contact in advance.

Fees apply

Monday

Art class with Siôn* 10:30am
Coffee morning 10.30am
Seated Zumba 12pm*

Tuesday

Stretch and relaxation*
11am
Book club (5th Dec monthly)
Choice of activity 10:30
Bingo 1:30*

Wednesday

Pilates 10:30am*
Line dancing 1pm

Thursday

Coffee Morning 10:30
Cardio 11 am*
Quiz after lunch
***fees apply**



All classes are free. Open to anyone in Islington.
Mainly attended by older people with health conditions
but all age groups can attend!

TUESDAYS

Exercise to Music Keep fit class

1.15pm-2.15pm with Petra Hind

At North Library, Manor Gardens,
London N7 6JX. Free in
partnership with Islington
Libraries

WEDNESDAYS

Remedial Osteoporosis

10.00am-11.00am with Petra Hind

At Cat and Mouse Library, 277
Camden Road, London N7 0JN.
Free in partnership with Islington
Libraries.

THURSDAYS

Pilates

11.30am-12.30pm with Roula

Andari
At Cat and Mouse Library, 277
Camden Rd, London N7 0JN.
Free in partnership with Islington
Libraries

THURSDAYS

Keep fit

3.30pm-4.30pm with Martin

Thompson
At the North Library, Manor
Gardens, London N7 6JX. Free in
partnership with Islington
Libraries

Phone [07981 142376](tel:07981142376)

Email office@healthygenerations.org.uk

<https://healthygenerations.org.uk/what-we-do/>



Special People:

Specialist service working with children and adults with special needs. For further information, contact us on 020 7686 0253 or www.specialpeople.org.uk.

Weekenders—older group: Fridays 1pm—2:30pm

Luncheon club £3.50 for hot meal, trips and more.

Tranquil Health & Wellbeing Workshops:

(Once a month scheduled on Saturday 12pm—4pm)

Self awareness workshops with different themes each month including music.

Centre 404:

Monday—Friday :10am—3pm

Special Needs service for adults for more details contact: 020 7607 8762

Gardening Project:

Fridays: 10am—12pm

We are looking for volunteers to run our gardening project. If you are interested please contact Franie on 02072637065/franief@octopuscommunities.org.uk

City Academy:

Tuesdays & Thursdays

Dance classes (Salsa & Ballroom) & Singing Classes. For more information, contact: Evie or Lauren on 02070428833/programming@city-academy.com

Internet Access:

We have free internet access, printing is charged at 10p per page black and white and colour 20p.

Hall /Room Hire:

We hire out our Meeting Room, Marie Heywood Roof Garden Room and Hall. If you are interested in hiring, please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

Debt Video Advice Kiosk

Monday – Friday 8am – 10pm by appointment only please contact us on 020 7263

1067/admin@hanleycrouch.org.uk

In response to the unfolding crisis around personal finances Debt Free London is expanding its free debt Video Advice Kiosk to enable clients that maybe digital excluded at home to have a private video advice session with one of our Advisors

Our opening times are from 8am—10pm (Monday—Friday) Saturday 8am—4pm and Sundays 8am—6pm



Brickworks Community Centre

Hanley Crouch Community Association Ltd

42 Crouch Hill, London, N4 4BY

telephone: 020 7263 1067

email: admin@hanleycrouch.org.uk



Dandelion Collective

Mondays, 5pm-6pm

Dandelion empowers individual through creative activities such as movement and dance. For people with a learning disability.

Contact Kuan to discuss prices and availability

info.dandelioncollective@gmail.com

Held at Centre 404

404 Camden Rd, London N7 0SJ





icandance is a creative, therapeutic community that caters for the needs of children and young people and their families with lived experience of disabilities.

We celebrate disabled children and young people, empowering them through dance and performance.

Green Man Community Centre
Strawberry Vale
London N2 9BA
07488 287102

For more information or to book a free trial session for a dancer please email info@icandance.org.uk





Wednesday 5-5.30pm

Dance with Melanie

Please use the zoom code below for all sessions:

Join Zoom Meeting:

<https://us06web.zoom.us/j/85265414685?pwd=b1VNdTVQSkFCRWFrTVgvL0tWRGxnZz09>

Meeting ID: 852 6541 4685

Passcode: 210087





Old Fire Station

A Holloway Neighbourhood Group Initiative

Chair Yoga

Every **Friday** 11 am to 12 noon (Old Fire Station) - Please call on Mondays to book

Tai Chi

Every **Friday** 11:30am to 12:30pm (Old Fire Station & ZOOM)- Please call on Mondays to book

Men's & Women's Elders Exercise

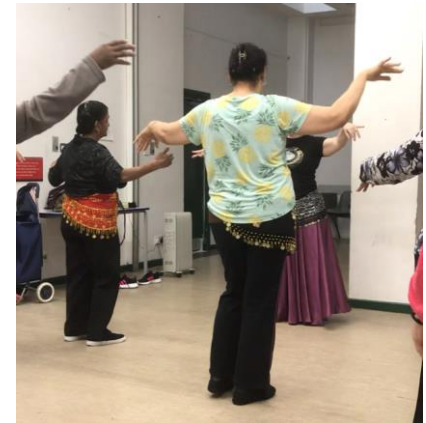
Every **Tuesday** 11.30am to 12.30pm (Old Fire Station)

Every **Wednesday** 2pm to 3pm (Old Fire Station)

Egyptian Dance for Women

Every **Tuesday** 2:15pm to 3:15pm (Old Fire Station and on ZOOM)

Please contact us on 020 7607 9794 or firestation@hng.org.uk to book or for more information





Stress Project

A Holloway Neighbourhood Group initiative

The Mindful Cafe is held in-person every **Monday from 11.30am to 12.30pm.**

Mindfulness is a very simple form of meditation.

Free

All ages

For more information please contact us on 020 7700 3938, or fill out the form: <https://www.stressproject.org.uk/mindful-cafe.html>



MILDMAY
COMMUNITY
CENTRE



MONDAY

1PM - 2PM
DanceFit
with Winston THE GEEZER

FREE

Mildmay Community Centre, Woodville Road, N16 8NA

To book phone: 020 7249 8286

Or email: mildmaycp@gmail.com

For Islington and Hackney residents



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3.30-6.00 After School Club</p> <p>4.00-5.00 Breakdance Club Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4.00-5.00 The Home Learning Study Club</p>	<p>3.30-6.00 After School Club</p> <p>3.30-5.00 Cooking Club (4y-8y) (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4.00-5.00 Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>3.30-5.00 Cooking Club (8y+) 4.00-5.00 Kids Boxing Club (Fee)</p>
<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.15-7.10 Zumba Class *FREE*</p> <p>7.30-9.30 Swing Dance (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>7.30-9.30 21CS IT Training (16+) *FREE*</p> <p>Hall available to hire</p>	<p>6.00-9.00 Kuk Sool Won - Korean Martial Arts (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.30-8.30 Youth Club (11+) *FREE*</p>

Main Hall and rooms available for hire weekdays, evenings, and weekends.
For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>

General Arts





Friday: Jonathan



Art Group



1:30



3:30



Parkhurst Road



If you are interested in **joining an activity** telephone or email

Johny **07506 844 649** or johny.brown@mencap.org.uk

Jonathan **07930 563 790** or jonathan.quarterman@mencap.org.uk



Friday: Johny



Our Radio



2:00



5:00



Mencap Golden Lane



Mixlr

Listen online..

Our Radio *LIVE* from 3:00—5:00: <https://our-radio.mixlr.com>



If you are interested in joining an activity telephone or email

Johny 07506 844 649 or johny.brown@mencap.org.uk

Jonathan 07930 563 790 or jonathan.quarterman@mencap.org.uk



Wednesday: Johny



Drama



4:00



6:00



StLukes, Central Street



If you are interested in **joining an activity** telephone or email

Johny **07506 844 649** or johny.brown@mencap.org.uk

Jonathan **07930 563 790** or jonathan.quarterman@mencap.org.uk



Thursday evenings 6.30pm - Our next term starts on Thursday the 18th of January and will run until the 28th of March 2024.

Islington Climate Shop- Angel Shopping Centre Parkfield Street N1.

We are the Culpeper SINGALONG Choir: we sing and enjoy good times together. We sing a mix of fun folk and pop songs. Everyone is welcome at our sessions and lots of us are disabled people or have long term health conditions.

Sessions are **FREE** but we welcome contributions!

Just turn up: or if you think you or someone you care about might need extra support, please fill in this form and we will get back to you to sort out access: <https://forms.gle/nJbyLjtVjBfwbRFk8>

Email: culpeperchoir@gmail.com



ACCESS ALL AREAS

Access All Areas, based in Hackney, makes award-winning, disruptive performance by learning disabled and autistic artists.

Spring Back: A creative workshop that uses drama to build resilience, improve wellbeing, and manage difficult situations.

Spinning Wheel: A sensory movement and music workshop for adults with more complex access needs. We often run this in care homes.

Take Part workshops run in Hackney. <https://accessallareasproductions.org/take-part/>

Website: <https://accessallareasproductions.org/>

Email: info@access-all-areas-uk.org

Phone: 020 7613 6448

Sessions are free but please book ahead.





