



ISLINGTON

www.islington.gov.uk

Issue 30, December 2005



Can you give a child a home?

Red balloons have been released into the sky symbolising each of the 35 children in Islington needing a new loving family.

The council is calling on people to take the first step towards adoption and give a child a new home. People from all walks of life make great adoptive parents. It doesn't matter if you are single or a couple; married or living together - it only matters that you want to make a difference to a child's life.

Adoptive families are particularly needed for older children, brothers and sisters and children from black and minority ethnic backgrounds.

Penny adopted an 8 year girl last year, and tells us

how the decision has changed her life.

"I am one happy woman. I just feel very content and know in my heart that this has been the best thing I have ever done. It has been so much better than I imagined and I feel at the end of a day just great waves of love and rightness for my little girl sleeping upstairs."

"This is not said in a rosy glow but a real sense of well-being knowing that we are both embarking on a new life together, both bad and good. Each time she has a problem I am thankful that we have each other to sort it out and move on. I know already that she is as sappy about me as I am about her and it is so lovely when we have those special moments together."



For information, contact Islington Adoption Service, 12 Highbury Crescent, London N5 or call **020 7527 4400**. You can also go to www.islington.gov.uk/Health/ChildAndFamilyServices/AdoptionAndFostering

Incredible recycling

We recycled 18% of our household rubbish in October compared with only 10% a year ago. Plus 69,000 visits have been made to the council's Household Reuse and Recycling Centre since it open last year - keep up the good work!

Find out how the council can you help recycle by calling 020 7527 2000 or visit www.islington.gov.uk/recycling



Christmas collections

This Christmas, for the first time, your rubbish and recycling will be picked up no later than one day after your normal collection. Turn to page nine for full details.

Open for business

For information about opening and closing times for council services over the Christmas period see page nine or call Contact Islington on **020 7527 2000**.

Look inside for more about what's happening in and around Islington...



On the move



Top class



Christmas time



Junk jam



Be healthy

Welcome

Welcome to Issue 30 of *Islington*

From Helen Bailey,
Chief Executive



Christmas is an enjoyable time for all of us it but it can often get a bit stressful so the council has come up with some tips and advice on everything from shopping wisely to recycling all your festive waste and saving energy during these cold months.

Keep your copy somewhere handy because we've also got details of the Christmas opening hours of all our services and departments.

As the schools break up we take a look at some recent achievements and future projects. Pupils and teachers at Grafton Primary School have had an early present after receiving the best Ofsted report of any Islington school – ever! And have a look at our proposals to build schools for the future which could see your child's school being revamped under the multi million pound Building Schools for the Future programme.

Read how we've made great progress on tackling alcohol-related crime with a large reduction in the number of incidents. And if you have memories of life along the A1 we want to know to help build up a collection of stories for a walking audio tour of the street.

The council would like to wish all residents a safe and very happy Christmas and best wishes for 2006.

Helen Bailey

Your Shout

Below are some of your letters, emails and phone calls we received in response to the last issue

Barnsbury Wood @

Can Barnsbury Wood be open more often than just a short slot on Tuesdays?

This small jewel of green space in Barnsbury needs to be preserved for the future, so we supervise it when it's open. Barnsbury Wood also opens on Saturday afternoons in the summer thanks to some volunteer residents. Schools are able to use it during the week and Sure Start use the site to teach under 5s about forests.

Special events take place at other times throughout the year, including wildlife gardening workshops, storytelling and performances by musical groups.

All our events are advertised in the Greenspace events diary which is available from the Council's website. For more information contact Islington Ecology Centre on 020 7354 5162.

Travelling fans @

A residents' parking scheme was introduced in my area because of Arsenal moving to their new stadium near Holloway Road tube station. I objected to the introduction of parking restrictions before improvements to local public transport, specifically Holloway Road tube station. What changes have been made to cater for the thousands of football supporters who will pass through the tube station when the stadium opens?

The council has been working closely with TfL, Arsenal and the police to develop a travel plan for when the new stadium opens.

