

# Recovery in Islington

A directory with information to support you to achieve and sustain  
your recovery from drug or alcohol misuse

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ISLINGTON

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# GETTING STARTED

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**This directory outlines some suggested ideas for maintaining and sustaining recovery from drug or alcohol addiction.**

**If you would like to get help for a drug or alcohol problem, this directory will outline the treatment services and recovery support options that are available across Islington.**

**Recovery is about regaining control and putting drug or alcohol dependence behind you.**

**The single biggest step towards recovery is deciding to make a change.**

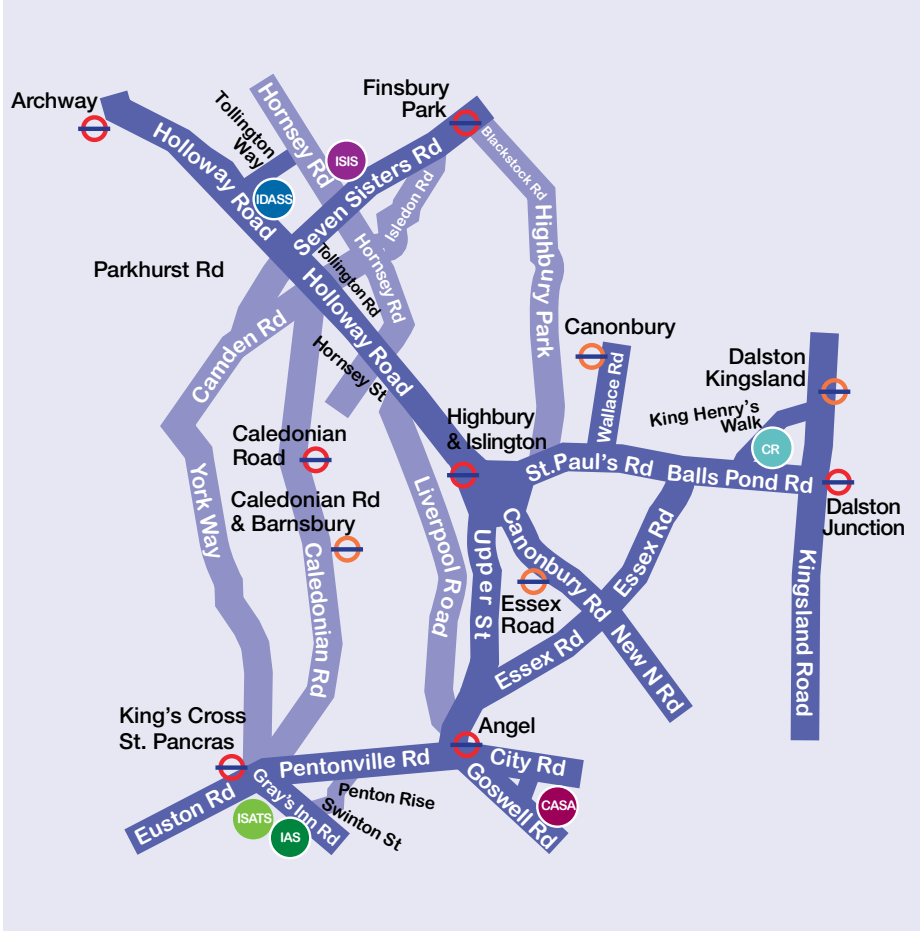
Treatment is often the first step towards recovery but lots of other things are important to sustain recovery such as keeping occupied and having positive and healthy relationships. As well as information on treatment, this directory will direct you to local services and resources that can help you sustain these changes.



**Recovery:  
aiming for  
freedom from  
dependence  
on drugs and  
alcohol**

# MAP OF TREATMENT SERVICES

This map shows the location of the key treatment service and local transport information.



The coloured circles contain abbreviations for the main treatment services in Islington. These circles are used at various points in the directory to indicate which service provides each activity.


# KEY TO TREATMENT SERVICES

The coloured circles below contain abbreviations for the main recovery services in Islington. You can find out more about each service through the rest of the directory. These circles are used throughout this guide to indicate which service provides each activity.

## Direct Access




### Alcohol Service

332C Goswell Road  
EC1V 7LQ  
 020 7833 9899




### The ISIS Project – Direct Access Drug Service

99-101 Seven Sisters Road  
N7 7QP  
 020 7561 3310




### Primary Care Alcohol and Drug Service (PCADS)

15B Hornsey Street  
N7 8GG  
 020 3316 8778

## Referral Only



### Change & Recovery @28b

28B King Henry's Walk  
N1 4PB  
 020 7923 8010




### Islington Aftercare Service

245 Gray's Inn Road  
WC1X 8QP  
 020 7520 8682




### Islington Drug & Alcohol Specialist Service (IDASS)

592 Holloway Road  
N7 6LB  
 020 3317 6240



### Islington Specialist Alcohol Treatment Service

309 Gray's Inn Road  
WC1X 8QS  
 020 3317 6650

# TREATMENT OPTIONS

## DIRECT ACCESS

If you are not in treatment and want help or advice about treatment then contact ISIS for drug treatment, and CASA for alcohol treatment, to have a chat about what options are available for you.

### ALCOHOL SERVICE

332C Goswell Road, London EC1V 7LQ



020 7833 9899



[www.blenheimcdp.org.uk/icas](http://www.blenheimcdp.org.uk/icas)



[casa332@blenhiem.org.uk](mailto:casa332@blenhiem.org.uk)

#### Description

CASA provides information, advice, immediate support, or ongoing treatment to anyone who is concerned about their own or someone else's drinking.