Hackney Shed is an inclusive theatre company who have creative drama and performance sessions for young adults with additional needs

<https://www.hackneyshed.org.uk/hackney-shed-collective>

For more information:

Vicki Hambley- 07927 082 592

vicki@hackneyshed.org.uk





Angel Shed theatre is for young people aged up to 19. They offer music, theatre and dance

<https://www.angelshedtheatre.org.uk/>

Angel Shed Theatre Company

CANDI (City & Islington College)

444 Camden Road, Islington

London, N7 0SP

info@angelshedtheatre.org.uk

[07910 822 412](tel:07910822412)



CHICKENSHED

THEATRE CHANGING LIVES

Chickenshed is a theatre for absolutely everyone.

We offer inclusive workshops for all ages, where you can enjoy creative sessions, make friends, and develop new skills in all areas of theatre www.chickenshed.org.uk

There are some upcoming free one-off events too:

Pottering With Friends

Puppet Making Workshop

Saturday 3 February 2024

Saturday 24 February 2024

10:30

Free

13:30

Free



To book: info@chickenshed.org.uk or [020 8292 9222](tel:02082929222)
[290 Chase Side, N14 4PE](https://www.chickenshed.org.uk)

YOUNG ACTORS THEATRE

YAT is predominantly for children and young people, but there are some classes and free activities for older people and seniors. The schedule is online <https://www.youngactors.org.uk/>

Contact Naomi Reading naomi@yati.org.uk
[020 7278 2101](tel:02072782101)

70-72 Barnsbury Road, Islington, London N1 0ES.





Action Space is based in Farringdon.

- You are a learning disabled artist and would like to develop your skills in a professional studio amongst peers
- You know, work with or support someone with an interest in making art and who has the potential to go further
- You know or support someone who could benefit from the opportunity to express themselves creatively
- You have an interest in getting involved in the different events, workshops & opportunities we have throughout the year

Contact Siobhan at siobhan@actionspace.org
Phone 020 7209 4289





Jack Daley runs Interactive Music Sessions with people with disabilities.

Jack provides one to one support.

Jack's equipment is portable so he can bring the studio to you to create in your own space.

To book and discuss prices contact Jack: 07725089972



Groovy Horizons

Groovy Horizons create and deliver engaging and uplifting music sessions for people with learning disabilities.

Group session or bespoke one to one sessions available.

To book or find out more, contact Geoffrey:

Groovyhorizons@gmail.com





LSO Create - Monday Music Club- the first Monday of every month

11am-3pm

Creative music making sessions for neurodiverse adults.

Free of charge- Tea and coffee and biscuits provided

LSO St Lukes- 161 Old Street, London, United Kingdom

To book, contact Natasha- Natasha.Krichefski@lso.co.uk



WIGMORE HALL

Come and Create Music

Come and Create is a band for young people on the autism spectrum aged 15-19 that meets fortnightly in Wigmore Hall, London. Together with music leaders, we co-create music and jam together, often sharing our pieces of music with friends and family.

Fortnightly, Saturdays 10.30am-12.30pm

Free

To find out more and book: <https://www.wigmore-hall.org.uk/learning-and-participation/my-music-hub>





Choir

Thursdays, 5.30-7pm (F2F)

Choir is back with Cici for a new term, starting 25th January. *Half term 22nd February. Term ends 21st March.*



All workshops are at different venues in North London.

These all need to be booked in advance, then **SLT** send out booking details which include directions to the venue.

To register and get timings and costs, contact info@slt.org.uk or phone 02077139304



Estorick Art Workshops

Join our friendly, creative community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and collections and be inspired to create your own artwork.

All workshops are at different venues in North London.

These all need to be booked in advance, then **SLT** send out booking details which include directions to the venue.

To register and get timings and costs, contact info@slt.org.uk or phone 02077139304



Hilldrop Ukulele Group (term-time only)

Singing and ukulele playing of classic and contemporary songs; rehearsals leading to group performances. Singers and other instrumentalists are welcome.

Fridays (term-time), 12.30-2.30pm, Main Hall. £1 - £2 contribution per session
Contact: office@hilldrop.org.uk

Community Ln, Hilldrop Rd, London N7 0JE



CHOIR: The Camden Harmony Singers (term-time only)

The Camden Harmony Singers are a friendly community choir who sing a variety of music styles from folk to jazz, gospel to pop and songs from many cultures, traditions and faiths.

Singers of any ability are welcome to join, from complete beginners to those with more experience. Choir leader Aaron teaches all songs by ear, so there is no need to read sheet music.

Wednesdays 6.30 - 8.30pm in the Main Hall (term-time – please check dates on the website).

Please check term dates & prices at www.camdenharmonysingers.com. **Fees apply** but the first session is free to new members.

Contact: info@camdenharmonysingers.com

Community Ln, Hilldrop Rd, London N7 0JE





Every other **MONDAY** the Holloway Hootenanny ukulele group meet for a fun, open session at The Lamb Pub, 54 Holloway Road, N7.

We aim to start by 7.30pm and finish around 10.45pm. All levels of uke players welcome, from beginners to regular strummers. Join in and play as little or as much as you like. If you can't play yet, just sing!

Free. All welcome.

https://www.facebook.com/groups/145245158820734/?locale=en_GB





Cecil Sharp House, Camden

English Folk and Dance

Sunday afternoons

Free

<https://www.efdss.org/whats-on>





Old Fire Station

A Holloway Neighbourhood Group Initiative

Explorative Art for Wellbeing with James

1st & 3rd Wednesday each month 10.30am to 12.30pm (Old Fire Station)

Creative Writing with Oriana

2nd & 4th Thursday every month 1.30pm to 3.30pm (ZOOM ONLY)

Please contact us on 020 7607 9794

or firestation@hng.org.uk to book or for more information





ELIZABETH HOUSE


Your local community centre

Main Hall and rooms available for hire weekdays, evenings, and weekends.
For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9.15-10.15 Aerobics (Fee to pay)</p> <p>10.00-11.15 Toddler Ballet (2y-4y) (Fee to pay)</p> <p>10.30-11.30 Tiny Time Music (0y-3y) (Fee to pay)</p> <p>11.30-3.00 Women's Group *FREE*</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.45 Community Yoga (Fee to pay)</p> <p>10.30-12.00 Baby Massage with Liz - Register w/ Bright Start</p> <p>12:00-1:00 Community Food Hub (Contact us if you need support)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>11:00-12.30 Reading Round & The Highbury Tales Reading groups</p> <p>11.00-3.00 Blue House Club over 50's *FREE*</p> <p>1.30-3:00 Baby Massage with Roz (Fee to pay)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30 – 10.30 *NEW* Women's only Self Defence and MMA (Fee to pay)</p> <p>10.00-3.00 NLFS (Closed group)</p> <p>11.00-11.45 Toddler Ballet (2y-4y) (Fee to pay)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>10.00-12.00 Ignition Music Tuition with World Harmony Orchestra (donations)</p> <p>10.00-12.00 *NEW* Multiply – Free Maths Skills Courses with CCCG *FREE*</p>	<p>10.00-12.00 Sports School (2y-6y) (Fee to pay)</p> <p>Rooms for hire (All day) 020 7690 1300</p>	<p>10.30-1.30 Church Group</p> <p>Rooms for hire (All day) 020 7690 1300</p>
<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Breakdance Club Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 The Home Learning Study Club</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club (4y-8y) (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club (8y+)</p> <p>4:00-5:00 Kids Boxing Club (Fee)</p>		
<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.15-7.10 Zumba Class *FREE*</p> <p>7.30-9.30 Swing Dance (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>7.30-9.30 21CS IT Training (16+) *FREE*</p> <p>Hall available to hire</p>	<p>6.00-9.00 Kuk Sool Won - Korean Martial Arts (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.30-8.30 Youth Club (11+) *FREE*</p>	<p>1 to 5pm 21CS IT Training (16+) *FREE*</p>	

- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890		Isledon Road		🚶 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Gardening Drop-in 11am-1pm</p> <p>Jewellery making group 11am-12:30pm: Materials provided</p> <p>Paranoia, unusual beliefs and anxiety group 2-3pm: Discussing experiences of paranoia or unusual beliefs and anxiety that it causes, contact Rebecca to join</p>	<p>Chance4Young Support for people aged 18-35:</p> <ul style="list-style-type: none"> -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips <p>Monthly Women's Yoga and Meditation Course 2:30-4:30: yoga and meditation course for women led by Zeina, please bring a blanket and pen and paper. Next dates 24th Oct, 7th Nov, 21st Nov</p> <p>Get Active Group 2:45-4pm: doing gentle activity like badminton, frisbee, table tennis, walks – either in the day centre or in the park.</p>	<p><i>Building closed until 12pm</i></p> <p>Drop-in 12pm-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Monthly art lesson/workshop 1:45-3:45pm: Last Weds of the month, next dates: 15th + 29th Nov</p> <p>Music Therapy 1:1 sessions 10:30am-1:30pm: Please contact Lauren if interested</p> <p>Music Therapy Jam Session 2:30-3:15pm: Playing together, for those who play an instrument</p> <p>Music Therapy Drop-in 3:30-4:15pm: Play music and/or sing in a group led by the music therapist – no experience necessary</p>	<p>Art room 10:30am-3:30pm</p> <p>IT room 10:30am-3:30pm</p> <p>Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice</p> <p>Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Bereavement Support Group 12-1pm: sharing experiences of bereavement</p> <p>Film club 1:45-3:45pm: a different film from around the world each week</p> <p>Hearing Voices group 2:30-3:30pm: Alternating in-person and online each week, contact Charles to join</p>