When the stadium development plans were approved they included a robust transport plan. It is clear from that plan that the benefits of improving Holloway Road are desirable, but not essential for the opening.

Our plans include ensuring fans are fully informed of all available routes to the stadium, and encouraging use of stations other than Holloway Road, buses and walking. We are confident that fans can safely access and leave the stadium area with minimal disruption to local residents, businesses, other pedestrians, train travellers or traffic.

Commuter parking @

Why do we need parking restrictions on a Saturday, as commuters presumably only commute during the working week?

Residents' parking areas are designed to prioritise parking for residents and local businesses. There are often other demands on parking spaces in an area as well as commuters; for example, shopping centres and areas with good transport links have higher demand for parking. This demand can be from visitors and shoppers and not just from commuters.

Your Views...



Do you think we are doing the right things?

Is there anything you think we have done well?

How can we improve our service to you?

What do you want to see in this newsletter?

We want to hear what you have to say. So, if you want to make a comment about any aspect of the services we provide, please

contact us using the information below:

Phone: 020 7527 3416

Email: residents.news@islington.gov.uk

Write to: Helen Bailey, Chief Executive
Islington Council, Town Hall,
Upper Street, N1 2UD

Tell us what you think. After all, if you don't tell us something is wrong we can't do anything about it...

We look forward to your feedback.

We reserve the right to shorten or amend at our discretion.

Smokefree Islington gets closer

Over half of Islington businesses have decided to go smokefree – putting Islington in pole position to become London’s first smokefree borough.

Researchers visited 830 businesses all over the borough, asking what kind of smoking policies they have in place. The results, show an impressive 65% have already banned smoking in the building whilst 57% say they are already smokefree - not allowing smoking in either their building or premises.

“The majority of local people favour a ban on smoking in places where they work and socialise so we’re working hard to convince all businesses that making Islington completely smokefree is the way to go,” said Claire Newall, Workplace Stop Smoking Adviser.



If businesses want free advice on how to go smokefree they should call Claire Newall on **020 7527 1230** or email **claire.newall@nhs.net**.

Mayor’s awards



Every day there are people making selfless contributions to the lives of others throughout our community.

If you know of any individual, family or group making a unique contribution to life in Islington, nominate them for the Mayor’s civic awards.

Nominations close Friday 20 January 2006.

For a nomination form go to **www.islington.gov.uk/Council/Political/Mayor/civic.asp** or call **020 7527 3113**, or email **the.mayor@islington.gov.uk**

Big wigs come to town



John Sunderland the CBI President and Chairman of Cadbury Schweppes addresses the CBI delegates

Islington showcased the best the borough has to offer when the nation’s top business people converged on the Angel for the annual CBI (Confederation of British Industry) conference.

The CBI, which represents UK business, picked Islington’s Business Design Centre as the venue for its first London conference, and was attended by 1,600 delegates from business, government and industry.

Did you know?

Older residents with mobility problems can borrow mobility scooters and powered wheelchairs for free from Islington and Camden Council’s Accessible Transport Service. For more information contact 020 7974 2420/2039.

Ain’t no stopping us now

Wheelchair and electric scooter users are whizzing around Islington’s footpaths thanks to the introduction of disabled access routes.

The council has dropped kerbs and removed street obstructions to enable better access for wheelchairs and electric scooters travelling along the pavement to the shops, work or school.

Naish Court in Bemerton Street, Woodbury Estate, Newington Green, St John’s Way, Archway, and Central Street have already benefited. There are another four schemes in the pipeline.



Resident Ron Lang uses the routes to visit his local pie and mash shop, while Joyce Bryant, says “The scheme is brilliant. It has made access so much easier.”



For more information call Contact Islington on **020 7527 2000**.



Brie? Oui....

Pupils as young as four are learning to speak French at St Andrew's Primary School with the help of two tutors and a range of smelly French cheeses. The cheeses are a fun way to encourage children to use all of their senses.