#### How to access

Drop in between 9.30am and 1pm Monday to Friday (Thursday Women Only) or call the number above.



#### Buses

4, 17, 43, 29, 91, 153, 253, 254, 259



#### Tube

Angel

Get free, confidential non-judgemental advice.

The 24/7 phone line –

0808 800 0019 – provides a single point of contact for drug and alcohol users as well as carers and an access point for treatment.

## THE ISIS PROJECT

99 – 101 Seven Sisters Road, London N7 7QP



020 7561 3310



[www.cri.org.uk](http://www.cri.org.uk)



[IslingtonISIS@cri.org.uk](mailto:IslingtonISIS@cri.org.uk)

### Description

The ISIS Project is a non-judgemental, friendly, recovery-focused service that provides support to Islington residents concerned about their drug use.

### How to access

Drop in between 1pm and 5pm Monday to Friday. There are also late opening times 6-8pm every Wednesday and Thursday evening. You can also call the number above.



### Buses

4, 17, 43, 29, 91, 153, 253, 254, 259



### Tube

Arsenal or Finsbury Park

## PRIMARY CARE ALCOHOL AND DRUG SERVICE

15b Hornsey Street, London N7 8GG



020 3316 8778



[Whh-tr.AlcoholDrugService@nhs.net](mailto:Whh-tr.AlcoholDrugService@nhs.net)

### Description

Treatment is based within GP surgeries. PCADS is a team of specialist doctors, nurses and substance misuse workers that provide outreach clinics within participating Islington GP surgeries, community alcohol and drug services.

### How to access

Ask your GP or contact the PCADS office to confirm whether a clinic operates from your GP practice.

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# GETTING SUPPORT FROM PEERS

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**Many drug and alcohol users are motivated to start their recovery journey by hearing and learning from others who have experienced addiction themselves.**

Talking to people who understand your situation and allowing them to support you can be invaluable on your journey.

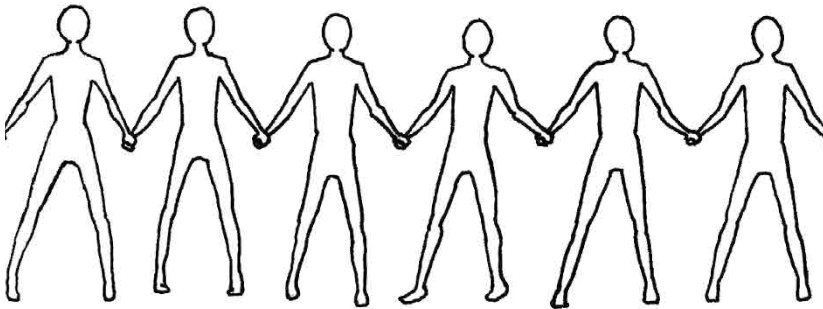
It is well known that people who access mutual aid groups or peer support groups are more successful in their recovery.

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## Mutual Aid Groups

Mutual aid is one of the more commonly travelled pathways to recovery and groups are run by people who have experienced addiction themselves.

There are many types of mutual aid, with different approaches to meet the needs of different groups of people.





## Twelve Step Fellowships

The 12 Step Fellowships are a common form of mutual aid and some examples are listed below (AA, NA and CA). The 12 Step programme is a set of guiding principles outlining a course of action for recovery from addiction.

Lots of meetings happen throughout the week and at different times of day. There are also meetings for specific groups of people. Some examples in Islington include groups for women, the LGBT community and Polish speakers. The easiest way of finding a suitable group is to call the numbers or check the websites listed on pages 10 – 11.



If a meeting is listed as 'closed' then it is intended for those with a drug or alcohol problem who have a desire to stop using or drinking.

If a meeting is listed as 'open' then it may also be attended by family, friends and anyone interested in the group.



### Alcoholics Anonymous (AA)

AA is a fellowship of men and women who share their experience, strength and hope in order to help each other recover from alcoholism.

The heart of the suggested programme of personal recovery is contained in Twelve Steps. The only requirement for membership is a desire to stop drinking. Meetings are held daily throughout Islington and London-wide.

**An AA group is available at:**

CR

For more information  
and where to find your  
nearest meeting, go to  
 [www.alcoholic-anonymous.org.uk](http://www.alcoholic-anonymous.org.uk)  
or call  
 0845 769 7555

### Narcotics Anonymous (NA)

NA is a fellowship of men and women for whom drugs have become a major problem. Attendees meet regularly to help each other stay clean. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs has been used.

As with AA, the Twelve Steps form the heart of the recovery programme and NA meetings are available throughout London.

**An NA group is also available at:**

ISIS

IDASS

For more information and  
where to find your nearest  
meeting, go to  
 [www.ukna.org](http://www.ukna.org)  
or call  
 0300 999 1212



I am so grateful for AA and the people I have met in the room. It has helped me achieve abstinence and change my life completely.”

**AA Group attendee**

## Cocaine Anonymous (CA)

Cocaine Anonymous is a 12-step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

For more information and where to find your nearest meeting, go to

 [www.cauk.org.uk](http://www.cauk.org.uk)  
or call  
 0800 612 0225

## SMART Recovery

SMART Recovery is based on cognitive behaviour therapy (CBT), and is a self-empowering addiction recovery support group for all types of addiction and addictive behaviour.