48 Despard Road, N19 5NW ☎ 0207 263 3397		Despard Road			 Archway Bus routes: 43, 143, 210, 263, 271, W5	
Monday	Tuesday	Wednesday	Thursday	Friday	Weekends	
IT Training: one-to-one IT training appointments through the day	Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc Mindful walking group 11:30am: Walk to Waterlow Park with optional mindfulness techniques Mindfulness 12:30-1pm: explore gentle mindfulness techniques Dramatherapy: Groups at 11am or 12pm, 1:1 sessions at 2pm –come along if you'd like to join a group	Psychosis Therapy Project Providing therapy, support groups, activities and a drop-in for people experiencing psychosis. Please contact the Psychosis Therapy Project directly for details of their services – 0207 263 3397 (Weds only) – or refer yourself via the referral form on the 'Psychosis Therapy project' page of our website.	Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc Men's group 11:30am-12:30pm: Please contact about joining Computer gaming group 2-3:30pm: Playing video games on the playstation	Art lesson 11am-1pm: Looking at different art techniques with Ashley. Please note art room must be cleared by 1-15pm. Beginning 10 th Nov Drumming group 1:30-2:30pm: Facilitated drumming and percussion group Art Therapy 1:30-3:30pm: 1:1 sessions with an art therapist, please contact Lauren if interested Piano practice 1-3:30pm: 1 hour slots available for individual practice	Saturday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support -Adhoc counselling available -Lunch fortnightly Sunday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computers -Board games -Staff and volunteer support -Adhoc counselling available - Living well group 4:30-5:30pm	
Out-of-hours Crisis Café 6:15-9:30pm: -Free drinks and snacks -Art materials, computer access -Board games -Staff and volunteer support -Adhoc counselling available	Out-of-hours Crisis Café 6:15-9:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support -Adhoc counselling available	Out-of-hours Crisis Café 6:15-9:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support	Out-of-hours Crisis Café 6:15-9:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support	Out-of-hours Crisis Café 6:15-9:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff + volunteer support		

Phone: Tuesday/Thursday: 0207 263 3397

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk



TM

MahaDevi
Roberta Sumar Yoga Center

Weekly Drum Circle

Tuesdays 4:00pm - 5:00pm

An opportunity to explore rhythm and sound in a supported environment.

We start with some simple yoga to get us grounded and warmed up before we make some noise.

For more information E: info@mahadevicentre.com T: 02076090889





Art sessions throughout the week for neurodiverse adults.

Some classes full but some space available and taster sessions can be arranged. One to one support possible, dependent on availability.

To discuss and book call 020 7607 1622

<https://www.artboxlondon.org>

Artbox London, 1a Airdrie Close, Islington, N1 0DT





Arts and Chat

Wednesday evening once a month- 6pm – 7pm
Usually the first Wednesday of the month
Little Angel Studio, 132 Sebbon Street, N1 2EH
Free
All materials provided

Knit & Natter

Thursdays 11:30-1pm. Term time only
Little Angel Studio, 132 Sebbon Street, N1 2EH
Free
All materials provided

Little Angel Theatre also have one off events.

Street party- last week of March 2024

Contact Rachel or Viv to book:

community@littleangeltheatre.com

Activities are for those with an N1 postcode





Tuesday at 6pm – Craft Social- Bring your own craft activity

Thursdays 1.30pm-3.30pm- Lego club for over 50's

Thursdays 6pm-8pm Lego club for over 18's

All activities are **FREE**

To book call: 0207 503 9590 or email Jane
j.garfield@thetoyproject.co.uk



Vibast Community Centre

First Sunday of every month

Community Art Class

Free


Ages 18 plus

To book contact: alliesartclub@gmail.com

167 Old St, London EC1V 9NH




- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890		Isledon Road		 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p> <p>Gardening Drop-in 11am-1pm</p> <p>Jewellery making group 11am-12:30pm: Materials provided</p>	<p>Chance4Young Support for people aged 18-35: -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips</p> <p>Monthly Women's Yoga and Meditation Course 2:30-4:30: yoga and meditation course for women led by Zeina, please bring a blanket and pen and</p>	<p><i>Building closed until 12pm</i></p> <p>Drop-in 12pm-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p> <p>Monthly art lesson/workshop 1:45-3:45pm: Last Weds of the month, next dates: 15th + 29th Nov</p> <p>Music Therapy 1:1 sessions</p>	<p>Art room 10:30am-3:30pm IT room 10:30am-3:30pm</p> <p>Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice</p> <p>Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p> <p>Bereavement Support Group 12-1pm: sharing experiences of bereavement</p>

Phone: Monday/Wednesday/Friday: 0207 062 9890

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk

48 Despard Road, N19 5NW ☎ 0207 263 3397		Despard Road		 Archway Bus routes: 43, 143, 210, 263, 271, W5	
Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
IT Training: one-to-one IT training appointments through the day	Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc	Psychosis Therapy Project Providing therapy, support groups, activities and a drop-in for people experiencing psychosis. Please contact the Psychosis Therapy Project directly for details of their services – 0207 263 3397 (Weds only) – or refer yourself via the referral form on the 'Psychosis Therapy project' page of our website.	Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc	Art lesson 11am-1pm: Looking at different art techniques with Ashley. Please note art room must be cleared by 1:15pm. Beginning 10 th Nov Drumming group 1:30-2:30pm: Facilitated drumming and percussion group Art Therapy 1:30-3:30pm: 1:1 sessions with an art therapist, please contact Lauren if interested Piano practice 1-3:30pm: 1 hour slots available for individual practice	Saturday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support -Adhoc counselling available -Lunch fortnightly
	Mindful walking group 11:30am: Walk to Waterlow Park with optional mindfulness techniques Mindfulness 12:30-1pm: explore gentle mindfulness techniques Dramatherapy: Groups at 11am or 12pm, 1:1 sessions at 2pm – come along if you'd like to join a group		Men's group 11:30am-12:30pm: Please contact about joining Computer gaming group 2-3:30pm: Playing video games on the playstation	Sunday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computers	

Phone: Tuesday/Thursday: 0207 263 3397

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk

A collage of art supplies including paint tubes, brushes, and a pair of sneakers. The sneakers are a central focus, rendered in a detailed pencil sketch style. The background is white with various colorful splatters and brushstrokes in purple, red, blue, and green. The text 'walking art workshop' is written in a large, outlined, sans-serif font. Below it, there are several lines of text in a smaller, bold font. At the bottom, there are two black and white sketches of a moose and a person walking, along with a small logo for Hilldrop Community Centre. The overall composition is vibrant and artistic, suggesting a creative and fun workshop experience.

walking art workshop

Enjoy being out and
being creative with new people?

Come along to the
Walking Art Workshop!
We welcome absolute beginners, both in walking and making art!

Hilldrop Community
Centre, Community Lane,
Hilldrop Rd,
London N7 0PE

Contact for registration:
helen@cutmoose.com
07773760594



Wac Arts runs **Wac Nites on Wednesday evenings** in term time.

Urban Motivation is 18-30 year olds. 6.30pm-8.30pm

Aimed at young people with mild to moderate learning disabilities. Young people are encouraged to engage in a variety of Performing and Creative Arts sessions, working towards sharing's of their work at the end of each term.

Please be aware, for all our classes, attendance is expected on a weekly basis. This is to enable participants development across the year.

To find out more or book: <https://www.wacarts.co.uk>

Tel: 020 7692 5800 Email: info@wacarts.co.uk

Hampstead Town Hall- 213 Haverstock Hill, NW3 4QP





Mildmay Community Centre, Woodville Road, N16 8NA

To book phone: 020 7249 8286

Or email: mildmaycp@gmail.com

For Islington and Hackney residents



Caxton House Community Centre is a long established multi-purpose community hub based in Archway, that provides a wide range of diverse, innovative and community led services and activities to our local neighbourhoods. We offer a number of education, fitness and arts projects, and provide a key link between like-minded organisations and the local community.



THE CRAFT GROUPS FREE
as part of **Lifestyle Tuesdays**
FULLY BOOKED, JOIN WAITLIST
Tuesdays 11am-1pm & 1.30pm-3.30pm
in the Community Room
Contact the Main Office on 020 7263 3151
rose@caxtonhouse.org



THE RECYCLE & STITCH STUDIO
Sewing Surgery Tuesdays 10-12 &
4-6pm, Garment Making Thursdays, and
Patched Homes Thursdays 11-1pm.
1st floor, no lift access
Booking necessary: 0207 263 3151
stitchstudio@caxtonhouse.org



DRAWING & PAINTING FOR ALL
WITH LIVING SPACE ART SCHOOL
Wednesdays 1pm-3pm
in the Community Room
Contact LSAS
livingspace.artschool@gmail.com

Caxton House Community Centre
129 St. John's Way, London N19 3RQ
T: 0207 263 3151
E: admin@caxtonhouse.org

www.caxtonhouse.org



@CaxtonHouse



CaxtonHouseCommunityCentre



Monday

Art class with Siôn* 10:30am

Coffee morning 10.30am

Seated Zumba 12pm*

To book contact Kimberley
020 7837 6082
k.bottomley@peelinstitute.org.uk

No wheelchair access.

Sessions subject to change so please contact in advance.

Fees apply



Social Activities



Are you a person with a learning disability aged 45+?

Would you like to
get more involved
in your local
community?



The MATILDA Project is about supporting older adults with a learning disability (aged 45+) and linking them with a local community group such as the Men's Shed, Knit and Knatter group, community choir, walking group, bowling group, etc.