After tasting the cheeses, 10-year-old Damien Newcombe, said: "I like learning French a lot but do not like the idea of eating other French food such as snails or frogs legs".

Islington schools for the future

Islington is hoping to create schools of the future where our children will be educated in 21st century buildings and encouraged to 'enjoy and make the most of their education at school.'

Around £130 million could be spent on completely rebuilding or refurbishing our secondary schools. The money would largely be provided by the national Building Schools for the Future programme and would complement other projects such as the Golden Lane Campus and New North Community School that are already well underway.

The work could happen in three phases. Please note the Building Schools for the Future timeline below.

A thorough public consultation on the proposals will be carried out during 2006.



To find out more about the proposals for Islington's schools visit

www.islington.gov.uk or

email education@islington.gov.uk.

Or call Fran Stewart on 020 7527 5954.

Building Schools for the Future

Phase 1 2007-2009

Holloway School
Highbury Grove
St Aloysius'

Phase 2 2009-2011

Central Foundation
Elizabeth Garret Anderson
Islington Arts and Media
New Directions (Pupil Referral Unit)

Phase 3 2011-2012

Highbury Fields
Mount Carmel
Secondary Pupil Referral Unit

Reach for the stars

Islington's Gifted and Talented programme aims to help students pursue the career of their dreams.

Courses are offered in addition to the normal curriculum - giving the brightest pupils an opportunity to stretch themselves and gain extra qualifications. Boys from St Aloysius' are spending their Saturday mornings studying for GCSEs in Law and Classical Civilisation.

14-year-old Mustafa Caglar who's studying Classical Civilisation said: "A qualification in Classical Civilisation is looked upon favourably by colleges in the top universities: Oxford and Cambridge - that's my ultimate goal."

Top of the class



Holloway's Grafton Primary School has one of the best Ofsted reports ever received by an Islington school.

According to the report, Grafton "provides a high quality education with many outstanding features. The quality of teaching was found to be outstanding and the pupils themselves are extremely enthusiastic and proud of their school."

Pitch perfect

It was a game of two halves when a group of Islington pupils helped celebrate the football anthem as part of the BBC's recent Pitch Perfect concert.

Held, where else, but at the Wembley Conference Centre, the concert included performances of Nessun Dorma and the theme from The Great Escape.

The concert gave students the chance to work with prestigious groups like the BBC Concert Orchestra and the BBC Singers. To top it all off Arsenal's keeper, Jens Lehmann popped in to help with rehearsals of the German football anthem.





CCTV on the move

Two mobile CCTV units are operating in the borough as part of a range of initiatives aimed at reducing crime and antisocial behaviour in Islington.

While the two units will be an important tool in deterring crime they will also play a greater role in the community by

supporting council enforcement activities on illegal trading, flytipping and vandalism.

The council, police and fire brigade will be using the CCTV vans for joint operations monitoring licensees and alcohol related anti-social behaviour in the lead up to Christmas.

Did you know?

North Islington Nursery School is 75 years old this year and continuing its tradition of giving children an excellent start to their education. It is also one of two Islington nursery schools in the Ofsted hall of fame. The other is Margaret McMillan Nursery.

Sensible drinking

A campaign to reduce drink-fuelled crime in Islington's hotspots has scored an impressive 57% reduction in alcohol-related assaults.

The joint project by the council's licensing team, the police and fire services targeted areas around pubs in the Angel and along Upper Street.

The campaign encouraged landlords to play their part in preventing crime by controlling people's behaviour in and outside their premises. As a result, reported assaults in the area dropped from 42 in July to 18 in September.



Team MAGPI – uniting to keep the community safe

MAGPI is a troubleshooting panel made up of various council departments, the police and education providers united in their aim to tackle bad behaviour in the community.

Currently working on nine estate-based projects, the panel works together to address the reasons for problems, to prevent their recurrence and give perpetrators positive alternatives to anti-social behaviour.