Group meetings are available at:

CASA

ISIS

CR

IAS

IDASS

For more information go to [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk) or call any of the main treatment services to find out about where SMART group meetings are being held.

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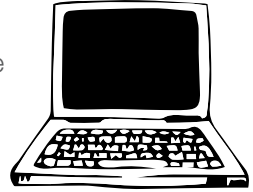
I think it's a good place to come and talk to people, talk about problems and get things off my chest.”

**Smart Recovery attendee**

# ONLINE RECOVERY COMMUNITIES

**More and more people are turning to the internet for peer support. There are lots of different ways for people to get together online from email discussion groups, real-time chat rooms, message boards and now voice chat.**

One of the most popular ways of holding discussions online is by email, with e-discussion groups available 24 hours a day, seven days a week, so you can join in the meeting at any time that's convenient for you.



## Breaking Free Online

An online treatment and recovery programme that allows people to resolve the psychological and lifestyle issues that drive their use of alcohol, and so conquer their dependence once and for all.

 [www.breakingfreeonline.com](http://www.breakingfreeonline.com)

## NA Chatroom

Chat with other people in recovery, in an internet chatroom.

 [www.nachatroom.org](http://www.nachatroom.org)

## Recovery Stories

This online recovery resource provides information to empower people to tackle substance use problems. It includes articles, stories, a blog and more.

 [www.recoverystories.info](http://www.recoverystories.info)

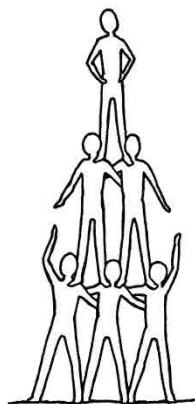
## SMART Online Meetings

Offers online meetings.

 [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

# PARTICIPATION

**If you're in treatment and want to represent the opinions of your fellow service users to improve services, then you might want to be a service user rep. Speak to your key worker who can explain about what this means in your service.**



## Islington Clients of Drug and Alcohol Services (ICDAS)

ICDAS members represent the views of service users in Islington's services. They meet once a month to feedback and coordinate service user input at all relevant forums and events.

If you access services and would like to be a rep or want to talk about service user representation in Islington, please ask your key worker about ICDAS.

## Peer Mentoring

People with experience of addiction often want to help others along their recovery journey. Peer mentor schemes happen at CRI and Cranstoun services. If you have previously accessed treatment, CRI can train you to be a peer mentor and offer you a volunteer placement so you can learn about working in the support field.



If you are interested in the Cranstoun peer mentor programme and have received treatment at Cranstoun services before, please contact 28b directly on

 **020 7923 8010**

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# FILLING YOUR TIME POSITIVELY

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**An important factor in kicking your habit for good will be your ability to fill your time with meaningful and enjoyable activities and to develop structure in your day.**

## SOCIAL GROUPS

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### The Eagle Recovery Project

Eagle Recovery is a weekly volunteer peer led social and therapeutic club for Islington residents who have abstained from drug and alcohol misuse. It welcomes anybody who is in abstinence recovery from their substance addiction whether alcohol or drug misuse. It also welcomes carers of those in active addiction.

Eagle Recovery is about meeting up with friends, talking over issues with mates, and signposting to support from peers. There's a weekly "much too difficult" quiz followed by bingo.

The Project provides sandwiches and fruit, tea, coffee and soft drinks so all sandwich makers are welcome!! To help people relax they have board games such as Jenga, Connect 4 and Frustration (Hmm!) and part way through the evening split up into separate groups. There's also Indian Head massage if you feel you need some de-stressing.

**When? Every Wednesday at 28b King Henry's Walk, London N1 4PB 3pm – 8pm.** Just Turn up! The group also has regular events on a Saturday, call ahead to find out what's coming up on

 **020 7923 8010**

Eagle Recovery also meets at ISIS on the 3rd Saturday of each month.  
12pm – 4.00 pm

Also check the website for all the latest at Eagle Recovery

 **[www.eaglerecoveryproject.org.uk](http://www.eaglerecoveryproject.org.uk)**

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## The Stuart Low Trust

The Stuart Low Trust (SLT) is a health promotion charity based in Islington. There are a variety of activities to help with your general wellbeing, especially if you are feeling isolated or in mental distress. Activities include a regular philosophy forum, monthly outing around the capital, a weekly gardening project as well as a number of support groups.

The charity also runs a regular Friday Evening Event, which is a free, sociable and fun gathering held every week at St Mary's Community Centre, Upper Street, Islington N1 2TX (next to St Mary's Church) from 6.30pm to 9.00pm. Refreshments are provided.

All the activities are either free or low cost. No formal arrangements are required to attend the events – **Just go along and check it out!**



# VOLUNTEERING

Anyone can volunteer. It can be very rewarding and is a great way to meet new people, gain new skills or experience, and make a big difference to your community.



There are many organisations that can help you find a way to volunteer that suits you, some of these are listed in this directory.

You could also visit

 [www.do-it.org.uk](http://www.do-it.org.uk)

Here you can search more than a million volunteering opportunities by interest, activity or location and then apply online.

## Voluntary Action Islington

Drop-in sessions for people interested in volunteering. Whatever your interests, there is a voluntary role out there for you!