CONTACT US



HALEEMAH AHMED
RESEARCH ASSISTANT



+44 20 3108 1173



MATILDA PROJECT

Developing Community Connections



NIHR | National Institute
for Health Research





Monday: Johny



Monday Lunch Club



1:30



2:30



Chapel Street Market



Monday: Johny



Cinema



3:00



6:00



Angel Vue Cinema



Thursday: Johny



Bowling



1:30



3:30



Finsbury Park



Thursday: Johny,
and guests



Afternoon Social



4:30



6:00



St Marys, Upper Street



If you are interested in joining an activity telephone or email

Johny 07506 844 649 or johny.brown@mencap.org.uk

Jonathan 07930 563 790 or jonathan.quarterman@mencap.org.uk

Happy Tuesdays

Every Tuesday 7pm-9.30pm at Centre 404
Ages 18 Plus.

Please call 0207 607 8762 and ask to speak to a member of the Learning and Leisure Service.

Or email learningandleisure@centre404.org.uk





COME AND DANCE THE NIGHT AWAY
OR HAVE A CHAT WITH FRIENDS AT
THE FRIDAY NIGHT SOCIAL!

EVERY FRIDAY @ CENTRE 404
7PM - 9:30PM
£5 ENTRY FEE
16+ YEARS

RESIDENT & GUEST DJS

TUCK SHOP SNACKS

TABLE FOOTBALL



Please call 0207 607 8762 and ask to speak to a member of the Learning and Leisure Service.

Or email learningandleisure@centre404.org.uk

Warm and Welcome Wednesday

Drop in service

7pm-9.30pm

18 plus

£6.50 which includes a nutritious hot dinner

Please call 0207 607 8762 and ask to speak to a member of the Learning and Leisure Service.

Or email learningandleisure@centre404.org.uk





ABOUT THE EVENTS:

Inclusive club nights co-created by learning disabled and non-disabled people with DJ's, live music, experimental performances & open mic stage. Music can be loud in the main room but quieter spaces are also available for soft entertainment and comfortable seating. There is wheelchair access throughout and heated outdoor spaces for fresh air. The events are open to the public and everyone of all abilities is welcome to attend. Come and join!

More information about the events can be found here: [FAQ page](#).

Details about the venue and access can be found here: [93 Feet East](#) / Brixton Jamm

info@bubbleclub.org
www.bubbleclub.org



Wednesdays 7pm- Talking and chatting with a Wellbeing focus

Thursdays 1.30pm-3.30pm- Lego club for over 50's

Thursdays 6pm-8pm Lego club for over 18's

All activities are FREE

To book call: 0207 503 9590





Brand new state-of-the-art gaming facility in Islington.

With individual games pod hire, classes, activities and events.

<https://playnewmeta.gg/>

ADDRESS

116H, Upper St, N1 1QP

PHONE

02033190106

MAIL

max@playnewmeta.gg

Want to play all day? No problem. Our Gaming Cafe offers Day Passes, which are available from as low as **£20 (£25 on weekends)***

Standard prices are:

- Gaming Arena: £5 /hour; £20 for a day pass (£25 on weekends)
- Duo Rooms: £6 /hour; £25 for a day pass (£30 on weekends)
- Battle Arena: £7 /hour; £30 for a day pass (£35 on weekends)

Don't forget to ask a member of our staff about our loyalty system!





Wac Arts runs **Wac Nites on Wednesday evenings** in term time.

Urban Motivation is 18-30 year olds. 6.30pm-8.30pm

Aimed at young people with mild to moderate learning disabilities. Young people are encouraged to engage in a variety of Performing and Creative Arts sessions, working towards sharing's of their work at the end of each term.

Please be aware, for all our classes, attendance is expected on a weekly basis. This is to enable participants development across the year.

To find out more or book: <https://www.wacarts.co.uk>

Tel: 020 7692 5800 Email: info@wacarts.co.uk

Hampstead Town Hall- 213 Haverstock Hill, NW3 4QP





Thursdays at 3.30pm Islington Mind has a Gaming Club

The group plays video games on the Playstation

Takes place at Islington Mind, 48 Despard Road, N19 5NW

Phone: Tuesday/Thursday: 0207 263 3397

Email: Lauren.lauren.blenkinsop@islingtonmind.org.uk





Friday evening socials

Every 2 weeks, 6.30-8.45pm

Jean Stokes Community Centre, just off Caledonian Road.

No booking necessary! Just turn up!

Enjoy the entertainment, connect with the community, meet new people, have fun!

For more details call 0207 713 9304 or email info@slt.org.uk





NEW! Monday Meet-Ups Social Group (F2F), 1-3pm

Monday Meet-ups are a new SLT social outings group, offering different activities from our other programmes. Monday Meet-ups will also run with a twist - You will have the chance to choose with other participants where the outings will go. The group will get together twice per month, one social in a local café and one social outing, supported by SLT staff Katy and Cady.

8th January, 1-3pm at Costa Coffee, Caledonian Road

22nd January, 1-3pm outing to Kings Cross and St Pancras area

5th February, 1-3pm at Costa Coffee, Caledonian Road

19th February, 1-3pm outing to The British Library

4th March, 1-3pm at Costa Coffee, Caledonian Road

18th March, 1-3pm outing TBC



These all need to be booked in advance

To register and get timings and costs, contact info@slt.org.uk or phone 02077139304



Old Fire Station

A Holloway Neighbourhood Group Initiative

Men's Social Group

Every **Monday** 2pm to 4pm (Old Fire Station)

Warm Room - A Friendly Drop-In

Every **Wednesday** 12.30pm to 3.30pm (Old Fire Station)

Please contact us on 020 7607 9794

or firestation@hng.org.uk to book or for more information






**ELIZABETH
HOUSE**

Your local community centre

Monday	Tuesday	Wednesday
<p>9.15-10.15 Aerobics (Fee to pay)</p>	<p>9.30-10.45 Community Yoga (Fee to pay)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p>
<p>10.00-11.15 Toddler Ballet (2y-4y) (Fee to pay)</p>	<p>10.30-12.00 Baby Massage with Liz - Register w/ Bright Start</p>	<p>11.00-12.30 Reading Round & The Highbury Tales Reading groups</p>
<p>10.30-11.30 Tiny Time Music (0y-3y) (Fee to pay)</p>	<p>12:00-1:00 Community Food Hub (Contact us if you need support)</p>	<p>11.00-3.00 Blue House Club over 50's *FREE*</p>
<p>11.30-3.00 Women's Group *FREE*</p>	<p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>1.30-3:00 Baby Massage with Roz (Fee to pay)</p>
<p>11-3.30 21CS IT Training (16+) *FREE*</p>		<p>11-3.30 21CS IT Training (16+) *FREE*</p>

Main Hall and rooms available for hire weekdays, evenings, and weekends.
For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>

- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890		<h2>Isledon Road</h2>		 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Gardening Drop-in 11am-1pm</p> <p>Jewellery making group 11am-12:30pm: Materials provided</p> <p>Paranoia, unusual beliefs and anxiety group 2-3pm: Discussing experiences</p>	<p>Chance4Young Support for people aged 18-35:</p> <ul style="list-style-type: none"> -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips <p>Monthly Women's Yoga and Meditation Course 2:30-4:30: yoga and meditation course for women led by Zeina, please bring a blanket and pen and paper. Next dates 24th Oct, 7th Nov, 21st Nov</p>	<p><i>Building closed until 12pm</i></p> <p>Drop-in 12pm-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Monthly art lesson/workshop 1:45-3:45pm: Last Weds of the month, next dates: 15th + 29th Nov</p> <p>Music Therapy 1:1 sessions 10:30am-1:30pm: Please contact Lauren if interested</p>	<p>Art room 10:30am-3:30pm</p> <p>IT room 10:30am-3:30pm</p> <p>Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice</p> <p>Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Bereavement Support Group 12-1pm: sharing experiences of bereavement</p> <p>Film club 1:45-3:45pm: a different film from around the world each week</p>

Phone: Monday/Wednesday/Friday: 0207 062 9890

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk

Mildmay Community Centre - Autumn 2023 Timetable

For further details on our weekly activities please contact us on 020 7249 8286 · mildmaycp@gmail.com or via our social media links