Here's a snapshot of just a few of the estates where changes are being felt:

Location: Cornwallis, Ringmer and Bavaria Estates, N19, Tollington ward

Problems: Youth disorder, drug taking and gang problems. Dog-fighting on the Bavaria and Ringmer estates.

Action so far:

- A number of young people have been issued

with acceptable behaviour contracts (ABCs)

- Extra police patrols have been introduced
- Graffiti vandals have been involved in cleaning up their mess
- MAGPI has put more than £3000 into projects to work with young people involved in disorder in the Cornwallis, Bavaria and Ringmer areas and encourage them into more positive activities
- Work is being carried out to make hotspots on the estates safer and more open, and discourage gatherings.

Results: One resident says: "The problems seemed to have subsided quite dramatically. Last week was the quietest week I have known. There were minor events, but really compared to what has gone on, it wasn't any trouble."

Residents interested in finding out how MAGPI could help with any local problems they are experiencing should contact Justin Ho on **020 7421 0111** or email justin.ho@islington.gov.uk

Have a green, safe and

For all its fun and frolics, Christmas is not without its pitfalls. With mountains of uneaten food, gift wrapping, cards and drooping Christmas trees, it can be a time of hard knocks for our environment. Read on for some excellent tips to minimise rubbish, as well as save money on your energy consumption.

With everyone hitting the shops like there's no tomorrow, we've got some great advice on avoiding rogue traders and knowing your consumer rights when buying presents.

And get set for a festive outpouring in Islington, as we bring the spirit of Christmas to all our diverse communities with the help of hundreds of fairy lights and miles of tinsel!

Swapxchange – eXactly what you've been looking for!

Not sure what to do with do with that hand knitted reindeer jumper from Aunty Alice?

Check out www.swapxchangeislington.org - the brand new free website that allows people in Islington to swap, exchange, find or give away goods or services that they no longer need, but could be of use to someone else.

Log on to www.islington.gov.uk/swapxchange to place your ad or see if there is anything that catches your eye!

Let's celebrate!



This Christmas season, the council is joining forces with EC1 New Deal and local businesses to bring more lights than ever to Islington streets.

Lighting displays will adorn roads and parks throughout the borough, including decorations on the lamp columns of Seven Sisters road and Newington Green, and a blazing display atop Angel Station. The aim is to help foster a sense of community pride and togetherness regardless of background, religion or beliefs.

Bike for Christmas



If Father Christmas is delivering bikes to youngsters as presents this year, make sure you check out the safe cycling tips on www.islington.gov.uk.

The council also runs free cycling safety courses for year 5 and 6 children. For more information call Contact Islington on 020 7527 2000.

Did you know? ??

The Islington Senior Citizens Christmas Day Party has been running for 38 years thanks to a wonderful group of volunteers. But more volunteers are needed this year. If you can help call Janet Eacott on 020 7527 3114. Islington is the only London borough hosting such an event on Christmas day.

Happy Christmas

Dreaming of a Green Christmas

We all eat and drink too much at Christmas time. More waste is bad news for the environment so here's a simple guide to reducing your impact on the environment this Christmas. Why not share these tips with your friends and family and see the difference it makes?

Eating and drinking:

- ingredients for a typical Christmas dinner may have travelled 30,000 miles from overseas to the UK dinner table – damaging the environment and undermining local economies. This could be prevented if we all bought our food from local sources wherever possible
- check out Islington Farmers Market for yummy Christmas goodies. They have relocated to William Tyndale School behind the Town Hall on Upper Street. Open every Sunday 10am to 2pm
- buying Fairtrade products ensures you're giving disadvantaged producers in poor countries fair prices for their products, For more information visit www.islington.gov.uk/fairtrade
- compost your organic waste – you can order a compost bin or wormery at a discounted price of £5 from www.getcomposting.com/islington.

Recycling and waste reduction:

- use your green box or recycling centre to recycle those empty beer cans and wine bottles
- free e-cards can be found on the internet and can be more fun than paper Christmas cards. Remember to recycle any cards you do receive
- why not buy a live Christmas tree in a pot which you can keep in the garden afterwards. The council has a special Christmas tree recycling service see the backpage for details.