**Opening hours are 10am to 4pm,  
Tuesday and Thursday.  
200a Pentonille Road,  
London N1 9JP**

Or register by phone on

 **020 7832 5833**

Or visit the website at

 [www.vai.org.uk/volunteering/  
find-volunteering-  
opportunities/](http://www.vai.org.uk/volunteering/find-volunteering-opportunities/)

## Here to Islington

At Here To Islington you can find things to get involved in locally. You can use skills you've already got, learn new skills, meet new people, get fit and active and have fun, all while helping the community. You can browse opportunities until you find something that takes your fancy, or search to find an opportunity as close to home or work as possible. Here to help you make the first connection and then the rest is up to you.

Visit the website for further information.

 [www.islington.hereto.org](http://www.islington.hereto.org)




## Volunteering outdoors

### The Conservation Volunteers

Want to improve your health and wellbeing but not too keen on running machines or lycra? Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors - improving your strength and stamina, boosting your practical skills and confidence and benefitting your local green spaces.

There are lots of opportunities across Camden, check out the website:


 [www.tcv.org.uk/london/green-gym-london/camden-green-gym](http://www.tcv.org.uk/london/green-gym-london/camden-green-gym)

or give them a call on


 **020 8348 6005.**

### Ground Work

Groundwork re-connects people with nature and transforms whole neighbourhoods. Check the website to find out all the latest volunteering and training opportunities.

 [www.groundwork.org.uk/sites/London](http://www.groundwork.org.uk/sites/London)

If you're interested in volunteering, you'll need to email

 [london@groundwork.org.uk](mailto:london@groundwork.org.uk) with details of your availability, which of the projects interest you and any skills or experience you may have.

### Culpeper Community Garden

Culpeper Community Garden is a beautiful public open space in the heart of Islington, London.


There are also volunteering opportunities available.

**1 Cloudesley Road,  
London N1 0EG**

Visit website:

 [www.culpeper.org.uk](http://www.culpeper.org.uk)

or call

 **0207 833 3951** and ask for Mandy or Martha or drop in Tuesday 2pm – 4pm or Friday 11am – 1pm.

### Islington Ecology Centre

Volunteering opportunities available, no experience is needed and all tools are provided. Please contact the Ecology Centre for more information.

**Gillespie Park Local Nature Reserve 191, Drayton Park,  
London N5 1PH**

 **020 7527 4374**


 [ecologycentre@islington.gov.uk](mailto:ecologycentre@islington.gov.uk)

Disabled Access: There is a disabled parking space at Gillespie Park. The access for this parking is from Drayton Park.



### Sunnyside Community Garden

A community garden especially accessible to people with a mental health need or physical disability. Volunteering opportunities available.

 [www.sunnysidegarden.org.uk](http://www.sunnysidegarden.org.uk)  
**Hazellville Road, London N19 3LX**

 **020 7272 3522**

Call or drop in any weekday other than Thursdays, 10am – 4pm

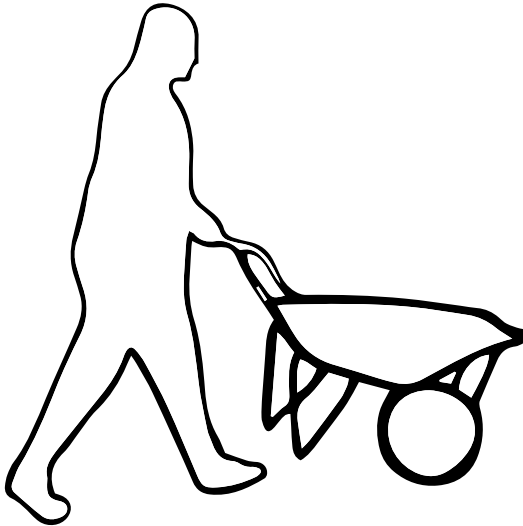
### Freightliners Farm

A working farm with animals and gardens. The farm also has beehives and a farm shop and cafe with homegrown produce. Come to the farm for educational activities, volunteering opportunities or join their gardening club on a Wednesday.

 [www.freightlinersfarm.org.uk](http://www.freightlinersfarm.org.uk)

**Freightliners Farm,  
 Sheringham Road,  
 London, N7 8PF**

 **020 7609 0467**



# GAINING SKILLS AND EXPERIENCE

Gaining skills and getting voluntary or paid work can play a huge part in your recovery. It can give you a sense of purpose, raising your self-esteem and giving you more control. If you're worried you lack skills, confidence or experience, rest assured there's something out there for everyone.

Some courses will be free and some will have associated costs. There may be grants and funding available to help you cover the costs, so do ask when you are enquiring about a course.



## Education and Training

There are courses out there for everyone, from basic skills such as computing to vocational courses such as construction and catering. Islington has many learning centres and services which offer a relaxed and informal learning environment.



### Islington Learning and Working Service

Free vocational courses on offer through Islington Council. These include courses in childcare, retail, hospitality, customer service, health and social care, catering and food hygiene.

The courses are run at friendly and accessible venues across Islington.

These include learning centres, City and Islington College venues, as well as other community venues, such as schools, children's centres and community centres.

All of the main learning centres are wheelchair accessible. Please contact any of the services below to discuss any additional access requirements.

**The four main council learning centres are listed below, call ahead to find out when to visit.**

**Arsenal Red Zone Learning Centre**  
Emirates Stadium  
(Museum Entrance), Ashburton  
Triangle N5 1GD



020 7704 4500

**Hargrave Park Learning Centre**  
Hargrave Park Primary  
School, Bredgar Road,  
N19 5BS



020 7272 0546

**First Steps Learning Centre**  
Central Library, 2 Fieldway  
Crescent (Holloway Road  
entrance) N5 1PF

020 7527 7002

**3 Corners Learning Centre**  
Northampton Road  
EC1R 0HU



020 7527 5083

## City and Islington College

Whatever your specific study requirements, experience or ambitions for the future, this college should have the course that will meet your needs!