"SPACES AVAILABLE to book for running weekly activities"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM - 11AM Gentle Pilates to improve strength, stamina and energy FREE	10AM - 11AM SHP Seated Yoga by referral only	9:30AM - 10:30PM Once Upon A Rhyme £10 per. person (concession available)	9AM - 10AM Yoga with Ivy! £3.00 - £7.00 per person	11:30AM - 12:30PM Age UK benefits and housing advice FREE	10AM - 12:30PM Capoeira Classes for kids Brazilian Martial Arts
11:30AM - 12:30PM Staying Steady Independent Living by referral only	"11AM - 12PM" HALL/DINING SPACE AVAILABLE	10AM - 12PM Gardening for Autistic Adults from 12th July FREE	10AM - 1PM Gardening & Growing with Dom FREE	11:30AM - 12:30PM Weekly Family Support Surgery with Bright Start Islington FREE	"1PM - 6PM" HALL/ DINING SPACE AVAILABLE
1PM - 2PM DanceFit with Winston THE GEEZER FREE	12:15PM - 2:15PM Bingo with Georgina £1 entry, £1 per flyer, £6 per. book	11:00AM - 1PM Arts & Crafts with Florence from 27th June FREE	10:00AM - 11:00AM SHP Over 50s Chair Aerobics by referral only	11:30AM - 1PM Mildmay Community Co-op £1 per person for a parcel	SUNDAY
2PM - 4PM 50+ Digital Courses for those who want to be tech-savvy FREE	12:30PM - 2PM Soup & Stew Day (starting from Nov 7th) EPAY AS YOU CAN	1:30AM - 12:30PM Strength & Balance exercise class for 55+	12:30AM - 2PM Community Cookup (starting from Nov 2nd) EPAY AS YOU CAN	12PM - 2PM Golden Oldies group for bingo & socialising £1 entry, £1 per raffle, £50p per bingo ticket	10AM - 2PM New Testament Church of God FREE
"4:15PM - 6:15PM" HALL/DINING SPACE AVAILABLE	2:30PM - 4:30PM Children's Woodwork & Jewellery Making with Kyle	4PM - 6PM Multiply + Me free maths course (back in September) FREE	3:45PM - 4:45PM Outta Skool Art Club for 5-11 year olds (term time only) FREE	3:45PM - 5:45PM Children's Woodwork & Jewellery Making (5+) with Kyle (returning in the new year)	2:30PM - 4:30PM Bloco Jam Samba Workshop £5 for local residents, £10 for non-residents
6:30PM - 7:30PM Zumba with Reggie £4.50 - £6.50	"5:30PM - 6PM" HALL/ DINING SPACE AVAILABLE	5PM - 7PM Young People's Drop in with Mildmay, Mary's & Prospex FREE	5PM - 7PM Mildmay Youth Club for 9-16 year olds (term time only) FREE	6:30PM - 8:30PM Ladies Indoor Roller Skating with a live DJ EPAY AS YOU CAN	
	7PM - 9PM Men In Motion all men welcome for the wellbeing group FREE	5:30PM - 6:30PM Councillors Advice Surgery first Wed of month FREE	7:30PM - 8:30PM Pilates with Laura £12 (single class) £66 (block of 6 classes)		



To book phone: 020 7249 8286
Or email: mildmaycp@gmail.com
For Islington and Hackney residents
Mildmay Community Centre,
Woodville Road, N16 8NA



Caxton House Community Centre is a long established multi-purpose community hub based in Archway, that provides a wide range of diverse, innovative and community led services and activities to our local neighbourhoods. We offer a number of education, fitness and arts projects, and provide a key link between like-minded organisations and the local community.



GARDEN VOLUNTEER GROUP
FREE

Wednesdays 11am-1pm
Weather dependent

To volunteer contact the Main Office on
020 7263 3151 or email
rose@caxtonhouse.org



COFFEE & CAKE AFTERNOONS

FREE All ages, Elthorne Pride residents.
Mondays 1pm-3.30pm
in the Community Room

A different activity each Monday of the
month: Knitting, IT support, Bingo, Quiz.
Contact Elthorne Pride 02080172205
email info@elthornepride.co.uk

Activity dates and times may change at short notice or require booking, please contact the individual session to check.

www.caxtonhouse.org

Caxton House Community Centre
129 St. John's Way, London N19 3RQ
T: 0207 263 3151
E: admin@caxtonhouse.org

www.caxtonhouse.org



@CaxtonHouse



CaxtonHouseCommunityCentre

Third Sunday of every month

11am-1pm

Free

The entire Autistic community are welcome: Autistic people and Carers. No official diagnosis is necessary. Just come on in, relax and meet everyone. Feel free to stop by for a chat and a hot drink with our lovely volunteers.

Vibast Community Centre
167 Old Street
London EC1V 9NH

Contact:

Phone: 020 7527 4605

contact@londonautismgroupcharity.org

COMMUNITY CAFE
VIBAST COMMUNITY CENTRE
167, OLD STREET
EC1V 9NH

**3RD SUNDAY OF EVERY MONTH
11AM-1PM**

**LONDON
AUTISM
GROUP
CHARITY**

Adults, families, carers welcome

We value neurodiversity

Come and chat to others who have experienced something similar, get advice, or simply relax with a warm drink.

No registration needed, just drop by!

Please come and say hello

Who are we?
The London Autism Group Charity is autistic-led and supports anyone in London (and surrounding counties) who is autistic, or supports someone autistic.

Our long term goals are:

- To promote social inclusion of autistic people as well as family carers
- To advance their mental and physical health, and well-being
- To promote social awareness and acceptance of autism
- To reduce autism stigma and discrimination

More information

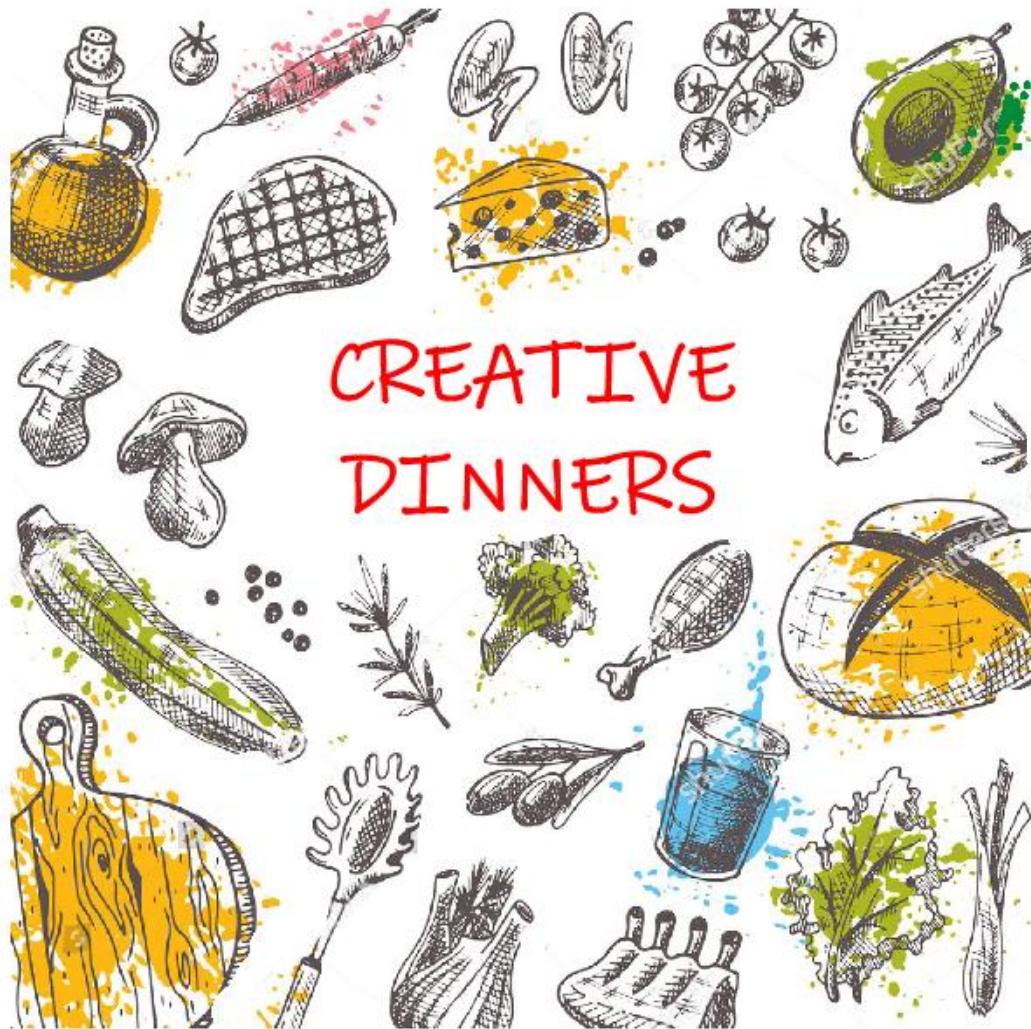
<https://www.londonautismgroupcharity.org>

contact@londonautismgroupcharity.org

To donate and support us please scan this QR code:



© 2022 London Autism Group Charity Registered Charity No. 1176341



Families are invited to:

CREATIVE DINNERS

To find out more
contact:

helen@cutmoose.com

Come and make a meal
with the family, play
some arty games, and eat
together, all for free!





Special People:

Specialist service working with children and adults with special needs. For further information, contact us on 020 7686 0253 or www.specialpeople.org.uk.

Weekenders—older group: Fridays 1pm—2:30pm

Luncheon club £3.50 for hot meal, trips and more.

Tranquil Health & Wellbeing Workshops:

(Once a month scheduled on Saturday 12pm—4pm)

Self awareness workshops with different themes each month including music.

Centre 404:

Monday—Friday :10am—3pm

Special Needs service for adults for more details contact: 020 7607 8762

Gardening Project:

Fridays: 10am—12pm

We are looking for volunteers to run our gardening project. If you are interested please contact Franie on 02072637065/franie@octopuscommunities.org.uk

City Academy:

Tuesdays & Thursdays

Dance classes (Salsa & Ballroom) & Singing Classes. For more information, contact: Evie or Lauren on 02070428833/programming@city-academy.com

Internet Access:

We have free internet access, printing is charged at 10p per page black and white and colour 20p.