Sleigh bells ringing...

- leave the car in the garage and do your Christmas shopping online
- avoid drinking and driving during the party season – use public transport. Plan your trips using the journey planner at www.tfl.gov.uk
- car clubs are a great way to get around without owning your own car. Find out how you can help the environment by joining www.citycarclub.co.uk.

Be a Scrooge with energy!

For money-saving advice on your heating, contact the Energy Efficiency Advice Centre on **0800 512 012**, or follow these top tips:

- save energy and money by turning your Christmas tree lights off at night
- use energy saving light bulbs, they last for over 10 years and will save you up to £10 a year

- save £15 a year by closing the curtains as soon as it gets dark, to stop heat escaping through your windows
- don't leave appliances such as computers and even cordless phones on 'stand by' or 'charging' when not necessary. A TV on standby is still using 80% of its power.

SAVE
YOUR
20%

Don't buy trouble for Christmas

Beware of buying Christmas presents on impulse because it can lead to expensive mistakes. Shop smart by keeping an eye out for the following:

A 'No refunds' notice

If the shop is displaying one of these illegal notices, give it a miss.

Returns policy

If you're buying the item as a present, ask if you can bring it back to change it if it's unwanted. If they say yes, ask someone to write it on the receipt. Shops do not have to offer an exchange or refund money on unwanted goods unless they clearly state they do.

Unlicensed street traders

Keep on walking. Goods are usually fake, faulty, dangerous or falsely described. And you can bet the traders will vanish as quickly as your consumer rights.

'Too good to be true' web bargains

Only buy from secure, reputable businesses and make sure you know where they are located - they could be anywhere in the world.



For more advice contact Consumer Direct on **08454 04 05 06** or visit www.consumerdirect.gov.uk.



The new look A1 – safer, cleaner, greener

Everyone can play a part in improving the A1. Over the last year the council has worked with schools, local business and residents to make the A1 a better place to live, work and visit. This month the council is asking for your tales of life along the A1, local schools have been jamming with recycled junk and we ask your views on one of the first transformations of the A1 – improvements to Highbury Place.

Crime busting

Watch out for the six new CCTV cameras at the Nag's Head.

Footage from the cameras is being monitored constantly and we have a hotline to the police station if we spot any illegal activity including the sale of counterfeit cigarettes and DVDs.

The cameras have been in place for the past three months and the police and Customs and Excise officers have already used evidence gathered from the cameras to make arrests.

Give us your views on Highbury Place

Islington Council is working with Transport for London to improve Highbury Place and would like to hear your views on the plans.

Proposals aiming to make this public space more attractive and accessible by repaving the street in natural stone materials, removing street clutter and planting new trees. But you will be glad to hear we will be keeping the iconic red telephone boxes!

The East Area Committee will decide on the plans in January. If everyone is happy with the proposals work will begin in February and will be completed by May 2006.



For more information call Owen Bentley on **020 7527 2060** or email owen.bentley@islington.gov.uk

Montem school children make sweet music from scrap



Children from Montem Primary School on Hornsey Road hit the beat during workshops to learn how to make music from scrap and rubbish.

The children got into the rhythm of junk jamming using plastic bottles, biscuit tins, yoghurt pots, cardboard boxes, pipes, chair legs and sticks.

Children from six primary schools along the A1 are taking part in a series of scrapband workshops where they learn how to build their own rhythms for a

grand Junk Jam performance by all the schools.

The workshops inspire the pupils to recycle and reuse things people have thrown away by showing them how they can make musical instruments from humble scrap – all relating to National Curriculum subjects Science, Music and Design & Technology.

The idea is taken directly from the A1 Schools Environmental Projects Toolkit for teachers to use in primary schools to help make studying the environment fun and interesting.