The college has a wide range of courses across 3 main departments - Centre for Business, Arts and Technology, Centre for Health, Social and Child Care and the Centre for Lifelong Learning. There are also apprenticeships, available for adults of all ages, which offer you work experience as well as the chance to gain a qualification.

### The Marlborough Building, 383 Holloway Road N7 0RN

Drop-in: 9am – 5pm

Monday – Thursday,  
11am – 5pm Friday

For course information call



**020 7700 9200**

or visit



**[www.candi.ac.uk](http://www.candi.ac.uk)**

You may be entitled to support towards the cost of your studies. You'll need to attend an enrolment session for an individual assessment of your eligibility for financial support.



I particularly valued the tutors, library staff and support staff. The teaching was very adaptable to the different levels of students in the class and I saw the way different people learn.”

**City and Islington College student**



## The NEXT Project

The Next Project provides tailored training, guidance and voluntary experience to people affected by substance misuse with the aim of helping participants get in to, or back to, paid employment.

The NEXT Project is 2 days per week for 3 months and mixes practical advice and skills support alongside intensive support designed to help you to develop your self-confidence, self-esteem and motivation. Open College Network accredited qualifications are also be included, as well as a 6 month voluntary work placement.

The NEXT Project, subject to funding, is available to any individual affected by substance use, including those recently completing treatment and / or on low and stable levels of prescribed substitute medication such as methadone.

## Inspirit SMART Scheme

Completing the Inspirit Diploma (SMART Scheme) earns you the professional qualification required and enough experience to gain employment as a drug or alcohol worker. Well recognised in the sector, our trainees are highly rated by London services. We train you for one year, help you find a voluntary work placement and support you to gain the Diploma Level 3 in Health and Social Care with a drug and alcohol specialism (DANOS).

You learn through experiential exercises, discussions and knowledge sharing in a challenging, inspiring and supportive environment.

Find out more about The NEXT Project and Inspirit SMART Scheme, and other learning opportunities by speaking to the Islington Aftercare team on  020 7520 8682

## Intuitive Recovery

An accredited education programme that promotes abstinence as achievable and easy to maintain. Delivered over four sessions, it provides skills and tools to recognise and control addictive desires and to take responsibility for choices and behaviours.

A referral will need to be made via treatment services.

 [www.intuitiverecovery.com](http://www.intuitiverecovery.com)  [facebook.com/IntuitiveRecovery](https://facebook.com/IntuitiveRecovery)

# GETTING BACK TO WORK

**Finding a job can provide structure as well as boosting self-esteem as well as social and financial wellbeing. This can help your recovery.**

**There are services that can help you to develop your skills to find work.**

## Islington Aftercare

IAS

Islington Aftercare provides support to access education, training, employment and volunteering. The service is available to people who are accessing Islington treatment services, or have done so previously.

Depending on your chosen goals, you will be allocated a Recovery Coordinator or Employment Coordinator who will work with you to design an action plan that is individually tailored to your needs, strengths and goals. You can choose from a combination of one-to-one appointments, group sessions and workshops, supporting you to achieve your goals and move forward in your recovery.



## Islington Working for Parents

If you are an Islington parent, the Islington Working for Parents team can offer a free service to help you to get into employment. In addition to finding training to boost your skills, this includes helping you to search and apply for jobs, preparing you for interviews, or just giving you that extra confidence boost. Links with other specialist agencies can also help with things like checking benefits and finding childcare.

### To contact the team call

 **020 7527 4486**, or email  **iwfp@islington.gov.uk**

or drop in to speak to a Parent Officer at your local children's centre or Jobcentre Plus.

If you don't feel confident enough to start work straight away and want some more advice and support first then you can also speak to a Parent Champion at one of our learning centres.

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## Mental Health Working

Mental Health Working, delivered by Remploy, Hillside and Twining Support Ltd., offers specialist employment support for residents of Camden and Islington with mental health conditions, helping them to prepare for, find and stay in employment. Mental Health Working can help with finding a career path, becoming more confident about work, help with CV and interview tips, as well as setting up your own business.



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## Do you go to Job Centre Plus?

If you are going to the Job Centre Plus, tell them about your recovery and your advisor will refer you to the necessary services.

Worries about finding employment and making the transition from benefits can be stressful, but if the Job Centre knows about the support you are receiving and the efforts you are making towards your recovery then they can take this into account. This can subsequently have a positive influence over conditions on your benefits or if you are affected by sanctions.

The important thing is to stay motivated and keep getting involved in positive activities to add to your skills and work experience.

The Islington Aftercare team (**0207 520 8682**) is available for all residents that are in or have previously been in treatment. This service offers one to one support around career planning and general guidance and advice around finding employment.



## Employment Support through Adult and Community Learning

There is general employment support available for all residents of Islington. Friendly, open access drop-in sessions are available throughout the year. These sessions are facilitated by the learning centre's listed on page 20. Call ahead to find out the latest times and locations.

Drop in for help with writing your CV, filling in application forms and how to search and apply for jobs effectively.



Check the website for the latest information  
[www.islington.gov.uk/advice/employment](http://www.islington.gov.uk/advice/employment) or call the learning centres listed on page 20.