Hall /Room Hire:

We hire out our Meeting Room, Marie Heywood Roof Garden Room and Hall. If you are interested in hiring, please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

Debt Video Advice Kiosk

Monday – Friday 8am – 10pm by appointment only please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

In response to the unfolding crisis around personal finances Debt Free London is expanding its free debt Video Advice Kiosk to enable clients that maybe digital excluded at home to have a private video advice session with one of our Advisors

Our opening times are from 8am—10pm (Monday—Friday) Saturday 8am—4pm and Sundays 8am—6pm



Brickworks Community Centre

Hanley Crouch Community Association Ltd

42 Crouch Hill, London, N4 4BY

telephone: 020 7263 1067

email: admin@hanleycrouch.org.uk

www.hanleycrouch.org.uk

registered charity 288337 company limited by guarantee 177





To book contact Kimberley

020 7837 6082

k.bottomley@peelinstitute.org.uk

No wheelchair access.

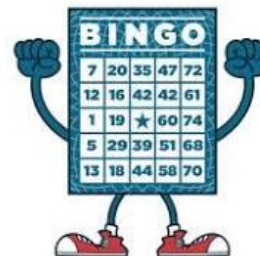
Sessions subject to change so please contact in advance.

Fees apply to some activities.

Monday
Art class with Siôn* 10:30am
Coffee morning 10.30am
Seated Zumba 12pm*

Tuesday
Stretch and relaxation*
11am
Book club (5th Dec monthly)
Choice of activity 10:30
Bingo 1:30*

Thursday
Coffee Morning 10:30
Cardio 11 am*
Quiz after lunch
*fees apply



QUIZ



Old Fire Station

A Holloway Neighbourhood Group Initiative

WARM ROOM

A friendly drop-in for over 55s
Every Wednesday 12.30-3.30pm



Holloway
Neighbourhood
Group
Holloway (Ward) 2003



The Old Fire Station Community Centre
84 Mayton Street, London N7 6QT
020 7607 9794
www.hng.org.uk



Free



Our classes, socials and events connect you with other people in your area. The programme includes anything from live music nights with Sofar sounds, to our community library, bingo and coffee mornings. Our creative skills programme changes regularly and features anything from drawing, to woodwork, to sewing.



98b St Paul St, London N1 7DF

Phone: 020 7683 1281

<https://www.thearccentre.org/>



Activities for People Aged 55+

Our classes and groups meet both online and, when possible, at our centre in Angel, Islington.

Please check our What's On! page for more information.

We have more than 35 regular weekly classes, as well as special events, concerts, projects, and visits. We also have a range of online classes on Zoom for those unable to leave their homes.

Website <https://www.claremont-project.org/whats-on/>

Phone [020 7837 3402](tel:02078373402)

24-27 White Lion Street, N1 9PD

HIGHBURY ROUNDHOUSE

Putting the heart back into the community

55+

MONDAY

11am-12.30pm Active Memory Group

TUESDAY

11am-12.15pm Equipped for Life (Gee)

1.30-2.30pm Keep Fit (Gee)

1.30-2.30pm Board Games

WEDNESDAY

10.30-11.30am Keep Fit with Liz

11am-12.15pm Sotheby Singers

1.30-2.45pm Bingo

1.30pm Short Mat Bowls

10am-2pm Hairdressing
(by appointment)

THURSDAY

10.30-11.30am Chair Based Pilates

10.30 am-12pm Film Club

1.45-3.15pm Bingo

1.30-2.30pm Men's Keep Fit (Martin)

FRIDAY

10-11am Therapeutic Yoga

1.30pm Short Mat Bowls



Highbury Roundhouse, 71 Ronalds Rd, London N5 1XB.
<https://www.highbury-roundhouse.org.uk/>



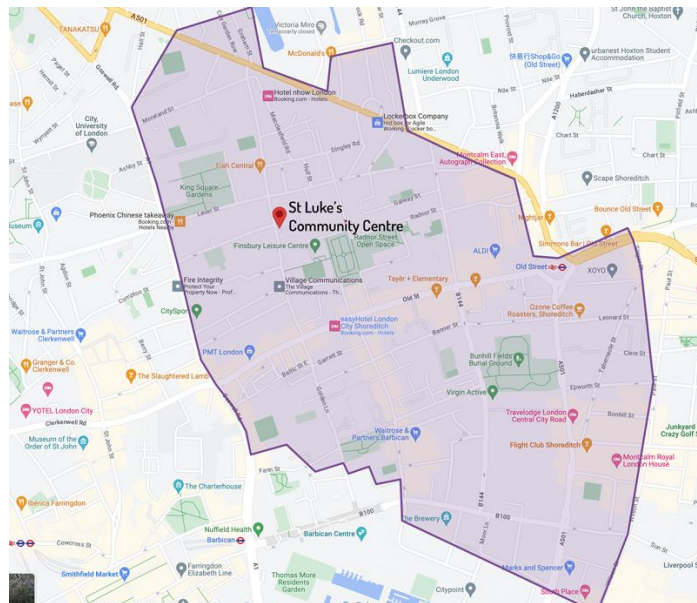
Activities and services at the heart of the South Islington community.

If you live within St Luke's area of benefit, you can become a lifelong member of St Luke's for just £5 and be part of our vibrant community hub.

There are so many events and activities happening, from fitness to art, social events and classes to learn new skills.

<https://www.slpt.org.uk/our-events/adult-events/#!event-list>

[Or call: 020 7549 8181](tel:02075498181)



Life Skills-

Vocational, Learning and Volunteering



Aiming High Wednesdays

4pm-6.30pm at Centre 404
Ages 16-25

Please call 0207 607 8762 and ask to speak to a member of the Learning and Leisure Service.

Or email learningandleisure@centre404.org.uk



for adults with a learning disability living in Islington



The Elfrida Society, in partnership with Digital Unite, can help you to get a free internet tablet preloaded with data and free digital support if you are facing a combination of digital exclusion.



Our offer includes support to set up and get familiar with your new tablet and internet access. We cannot offer ongoing digital training but can help you find support that is available locally.

By getting new digital skills you will be able to:



Access Internet and on line services such as shopping, entertainment and home banking



Access Job Centre Plus or carry out Job Searching



Contact friends and family via Zoom & Skype and maintain social connections



Contact your Doctor, NHS services or other support services



Pursue your hobbies and interests



If are interested please contact Nikki Chivers, at the Elfrida's Digital Inclusion Project on:



07841 033 248



nikki.chivers@elfrida.com

mencap
Me Time



Wednesday: Johny



Computer Drop-in.



2:00



4:00



StLukes, Central Street



If you are interested in **joining an activity** telephone or email

Johny **07506 844 649** or johny.brown@mencap.org.uk

Jonathan **07930 563 790** or jonathan.quarterman@mencap.org.uk

COMMUNITY COOK-UP

Come along and get involved in our Community Cook Up. A weekly drop-in session where local people can come together to plan, cook, and develop easy, healthy, affordable meals.

Every Thursday from 10am to 12.30pm lunch is prepared and from 12:30pm to 1.30pm we sit down to share a meal together.

Contact Number: 020 7249 8286

Email: LorraineFood4communities@mildmaycp.org.uk

Web: www.mildmaycp.org.uk



Islington Supported Employment Team (ISET)

ISET provides employment support to Islington residents who have been diagnosed with a global learning disability (GLD) and/or autism.

Residents can be referred to ISET through Islington Learning Disabilities Partnership (ILDP)

Contact Name	Sheila Hart
Contact Position	Senior Practitioner
Telephone	07811043242
E-mail	sheila.hart@islington.gov.uk



Islington Supported Internships

Our Supported Internship is a 1-year full time programme. It supports SEND young people with EHCPs to complete work experience, with the aim of moving into paid employment at the end of the programme.

Mencap's Supported Internship programme in Islington connects learners with opportunities in a wide range of roles and organisations.



Find out more



What does it involve?

- 420+ hours of work experience in roles matched to learners' skills, needs and interests
- Classroom learning about the skills and behaviours needed in the workplace and how to secure employment
- Additional support tailored to individual needs like travel training
- Fun enrichment activities that develop confidence and belief.

Who is it for?

Young people who:

- Are aged 16-24
- Have an Education, Health and Care Plan (EHCP)
- Want to work
- Live in Islington or other nearby London boroughs.

Get in touch to find out more and to start the enrolment process:
siislington@mencap.org.uk

Employability Study Programme

Our Study Programme is a 1-year programme. It involves classroom and community-based activities that help young people with EHCPs develop the skills and behaviours needed for the workplace.

Learners may progress from the study programme, onto our Supported Internships which focus more on work experience.



Find out more



What does it involve?

- Classroom learning about the skills and behaviours needed in the workplace
- Work experience and other interaction with employers
- Additional support tailored to individual needs like travel training
- Fun enrichment activities that develop confidence

Who is it for?

Young people who:

- Are aged 16-24
- Have an EHCP
- Want to work, but do not yet feel ready to complete a supported internship and the required amount of work experience.

Scan the QR code to find out more and find contact

About Islington Adult Community Learning

Every year Islington Council offers many free adult and community learning courses in our welcoming community venues to help unemployed and low-waged residents develop their skills and confidence.

Our variety of courses means there is something for everyone, so whether you are looking to develop your skills for work or further education, learn English, or build your confidence and skills to help your children with their homework, we have something for you. Our courses include;

- Computer skills
- Family learning
- English/literacy, maths and dyslexia support
- English for Speakers of Other Languages (ESOL)
- Supported learning courses (for adults with learning disabilities/difficulties)
- Support for those affected by welfare changes
- Preparing for work and personal development
- Career, counselling and guidance





A Richer Life through Learning

**FREE COURSES
FOR EVERYONE 18+**
WHO LIVES OR WORKS
IN CAMDEN OR ISLINGTON



Our educational courses are free for everyone aged 18+ in Camden and Islington. We provide in-person and online sessions on recovery and maintaining wellbeing.

