

## General Support and Advice

- **Age UK Islington** – offers support to any Islington residents aged 16 – 50+  
[www.ageuk.co.uk/Islington](http://www.ageuk.co.uk/Islington)  
Telephone: 020 7281 6018  
[gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)
- **Citizens Advice Islington** – Provides free independent advice on various issues such as welfare benefits, debt problems and consumer problems.  
<http://www.rcjadvic.org.uk/islington-cab/>  
<http://www.citizensadvice.org.uk>  
<http://www.islingtoncab/.org>  
Telephone: 0300 330 1197 or use the free phone from Islington council customer services centre – press: 00300 (Do Not Press Any Option buttons. If The Message Says, “all our Assessors are busy”, Hang Up and Dial Again when you hear the Music you will be in line to speak to an Assessor.
- **Islington Law Centre** – offers free specialist, independent legal advice and casework assistance in several areas including debt and consumer, education, and immigration and asylum.  
Email:[info@islingtonlaw.org.uk](mailto:info@islingtonlaw.org.uk)  
<http://www.islingtonlaw.org.uk/>  
Main Line: 020 7288 7630  
Evening Advice Clinic: 020 7288 7633
- **Clean Break** – Theatre company and education provider offering services to women with experience of the criminal justice system  
<http://www.cleanbreak.org.uk>  
Telephone: 020 7482 8600
- **Waterloo Community Counselling** – Low-cost counselling on a sliding scale according to income, from £10 per session. Free Multi-Ethnic Counselling in a range of languages for refugees and asylum-seekers and members of BME communities  
[www.waterloocc.co.uk](http://www.waterloocc.co.uk)  
Telephone: 020 7928 3462  
Email: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)
- **Spiral Holistic Therapy Centre** – Low-cost counselling with sensitive and skillful volunteer therapists, for people on limited income.  
Email:[info@spiralcentre.org](mailto:info@spiralcentre.org)  
<http://spiralcentre.org/>  
Telephone: 020 7607 4403

- **The Anchor** – Confidential drop in service offering support for a wide range of issues including: specialist domestic violence and abuse advice, family support, drugs and alcohol services and the Metropolitan Police.  
Drop in service is second and last Wednesday of every month 10am-1pm  
Email:[theanchor@islington.gov.uk](mailto:theanchor@islington.gov.uk)  
Telephone: 020 7354 1359
- **Connect help on your doorstep**– offers help to local people to achieve their goals by connecting them directly with free community services that can help with a variety of issues. Issues include disability/mobility support, fuel costs, home fire safety and housing.  
Email: [finsburypark@helponyourdoorstep.com](mailto:finsburypark@helponyourdoorstep.com)  
<http://www.helponyourdoorstep.com/>  
Telephone: 020 3931 6078
- **Bags of Taste** – offers free cooking lessons for people who are struggling with food costs to eat better for less.  
<http://www.bagsoftaste.org/>
- **The Friendship Network** – a wellbeing service from Manor Gardens Welfare trust. Offers a befriending service for older members.  
Email:[friendship.network@manorgardenscentre.org](mailto:friendship.network@manorgardenscentre.org)  
<http://www.manorgardenscentre.org/>
- **Islington Green Gym** – free sessions to help you get active and improve local green spaces.  
Email:[gg-islington@tcv.org.uk](mailto:gg-islington@tcv.org.uk)  
<https://www.tcv.org.uk/london/green-gym-lonfon/islington-green-gym>
- **Pohwer Islington advocacy service** – offer free, confidential and independent advocacy services to help people understand their rights, be treated as equals and be heard.  
Email:[pohwer@pohwer.net](mailto:pohwer@pohwer.net)  
<https://www.pohwer.net/>  
Telephone: 0300 456 2370

- **Octopus Communities** – Collaboration between multi-purpose community centres spread across Islington. Octopus’ focus is to develop and deliver inspiring projects that respond to community need and demand. Current active projects include the community Hubs Network We can Grow, and Stay Well, Live Well.  
<http://www.octopuscommunities.org.uk/>  
 Telephone: 020 7263 7095
- **Streets Kitchen**– Streets Kitchen is a UK & Ireland grassroots group working to help the homeless community, providing daily outreaches with food, clothing and information that benefits our streets. We work in partnership with others across the UK and beyond.  
<https://www.streetskitchen.org/>
- **Street Vet** – Streets Vet is a registered practice delivering free care to the homeless and their dogs on the streets of London, Brighton, Bristol, Birmingham, Plymouth, Cambridge, Southampton and Cheltenham.  
<https://www.streetvet.co.uk/>
- **Refugee Community Kitchen** – serves hot, nourishing meals to displaced people in the UK & abroad.  
<http://www.refugeecommunitykitchen.com/>
- **ScotsCare** – helps and supports Scots and their families in Greater London. They offer job coaching, counselling, sheltered housing, volunteering, financial grants and social events.  
 Email: [info@scotscare.com](mailto:info@scotscare.com)  
<http://www.scotscare.com/>  
 Telephone: 020 7240 3718  
 Telephone: 0800 652 2989
- **Forum+** – hosts regular social groups and events, working to reduce social isolation and loneliness in the LGBT+ community.  
 Email: [info@forumplus.org.uk](mailto:info@forumplus.org.uk)  
<https://forumplus.org.uk/>  
 Telephone: 020 7388 5720

- **Out4Coffee** – is an opportunity to discuss community safety and enjoy coffee, cake and a chat. Held on the last Wednesday of each month at 42 Beans Coffee Shop, 69 Camden High Street, NW1 7JL from 11am to 12.30pm. Hosted by Forum+ which hosts regular social groups and events, working to reduce social isolation and loneliness in the LGBT+ community.  
 Email: [info@forumplus.org.uk](mailto:info@forumplus.org.uk)  
<https://forumplus.org.uk/>  
 Telephone: 020 7388 5720
- **LGBT+ Drop in** – at Union Chapel. Find out about LGBT+ services in Islington. Held every 2<sup>nd</sup> Wednesday of the month Union Chapel, Compton Terrace, Islington, N1 2UN, from 12 to 2.30pm.  
 Email: [info@forumplus.org.uk](mailto:info@forumplus.org.uk)  
<https://forumplus.org.uk/>  
 Telephone: 020 7388 5720
- **The Pavement** – publishes independent advice as well as hard-hitting and entertaining reportage, tailored to a homeless readership within the UK via regional magazines and UK-wide website. Aims to provide and publicise appropriate information that is objective, timely and relevant on a range of advisory and practical services available to homeless people, as well as news on issues impacting the homeless and dispossessed from across the UK.  
<https://www.thepavement.org.uk/>  
[twitter.com/thepavementmag](https://twitter.com/thepavementmag)  
[facebook.com/thepavementmag](https://facebook.com/thepavementmag)  
[Instagram.com/pavement\\_magazine](https://instagram.com/pavement_magazine)
- **Haringey Adult Learning Service** – courses and services are available to anyone aged 19 or older. TO ENROL: Please book an initial assessment at HALS reception on the 2<sup>nd</sup> Floor, Wood Green Library, High Road, N22 6XD  
 Telephone: 020 84892596/2523  
<https://www.haringey.gov.uk/jobs-and-training/adult-learning-service>
- **Hoarding UK**– the UK National charity for people impacted by Hoarding Behaviours. Promoting choice and control. Founded by Megan Karnes.  
 Email: [megan@hoardinguk.org](mailto:megan@hoardinguk.org)  
<http://www.hoardinguk.org/>  
 Telephone: 020 3239 1600  
 Telephone: 07908 22 55 11