## Kings Cross Construction Skill Academy (KXCSC)

KXCSC offers training, apprenticeships and employment advice and opportunities to people looking to start a career within construction or those who are interested in furthering their career within the industry. Give them a call or pop in for a chat.



**Kings Cross Construction Skills Centre,**  
 180 York Way,  
 London N1C 0AZ

# HEALTH AND WELLBEING

## Manor Gardens Health and Community Services

Manor Gardens is a charity that helps people get healthy and stay healthy. The charity has number of courses and training schemes available and is also a gateway to other support services including help around debts and welfare benefits. Adults of all ages can use the services.



There are six service teams at Manors Gardens (Community Kitchens, Friendship Network, Health Advocacy Service, Manor Gardens Pre-school, Mental Wellbeing Service and The Stroke Service). These teams offer various support, as well as a variety of training sessions and classes, including volunteering opportunities. Some examples of which are listed below:

### Accredited Food Safety qualifications

Learn how to cook, store and eat food in a safer way, and get an accredited qualification at the end.

### Jewellery Making classes

A great way to begin exploring and learning the different ways of how to make great exiting high street jewellery.

### Keep your heart healthy

If you'd like to learn how to look after your heart better, these workshops can give you practical information to keep your heart healthy.

### To find out more just call



**020 7561 5263,**

check the website at



**[www.manorgardenscentre.org](http://www.manorgardenscentre.org)**

or drop in at

**Manor Garden Centre,  
6-9 Manor Gardens  
N7 6LA**

## The Stress Project

The Stress Project is a community based therapy centre providing a range of low cost therapies and well being activities for people experiencing stress.

**There are a range of drop-in services from the centre at 2 Shelburne Rd, London N7 6DL.**

See below for more info.

 **020 7700 3938**

 **[www.hng.org.uk/index.php/stressproject](http://www.hng.org.uk/index.php/stressproject)**

### No need to book – just walk in.

- Tuesday Drop-In. A friendly Drop-In offering social contact and emotional support. Therapies available on a rolling programme include Reflexology, Ear Acupuncture, Shiatsu and Indian Head Massage. 10.30 am to 1.00 pm. Complementary Therapies are just £6 for a 30 minute session.
- Wednesday Yoga. All abilities welcome. 1.00 to 2.30 pm. £5 unwaged and £7 waged.
- Thursday Drop-in Clinic. A weekly clinic offering 30 minute treatments in Indian Head massage.

## MoreLife

MoreLife deliver weight management and health improvement programmes to individuals, families, local communities and within workplaces.

**To find out more or book your place, call the MoreLife Islington team on**

 **0207 832 5831**

or check the website at

 **[www.more-life.co.uk](http://www.more-life.co.uk)**

## Oasis hair and beauty salons

Oasis hair and beauty salons offer hair and beauty treatments to the general public at very reasonable prices. You will receive treatments from students at City and Islington College, under the full supervision of their expert lecturers.

**Oasis Salon,  
Holloway Road  
The Marlborough Building,  
383 Holloway Road, N7 0RN**

**Oasis Salon,  
28 – 42 Blackstock Road,  
Finsbury Park**

Call to book an appointment and check availability.

 **020 7700 9353**



### North London Buddhist Centre

Meditation and Buddhism in Holloway, Islington offering a wide range of activities to promote health, happiness and wellbeing. All classes are reasonably priced and concessions are available.

**72 Holloway Rd, London N7 8JG**

 **020 7700 1177**

 **www.northlondonbuddhistcentre.com**

### Islington Mind

The service provides specific support for people who use mental health services or feel lonely and isolated. This includes community leisure and social activities that enable service users to live a full and enriching life. The Community Support Service operates across three different sites: the Mind Hub at Despard Road, the Mind Spa at Ashley Road in the north of the borough and Mind Empower at Southwood Smith Street.

 **www.islingtonmind.org.uk/community-support-service.asp**

The service is open access and if you feel you may benefit call

 **020 7263 3397**

## Support for the LGBT Community

### PACE

PACE is London's leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual and transgender community. Volunteering opportunities also available.

**34 Hartham Road, London N7 9JL**

 **020 7700 1323**

 **www.pacehealth.org.uk/about-us**

### Antidote, London Friend

Antidote is the UK's only LGBT run and targeted drug and alcohol support service.

**Contact the team to discuss your drug or alcohol issues on**

 **020 7833 1674**

(10am – 6pm, Monday to Friday).

Ask for one of the Antidote Team.

 **www.londonfriend.org.uk get-support/drugsandalcohol**

# EXERCISE

## Leisure Centres and Sports Facilities in Islington

There's something for everyone in Islington, including group exercise classes, to outdoor football, gym, swimming and tennis.

There are lots of different membership options, including concessions for residents who have disabilities or receive benefits.

Visit the website or contact one of the main leisure centre's below for further information.

 [www.better.org.uk/leisure](http://www.better.org.uk/leisure)

Why not go for a swim  
at Highbury Pool and  
Fitness centre?

 020 7704 2312

**Archway Leisure Centre**

 020 7281 4105

**Finsbury Leisure Centre**

 020 7253 2346

**Sobell Leisure Centre**

 020 7609 2166

## Join a gym

There are a number of affordable gyms across Islington. Gyms offer variation to exercising and are an effective way of getting healthy. They are also good places to meet new people. See below for more information.