Tell us your tall tales

Remember Dick Whittington's cat or the rustlers on Holloway Road? Then the council wants to hear from you!

Islington is looking for residents with memories and past stories about the A1 in Islington and specific Islington icons to form part of a walking audio tour of the A1.

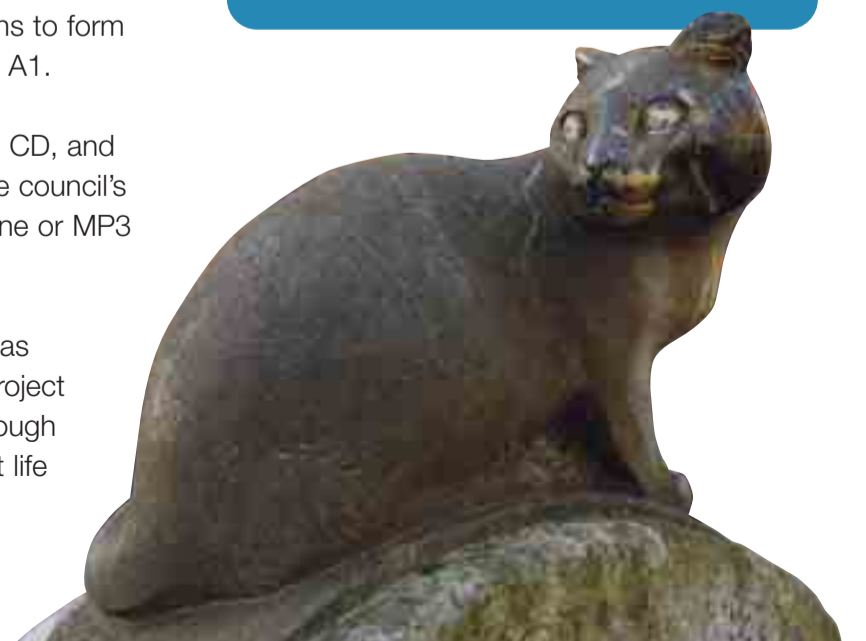
The audio tour will be available on CD, and will also be downloadable from the council's website onto an iPod, mobile phone or MP3 player.

Simon Fraser, an Islington artist, has been commissioned to lead the project and interview residents of the borough who have interesting stories about life in and around the A1 in the past.



If you would like to contribute contact either Tabitha Timothy on **020 7251 8989**, or email the artist:

simon@absolutetheatre.co.uk



Christmas opening and closing times

Council offices will be closed from 24 December 2005 through to 3 January 2006 however some services will still be available. Please see below for more details. Residents should also be aware of their revised refuse collection for the holiday period.

Contact Islington

Contact Islington is the council's phone, email and walk in service centre. Contact Islington can help with most queries and if they don't know the answer they will make sure someone else can help out.

020 7527 2000 or email: contact@islington.gov.uk

	Phone lines	Front desk, 222 Upper Street
Friday 23 December	8am – 6pm	8:30am – 4pm
Wednesday 28 December	8am – 6pm	8:30am – 6pm
Thursday 29 December	8am – 6pm	8:30am – 6pm
Friday 30 December	8am – 6pm	8:30am – 6pm

Contact Islington will be closed on the 24, 25, 26, 27, 31 December 2005 and on 1 and 2 January. Normal working hours will begin on Tuesday 3 January 2006 8am – 6pm.

Refuse and recycling collections

Usual collection	Revised collection
Mon 26 Dec	Tues 27 Dec
Tues 27 Dec	Wed 28 Dec
Wed 28 Dec	Thurs 29 Dec
Thurs 29 Dec	Fri 30 Dec
Fri 30 Dec	Sat 31 Dec
Mon 2 Jan	Tues 3 Jan
Tues 3 Jan	Wed 4 Jan
Wed 4 Jan	Thurs 5 Jan
Thurs 5 Jan	Fri 6 Jan
Fri 6 Jan	Sat 7 Jan

Refuse and recycling collections return to normal days from **Monday January 9 2006**.