[Winter 2024 Course Guide \[pdf\] 1MB](#) and our [Winter 2024 Calendar \[pdf\] 231KB](#)

Telephone: 0203 317 6904

Email: recovery.college@candi.nhs.uk

www.candi.nhs.uk/recoverycollege



@CI_RecoveryColl



Providing opportunities for people with learning differences to thrive and lead a fulfilling and meaningful life.

Offering personalised education, learning, and support, which lead to further education, employment opportunities and apprenticeships.

Harington, 55a Cholmeley Park
Highgate, N6 5EH

Tel: 020 3457 7997
Fax: 020 8347 8860

Email: info@harington.org.uk



CITYLIT

INSPIRING PASSIONS · REALISING AMBITIONS

City Lit offer a range of adult education classes

To find out more visit:

<https://www.citylit.ac.uk/>



Art & design



History, culture & writing



Technology, science & business



Health & wellbeing



Languages



Performing arts



Skills for life



Specialist learning



Online courses



Old Fire Station

A Holloway Neighbourhood Group Initiative

Digital Inclusion - The Internet - Getting on-line (Old Fire Station)

Every **Tuesday** 12pm-3.30pm 1-2-1 Digital support slots (1 hour pp)

Every **Wednesday:**

1pm-2.30pm Group Support and Advice session

3pm to 4pm Assessment sessions for newcomers to digital support

Please contact us on 020 7607 9794 or firestation@hng.org.uk to book or for more information





ELIZABETH HOUSE

Your local community centre

Main Hall and rooms available for hire weekdays, evenings, and weekends.
For more details contact bookings@elizabeth-house.org.uk or call 020 7690 1300.
<https://elizabeth-house.org.uk>


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9.15-10.15 Aerobics (Fee to pay)</p> <p>10.00-11.15 Toddler Ballet (2y-4y) (Fee to pay)</p> <p>10.30-11.30 Tiny Time Music (0y-3y) (Fee to pay)</p> <p>11.30-3.00 Women's Group *FREE*</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.45 Community Yoga (Fee to pay)</p> <p>10.30-12.00 Baby Massage with Liz - Register w/ Bright Start</p> <p>12:00-1:00 Community Food Hub (Contact us if you need support)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>11:00-12.30 Reading Round & The Highbury Tales Reading groups</p> <p>11.00-3.00 Blue House Club over 50's *FREE*</p> <p>1.30-3:00 Baby Massage with Roz (Fee to pay)</p> <p>11-3.30 21CS IT Training (16+) *FREE*</p>	<p>9.30 – 10.30 *NEW* Women's only Self Defence and MMA (Fee to pay)</p> <p>10.00-3.00 NLFS (Closed group)</p> <p>11.00-11.45 Toddler Ballet (2y-4y) (Fee to pay)</p>	<p>9.30-10.30 Women Only Fitness *FREE*</p> <p>10.00-12.00 Ignition Music Tuition with World Harmony Orchestra (donations)</p> <p>10.00-12.00 *NEW* Multiply – Free Maths Skills Courses with CCCG *FREE*</p>	<p>10.00-12.00 Sports School (2y-6y) (Fee to pay)</p> <p><i>Rooms for hire (All day) 020 7690 1300</i></p>
<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Breakdance Club Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 The Home Learning Study Club</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club (4y-8y) (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>4:00-5:00 Coding Club (Fee)</p>	<p>3.30-6.00 After School Club</p> <p>3:30-5:00 Cooking Club (8y+) 4:00-5:00 Kids Boxing Club (Fee)</p>	
<p>6.30-8.30 Youth Club (11+) *FREE*</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.15-7.10 Zumba Class *FREE*</p> <p>7.30-9.30 Swing Dance (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>7.30-9.30 21CS IT Training (16+) *FREE*</p> <p>Hall available to hire</p>	<p>6.00-9.00 Kuk Sool Won - Korean Martial Arts (Fee)</p> <p>7.30-9.30 21CS IT Training (16+) *FREE*</p>	<p>6.30-8.30 Youth Club (11+) *FREE*</p>	<p>1 to 5pm 21CS IT Training (16+) *FREE*</p>

- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890		Isledon Road		 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p>	<p>Chance4Young Support for people aged 18-35: -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips Monthly Women's Yoga and</p>	<p style="text-align: center;"><i>Building closed until 12pm</i></p> <p>Drop-in 12pm-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p>	<p>Art room 10:30am-3:30pm IT room 10:30am-3:30pm Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc</p>

Phone: Monday/Wednesday/Friday: 0207 062 9890

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk

48 Despard Road, N19 5NW ☎ 0207 263 3397		Despard Road		 Archway Bus routes: 43, 143, 210, 263, 271, W5	
Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p>IT Training: one-to-one IT training appointments through the day</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc</p> <p>Mindful walking group 11:30am: Walk to Waterlow Park with optional mindfulness techniques</p> <p>Mindfulness 12:30-1pm: explore gentle mindfulness techniques</p> <p>Dramatherapy: Groups at 11am or 12pm, 1:1 sessions at 2pm –come along if you'd like to join a group</p>	<p>Psychosis Therapy Project Providing therapy, support groups, activities and a drop-in for people experiencing psychosis.</p> <p>Please contact the Psychosis Therapy Project directly for details of their services – 0207 263 3397 (Weds only) – or refer yourself via the referral form on the 'Psychosis Therapy project' page of our website.</p>	<p>Drop-in 10:30am-3:30pm: Lunch served 1-1:45pm (£3): eat in or takeaway Available all day: -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and table tennis -Volunteers to talk to and help with calls, emails, letters etc</p> <p>Men's group 11:30am-12:30pm: Please contact about joining</p> <p>Computer gaming group 2-3:30pm: Playing video games on the playstation</p>	<p>Art lesson 11am-1pm: Looking at different art techniques with Ashley. Please note art room must be cleared by 1:15pm. Beginning 10th Nov</p> <p>Drumming group 1:30-2:30pm: Facilitated drumming and percussion group</p> <p>Art Therapy 1:30-3:30pm: 1:1 sessions with an art therapist, please contact Lauren if interested</p> <p>Piano practice 1-3:30pm: 1 hour slots available for individual practice</p>	<p>Saturday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computer access -Board games -Staff and volunteer support -Adhoc counselling available -Lunch fortnightly</p> <p>Sunday Out-of-hours Crisis Café 2:30-5:30pm: -Free drinks and snacks -Art materials -Computers</p>

Phone: Tuesday/Thursday: 0207 263 3397

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk

Mildmay Community Centre - Autumn 2023 Timetable

For further details on our weekly activities please contact us on 020 7249 8286 / mildmaycp@gmail.com or via our social media links

"SPACES AVAILABLE to book for running weekly activities"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM - 11AM Gentle Pilates to improve strength, stamina and energy FREE	10AM - 11AM SHP Seated Yoga by referral only	9:30AM - 10:30PM Once Upon A Rhyme £10 per. person (concession available)	9AM - 10AM Yoga with Ivy! £3.00 - £7.00 per person	11:30AM - 12:30PM Age UK benefits and housing advice FREE	10AM - 12:30PM Capoeira Classes for kids Brazilian Martial Arts
11:30AM - 12:30PM Staying Steady Independent Living by referral only	11AM - 12PM HALL/DINING SPACE AVAILABLE	10AM - 12PM Gardening for Autistic Adults from 12th July FREE	10AM - 1PM Gardening & Growing with Dom FREE	11:30AM - 12:30PM Weekly Family Support Surgery with Bright Start Islington FREE	11AM - 6PM HALL/ DINING SPACE AVAILABLE
1PM - 2PM DanceFit with Winston THE GEEZER FREE	12:15PM - 2:15PM Bingo with Georgina £1 entry, £1 per flyer, £6 per. book	11:00AM - 1PM Arts & Crafts with Florence from 27th June FREE	10:00AM - 11:00AM SHP Over 50s Chair Aerobics by referral only	11:30AM - 1PM Mildmay Community Co-op £1 per person for a parcel	
2PM - 4PM 50+ Digital Courses for those who want to be tech-savvy FREE	12:30PM - 2PM Soup & Stew Day (starting from Nov 7th) EPAY AS YOU CAN	11:30AM - 12:30PM Strength & Balance exercise class for 55+ FREE	12:30AM - 2PM Community Cookup (starting from Nov 2nd) EPAY AS YOU CAN		
4:15PM - 6:15PM HALL/DINING SPACE AVAILABLE	2:30PM - 4:30PM Children's Woodwork & Jewellery Making with Kyle	1PM - 4PM 50+ Digital Drop-In for those who want to be tech-savvy FREE	2PM - 2PM Indoor Bowls FREE	12PM - 2PM Golden Oldies group for bingo & socialising £1 entry, £1 per raffle, £50p per bingo ticket	10AM - 2PM New Testament Church of God FREE
6:30PM - 7:30PM Zumba with Reggie £4.50 - £6.50	5:30PM - 6PM HALL/ DINING SPACE AVAILABLE	4PM - 6PM Multiply + Me free maths course (back in September) FREE	3:45PM - 4:45PM Outta Skool Art Club for 5-11 year olds (term time only) FREE	3:45PM - 5:45PM Children's Woodwork & Jewellery Making (5+) with Kyle (returning in the new year)	2:30PM - 4:30PM Bloco Jam Samba Workshop £5 for local residents, £10 for non-residents
	7PM - 9PM Men In Motion all men welcome for the wellbeing group FREE	5PM - 7PM Young People's Drop in with Mildmay, Mary's & Prospex FREE	5PM - 7PM Mildmay Youth Club for 9-16 year olds (term time only) FREE	6:30PM - 8:30PM Ladies Indoor Roller Skating with a live DJ EPAY AS YOU CAN	
		5:30PM - 6:30PM Councillors Advice Surgery first Wed of month FREE	7:30PM - 8:30PM Pilates with Laura £12 (single class) £66 (block of 6 classes)		

Mildmay Community Centre, Woodville Road, N16 8NA

To book phone: 020 7249 8286

Or email:

mildmaycp@gmail.com

For Islington and Hackney residents

Gillespie Park and Ecology Centre

Health and Nature Walk: first Friday of the month at 10am. 45 minutes of walk followed by free tea and coffee. No need to book, just turn up.