### Fit Space Islington

This gym offers a variety of equipment, and a Free Weights area that caters for all fitness levels. **Join this gym for as little as £13.99 a month.**

**Fit Space Islington,  
5-7 Hornsey Street, N7 8GA  
2 mins Walk from Holloway Road  
Tube Station**

Free guest  
passes are  
available

### Pure Gym Holloway Road

This gym offers state-of-the-art equipment in a clean, comfortable, friendly and spacious setting. There are also over 40 different exercise classes every week.

**Join this gym for £19.99 a month (with no contract).**

**Pure Gym, Collingwood Business Centre, Mercers Road, N19 4PJ**



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## Outdoor Gym equipment in Islington


There are a number of places in Islington with outdoor gym equipment. These include Elthorne Park, Paradise Park and Whittington Park.

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## Football coaching with Arsenal FC

A fantastic opportunity for both men and women who enjoy playing football. The sessions are delivered by Arsenal football coaches in a friendly and relaxed environment and are suited to all abilities.



**Sessions held at various indoor or outdoor venues depending on the weather. Referral is required - please contact 28b for more details on  020 7923 8010.**

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## Ironmonger Row Baths Day Spa

A day spa in Old Street, located within Ironmonger Row Baths. Various treatments available. The perfect environment in which to restore both mind and body!

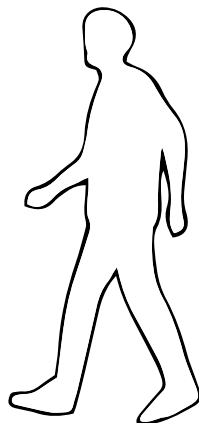
**Ironmonger Row Baths 1 Norman Street, London EC1V 3AA**

 **020 3642 5521**  **[www.spa-london.org/ironmonger-row-baths/](http://www.spa-london.org/ironmonger-row-baths/)**

## Walking in Islington

Islington Walks, offer you the opportunity to walk regularly in a relaxed and friendly environment. The walks are led by a team of trained, volunteer walk leaders. The walks are relatively gentle and last for approx. 1 hour. They are free of charge and led by a team of trained, volunteer walk leaders. If you have any health concerns, consult your GP before coming on their first walk.

There are three regular, organised walks in Islington, see below for more info. No need to book, just turn up! Participants are advised to arrive 10 minutes prior to the start time and wear comfortable shoes.



### Caledonian Canal Walk

When: Every Monday  
 Time: 10.30 – 11.30am  
 Meet: Meet outside Jean Stokes Hall (near Islington Children's Centre), Carnoustie Drive, Bemerton Estate, N1 0DX

### Archway Ambles

When: Every Thursday  
 Time: 11am – 12.15pm  
 Meet: Archway Leisure Centre, McDonald Road, N19 5DD

### EC1 and Beyond

Walk 1: 2nd Thursday of each month is local to the EC1 area. Allow just over one hour.

Walk 2: 4th Thursday of each month is in various parts of London. Allow two hours.

Time: 11am  
 Meet: St Luke's Centre, 90 Central Street, EC1V 8AJ

Find out more, call  
**Ben Harding,**  
 Walking Co-ordinator on



**020 7689 9846**

# LIBRARIES

Islington has 13 libraries, all offering a safe and relaxed environment to further your learning. If you are looking for a class or course, from beginner to advanced, or if you need the answer to a question, or the solution to a problem, the library is often the best place to start.



**Don't forget to check library notice boards; a really good place to find out about all the latest groups and activities that may be happening in the borough.**

## Libraries are free and easy to join!!

Just pop into any library, fill in a simple form and you will be issued with your library card straight away. Anyone can join an Islington library, whether you live, work or study in the borough, or are just visiting for a short while.

**If you join without showing one proof of ID and one proof of address you will have a limited membership.**

### **With a full membership, adults can borrow or hire:**

Books and story-cassettes / story-CDs – Up to 12 items for three weeks (free)

Music – Up to 12 CDs for three weeks (CDs 50p)

DVDs – Up to 12 per night (£2 per night or £1.50 per week)

Internet Access (up to 1 hour – Free)



## Learn how to use a computer at the library

If you are a total beginner you can book a one to one training session with a member of library staff to run you through the absolute basics of using a PC and getting online. If you are using a computer and have a problem, staff are there to help so just ask!



If you require more learning support to develop your computer skills, there are two learning centres based at libraries in the borough. These are the **First Steps Learning Centre** at the Central Library, and the **Islington Computer Skills Centre** at the Finsbury Library. There are also classes at the North and West library halls.

**Various opening times, just call ahead. Sessions are free.**

### Archway Library

Hamlyn House, Highgate Hill,  
N19 5PH

 **020 7527 7820**

### Central Library

2 Fieldway Crescent, N5 1PF

 **020 7527 6900**

### Finsbury Library

245 St John Street, EC1V 4NB

 **020 7527 7960**


### John Barnes Library

275 Camden Road, N7 0JN

 **020 7527 7900**

### Mildmay Library

21 – 23 Mildmay Park, N1 4NA

 **020 7527 7880**

### N4 Library

26 Blackstock Road, N4 2DW

 **020 7527 7800**

### North Library

Manor Gardens, N7 6JX

 **020 7527 7840**

### South Library

115 – 117 Essex Road, N1 2SL

 **020 7527 7860**

### West Library

Bridgeman Road, N1 1BD

 **020 7527 7920**

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## SUPPORT FOR FAMILIES, CHILDREN AND CARERS

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**Your family and loved ones have probably been affected by your addiction. Evidence shows that you're more likely to succeed in your recovery if those close to you are involved in your support/treatment.**

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### The Families, Partners and Friends Service

This service is run for adult family members, partners or friends. This service offers informal support in person or over the phone, as well as couples/families meetings and a facilitated support group.