The Household Reuse and Recycling Centre will be open throughout the holiday period, except for Christmas Day and New Year's Day.

Parking management

Parking restrictions will operate as normal during the Christmas and new year period. A reduced service will be in operation on Sundays and public holidays. Matchday restrictions will apply for the two Arsenal home games on 28 December and 3 January.

Housing

Homes For Islington, including all area housing offices will be closed from 23 December to 3 January. **HFI Direct** is closed on the 24, 25, 26, 27, 31 December and 1 and 2 January.

Emergency repairs are available during this time: **0800 694 3344**.

Libraries

All libraries will be open their normal hours on the 23, 28, 29, 30 and 31 December. For information about these hours call **020 7527 2000**.

All libraries will be closed on 24, 25, 26, 27 December and on the 1 and 2 January 2006. For enquiries about the home library service please call **020 7527 7980**.

Islington Cemeteries

Islington's cemeteries will be open for visiting throughout the holiday period.

East Finchley and Trent Park cemeteries

23, 24 December 9am – 4pm
Christmas Day 10am – 2pm
26 December – 2 January 9am – 4pm

Hampstead Cemetery

23, 24, 26, 27 December 10am – 4pm
Christmas Day 10am – 2 pm
28 – 31 December 9am – 4 pm
1 – 2 January 10am – 4pm

Social services

Islington Council's children's and adult's social services offices will be closed on 26 and 27 December 2005 and 2 January 2006.

In emergencies please contact the council's Out of Hours Emergency Service on **020 7226 0992**. For queries during working hours call **020 7527 2000**.

Parks

Parks will be left open and unattended from Saturday 24 December to Wednesday 28 December and again from Saturday 31 December through to Tuesday 3 January 2006.

Aquaterra Leisure www.aquaterra.org

Islington leisure centres will be open at the following times

	Archway Leisure Centre	Cally Pool	Finsbury Leisure Centre	Highbury Pool	Ironmonger Row Baths	Islington Tennis Centre	Sobell Leisure Centre
24 Dec	8.30am – 3pm	8.30am – 3pm	X	7.30am – 3pm	X	8am – 3pm	9am – 3pm
25 Dec	ALL CENTRES CLOSED						
26 Dec	ALL CENTRES CLOSED EXCEPT Highbury, OPEN FROM 10AM – 4PM						
27 Dec	10am – 5pm	X	X	7.30am – 5pm	X	10am – 5pm	10am – 5pm
28 Dec	10am – 5pm	7.30am – 3pm	X	7.30am – 5pm	X	10am – 5pm	10am – 5pm
29 Dec	10am – 5pm	7.30am – 3pm	X	Normal	X	10am – 5pm	10am – 5pm
30 Dec	10am – 5pm	7.30am – 3pm	X	Normal	X	10am – 5pm	10am – 5pm
31 Dec	10am – 5pm	8.30am – 3pm	X	7.30am – 3pm	X	10am – 4pm	9am – 3pm
1 Jan 05	ALL CENTRES CLOSED						
2 Jan 05	10am – 5pm	10am – 5pm	X	7.30am – 5pm	X	10am – 5pm	10am – 5pm

Aquaterra

Aquaterra is a charity working in partnership with Islington Council in the management of leisure facilities.



Visit the website www.aquaterra.org or call **020 7253 5365** for more information.

Dive on in...

Learn to be a lifeguard at one of Islington's pools.

This is the ideal way to start a career in the leisure industry and increase your earning power over holiday periods. All the pools managed by Aquaterra Leisure are approved training centres and we offer a range of ways to qualify for the National Pool Lifeguard Qualification (NPLQ).

Archway Leisure Centre and Highbury Pool run

12 week courses from 13 January 2006. Ironmonger Row Baths runs intensive courses over four weekends from 20 January 2006.



For more information, phone Highbury Pool on **020 7704 2312**, Archway Leisure Centre on **020 7281 4105** and Ironmonger Row Baths on **020 7253 4011**.