Park Cuppa: Third Tuesday of the month at 10.30 – 12pm. Chatting with other local people, each month has a theme. Free tea and coffee. No need to book, just turn up.

Volunteering: every Thursday 10am – 12pm and 1.15 – 3.15pm. Let us know in advance if you're coming. Please ring Jo on 07890 044808

There are disabled access toilets available at the Ecology Centre. The walk is on well trodden paths but they are not flat or tarmacked.





Volunteering Sessions at Culpeper Gardens

Wednesday afternoons from 2-4pm

At our inclusive Wednesday sessions our gardener is supported by an experienced sessional worker. We work together in the garden on team tasks. We also cook healthy soups, jams and biscuits in the winter.

We have availability for new members to join in 2024. You will need to complete our volunteering sign up form before your first session.

[Volunteering — Culpeper Community Garden](#) or phone [020 7833 3951](tel:02078333951)



Gardening volunteering at Centre 404

2pm-4pm on Thursday afternoons at the Camden Road Centre.

Free

Registration is required and a commitment to volunteering.

Please call 0207 607 8762 and ask to speak to a member of the Learning and Leisure Service.

Email learningandleisure@centre404.org.uk



HILLDROP
Community
centre

From Thursday
25th January

HILLDROP
Community
centre

Join the Hilldrop Gardening Project

Thursdays 12–2pm (term-time)

We need volunteers!

Our Community Centre has mature gardens and areas for development. There's always lots to do, so whether you'd like to sweep, prune, plant or landscape **come and join in!**

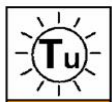
Contact: elaine@hilldrop.org.uk



Islington Urban Gardener

Community Lane, Hilldrop Road, London N7 0JE
0207 607 9453 office@hilldrop.org.uk

mencap Me Time



Tuesday: Johny



Wild gardening



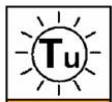
1:00



3:00



Market Road



Tuesday: Jonathan



Go Green, Volunteer!



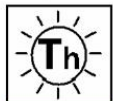
1:30



3:00



Mencap Golden Lane



Thursday: Jonathan



Food Growing



10:00



12:00



Tufnell Park Road



If you are interested in joining an activity telephone or email

Johny 07506 844 649 or johny.brown@mencap.org.uk

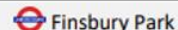
Jonathan 07930 563 790 or jonathan.quarterman@mencap.org.uk

- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

76-80 Isledon Road, N7 7LB

☎ 0207 062 9890

Isledon Road



Bus routes: 4, 29, 153, 253, 254, 259

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in 10:30am-3:30pm:</p> <p>Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Gardening Drop-in 11am-1pm</p>	<p>Chance4Young</p> <p>Support for people aged 18-35:</p> <ul style="list-style-type: none"> -1-3pm: Chance4Young Social group -Free drinks and snacks -Art room, music room, computers and films available 10:30am-3:30pm -Regular trips <p>Monthly Women's Yoga and Meditation Course 2:30-4:30: yoga and meditation course</p>	<p><i>Building closed until 12pm</i></p> <p>Drop-in 12pm-3:30pm:</p> <p>Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Monthly art lesson/workshop 1:45-3:45pm: Last Weds of the month,</p>	<p>Art room 10:30am-3:30pm</p> <p>IT room 10:30am-3:30pm</p> <p>Piano practice 10:30am-3:30pm: piano available in 1 hour slots for individual practice</p> <p>Music room 10:30am-3:30pm: Available in 1 hour slots for individual practice</p>	<p>Drop-in 10:30am-3:30pm:</p> <p>Lunch served 1-1:45pm (£3): eat in or takeaway</p> <p>Available all day:</p> <ul style="list-style-type: none"> -Art room: materials provided -Music room: instruments provided -IT (computer) room -Free tea and coffee -Board games and pool table -Volunteers to talk to and help with calls, emails, letters etc <p>Bereavement Support Group 12-1pm: sharing experiences of</p>

Phone: Monday/Wednesday/Friday: 0207 062 9890

Email: Lauren lauren.blenkinsop@islingtonmind.org.uk



Special People:

Specialist service working with children and adults with special needs. For further information, contact us on 020 7686 0253 or www.specialpeople.org.uk.

Weekenders—older group: Fridays 1pm—2:30pm

Luncheon club £3.50 for hot meal, trips and more.

Tranquil Health & Wellbeing Workshops:

(Once a month scheduled on Saturday 12pm—4pm)

Self awareness workshops with different themes each month including music.

Centre 404:

Monday—Friday :10am—3pm

Special Needs service for adults for more details contact: 020 7607 8762

Gardening Project:

Fridays: 10am—12pm

We are looking for volunteers to run our gardening project. If you are interested please contact Franie on 02072637065/franie@octopuscommunities.org uk

City Academy:

Tuesdays & Thursdays

Dance classes (Salsa & Ballroom) & Singing Classes. For more information, contact: Evie or Lauren on 02070428833/programming@city-academy.com

Internet Access:

We have free internet access, printing is charged at 10p per page black and white and colour 20p.

Hall /Room Hire:

We hire out our Meeting Room, Marie Heywood Roof Garden Room and Hall. If you are interested in hiring, please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

Debt Video Advice Kiosk

Monday – Friday 8am – 10pm by appointment only please contact us on 020 7263

1067/admin@hanleycrouch.org.uk

In response to the unfolding crisis around personal finances Debt Free London is expanding its free debt Video Advice Kiosk to enable clients that maybe digital excluded at home to have a private video advice session with one of our Advisors

Our opening times are from 8am—10pm (Monday—Friday) Saturday 8am—4pm and Sundays 8am—6pm



**BRICKWORKS
COMMUNITY CENTRE**

Brickworks Community Centre

Hanley Crouch Community Association Ltd

42 Crouch Hill, London, N4 4BY

telephone: 020 7263 1067

email: admin@hanleycrouch.org.uk

www.hanleycrouch.org.uk

registered charity 288337 company limited by guarantee 177



Voluntary **Action** Islington

We support social action locally



Information, Advice and Guidance



The Islington Learning Disabilities Partnership (ILDLP) work with people who have learning disabilities. ILDP are part of the local council and health service. They can undertake assessments to understand what care, support and services are needed and can often help organise support.

To find out about the ILDP, their role and the support offered, call 020 7527 6600 or email learning.disabilities@islington.gov.uk

To find out more, visit: <http://orlo.uk/KO9mr>



Disability Action in Islington



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Special People:

Specialist service working with children and adults with special needs. For further information, contact us on 020 7686 0253 or www.specialpeople.org.uk.

Weekenders—older group: Fridays 1pm—2:30pm
Luncheon club £3.50 for hot meal, trips and more.

Tranquil Health & Wellbeing Workshops:
(Once a month scheduled on Saturday 12pm—4pm)
Self awareness workshops with different themes each month including music.

Centre 404:

Monday—Friday :10am—3pm
Special Needs service for adults for more details contact: 020 7607 8762

Gardening Project:
Fridays: 10am—12pm
We are looking for volunteers to run our gardening project. If you are interested please contact Franie on 02072637065/franie@octopuscommunities.org.uk

City Academy:
Tuesdays & Thursdays
Dance classes (Salsa & Ballroom) & Singing Classes. For more information, contact: Evie or Lauren on 02070428833/programming@city-academy.com

Internet Access:
We have free internet access, printing is charged at 10p per page black and white and colour 20p.

Hall /Room Hire:
We hire out our Meeting Room, Marie Heywood Roof Garden Room and Hall. If you are interested in hiring, please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

Debt Video Advice Kiosk
Monday – Friday 8am – 10pm by appointment only please contact us on 020 7263 1067/admin@hanleycrouch.org.uk

In response to the unfolding crisis around personal finances Debt Free London is expanding its free debt Video Advice Kiosk to enable clients that maybe digital excluded at home to have a private video advice session with one of our Advisors

Our opening times are from 8am—10pm (Monday—Friday) Saturday 8am—4pm and Sundays 8am—6pm



BRICKWORKS
COMMUNITY CENTRE

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Brickworks Community Centre
Hanley Crouch Community Association Ltd
42 Crouch Hill, London, N4 4BY
telephone: 020 7263 1067
email: admin@hanleycrouch.org.uk
www.hanleycrouch.org.uk