#### **For more details contact**

 **020 3657 7405**  
**332c Goswell road, London EC1V 7LQ**

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### Dual Diagnosis Carers Service

Information, Advice and Support Service for Family and Friends. This service can help you if you are caring for someone with complex needs/dual diagnosis. Dual diagnosis means that the person you are supporting has problems with both their mental health and their use of drugs and/or alcohol.

**To self-refer or for more information,  
please contact**

 **020 3301 9850**

**Address: Islington MIND, Unit 4,  
Archway Business Centre, 19-23  
Wedmore St, London N19 4RU**

## Islington Family Information Service (FIS)

Islington Family Information Service (FIS) gives free, impartial information, advice and guidance about services for children, young people and families. It will provide information about childcare available in your local area. You can find out about nurseries and playgroups, children's centres, childminders, holiday care, out of school care and nannies.

You can also find childcare in your specific postcode area using the online Family Directory at

 [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)

The helpline is open from 9am to 4pm, Monday to Friday. Outside those times you can leave a message and we will get back to you or you can email [fis@islington.gov.uk](mailto:fis@islington.gov.uk)



020 7527 5959

## Day care placements for children

Some parents may qualify for free day care placements via the Early Years Priority Referral team. This service allows parents to access treatment without childcare being a barrier and is decided on a priority basis. Speak to your social worker, family support worker or health worker to make a referral.

Childcare care support for those accessing treatment

## DAAFFII (Drug- and Alcohol-Affected Families in Islington)

A support group for carers affected by a loved one's substance misuse. Make contact via the online form at

 [www.daaffii.org.uk](http://www.daaffii.org.uk)



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## CASA Families Service

CASA Family Service helps children, young people and families who are having difficulties because of parental use of alcohol or other drugs.

The service offers practical support around every day parenting and family issues, individual and group support or young people who have a caring role in their family because of parental alcohol and drug use (Islington & Camden boroughs).

For more information call



020 7561 7490

Address: 86 Durham Road,  
London N7 7DT

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## Islington Carers Hub

If you are providing unpaid care for a friend or relative you can contact Islington Carers Hub for advice, information and support. The Hub offers advice sessions in venues across Islington as well as by phone or email. You can meet other carers through their support groups.

For more information call



0800 085 1141 (freephone)

020 7561 5517



on visit

[www.islingtoncarershub.wordpress.com](http://www.islingtoncarershub.wordpress.com)

# HOUSING AND HOMELESSNESS

## Floating Support

### What is floating support?

Floating Support is a type of service which supports people to live independently, maintain a tenancy and prevent homelessness.

Floating support workers meet clients at their homes or somewhere convenient in the community and can also accompany clients to appointments.

There are a range of floating support services on offer for different client groups including specialist services for people with substance misuse needs, mental health needs, older people, families or those fleeing domestic violence.

If you would like to find out more about any of the floating support services, please call the referrals team for more information



020 7527 4169

### The Islington Substance Use Floating Support Service

This service is for anyone aged over 18 living in the borough with a housing support issue related to substance use. For more info:



020 7354 6637

### Families First

Support available for families with school-aged children up to 19 years old. Trained family workers will visit you at your home or in community locations to offer extra advice and support should you feel you need it. This could be things like because you are having housing difficulties, or you are hoping to get into work or training.

Parenting programmes, community events and advice surgeries are also available throughout the year. For more details:




020 7527 4343

## Homelessness

If you find yourself homeless or at risk of homelessness, the Housing Aid Team is the starting point for advice and assistance.


You can come to the centre in person, or call the number below.

**The Islington Customer Centre 222 Upper Street, Islington London N1 1XR**  
Monday to Friday 9am – 5pm  **020 7527 2000**

## Supported Housing

Supported housing is accommodation where housing support is provided to you for a period until you can move on in a planned way to live independently.

The eventual aim of living in supported housing is to enable you to sustain a tenancy of your own when you move out of supported housing.

If you would like to refer yourself for supported housing you should contact the supported accommodation referral co-ordinator team on  **020 7527 4169** to discuss your circumstances and the application process.

## Debt, money and benefit advice

The Islington Advice Line. Free, independent and confidential advice.

 **020 3475 5080**  **admin@rcjadvice.org.uk**

Islington Citizens Advice Bureau. Free, independent and confidential service offers advice on debts, benefits, housing, employment, discrimination and a range of other issues. Book an appointment:

 **020 3475 5080** (Monday – Friday 10am – 1pm, 2 – 4.30pm).

The Income Maximisation Team – Check that you are receiving all the benefits you are entitled to and get advice on benefit changes.

 **0800 731 8081** or **020 7527 4990 (option 4)**

## Legal Advice

### Islington Law Centre

Free specialist, independent legal advice and assistance.

Call to book an appointment, evening sessions are available.

 **020 7288 7630**  **www.islingtonlaw.org.uk**

## Notes

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To download this guide  
and find out more about  
recovery in Islington, visit  
[www.islington.gov.uk/drugs](http://www.islington.gov.uk/drugs)



Control  
Wellbeing  
Independence  
Detox Treatment  
Education  
Make a Change  
Training Friends  
Health Participation  
Family Support  
Volunteering  
Support Finding work

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