Get your skates on for Sobell's Christmas show

Winter in Finsbury Park may not be white but Sobell's ice-skating club plans to make it magical. Prepare to be dazzled at 'Sleeping Beauty on Ice' held from Tuesday 20 to Friday 23 December at 3pm and 7 pm every day.

Sobell's ice skating club will display the finest ice-skating talent as well as providing top entertainment for children and adults alike.

Sobell's ice-skating club is planning a

spectacular show with a modern twist. 'Sleeping Beauty on Ice' will offer an array of stunning costumes, exciting music and dance routines that will entertain all the family over the festive season.



Come and see this fast moving, fun packed show for only £6. Book your ticket in advance on **020 7609 2166** to avoid disappointment.

Free training sessions

Anyone aged between 11 and 17 who lives in Islington or attends a local school can receive free training for the London Mini Marathon – the last 5 kilometres of the world famous London marathon.

Free training sessions will be held every Sunday 10.30am - 12.30pm starting from 6 January 2006.

For more information contact Jacquie Deutrom or Michelle Adams on **020 7686 0802**.



Turkish delight!

If you are feeling frazzled in the lead up to Christmas take a trip to Ironmonger Row Baths.

You'll be pushed to find better value stress busting in central London. For pure relaxation, nothing beats the Turkish Baths where you can enjoy the hot rooms, icy plunge pool, steam, rest rooms and a 30-metre swimming pool.

There are also two relaxation areas where you can lie down on a proper bed or enjoy an

optional massage. Treatments must be booked in advance.

Built in 1931, the baths are still as popular as ever and will be featured on the BBC show, Inside Out in the New Year.



For more information call Ironmonger Row Baths on **020 7253 4011**.

Get the right treatment over the holiday period

Over the winter holiday there tends to be lots of pressure on Islington's NHS services so it's important to use them wisely.

Don't forget, a well-stocked medicine cabinet will help you to treat many everyday illnesses at home. For example, a small supply of paracetamol or ibuprofen and other remedies will help you treat ailments such as coughs, colds and sore throats.



Seeing your local doctor

If you need to see your GP over the holiday period, please ring your practice. If your practice is closed you should call Camidoc on 020 7530 5445.

Your details will be taken and a GP will

telephone you to discuss your symptoms. If you need to be seen urgently you will be invited to attend a Camidoc surgery or if you are unable to do this a doctor will visit you at home. This is for urgent care only, outside normal surgery hours.

Advice just a phone call away



You can call NHS Direct on **0845 46 47** for advice on what to do if you or a family member feels ill. NHS Direct is a confidential 24-hour a day advice and health information service staffed by nurses and professional advisers. The service is available throughout the holiday period.

Accident & Emergency

To help A&E departments to cope effectively it is important that people use them properly and think carefully about whether or not their condition or illness is an emergency.

Always dial **999** in an emergency or visit University College Hospital (235 Euston Road, London NW1) or Whittington Hospital (Highgate Hill, London N19).

Don't forget – if you are aged 65 or over, or you suffer from a long-term health condition, you should speak to your GP about getting your free flu vaccine.

Use your pharmacist

A pharmacist can advise you on whether you need to see your GP, which medicines to take as well as offering advice on minor ailments.

A number of Islington pharmacies will be open throughout the holiday period. Details are available at www.islingtonpct.nhs.uk or from NHS Direct on **0845 46 47**.



Handy contacts in this issue

For anything you want to know about Islington Council, first call Contact Islington on **020 7527 2000** or email contact@islington.gov.uk

This telephone and face to face customer service centre is on the ground floor of 222 Upper Street, N1.

The **020 7527 2000** service is open for business longer than usual so residents can deal with the council on the way to, or from, home and work.

The telephone contact centre is open Monday to Friday from 8am to 6pm and the service centre is open from 8.30am to 6pm Monday to Friday. Contact Islington will be open one Saturday a month from 9am to 1pm. A resource room also offers internet access to all public services, a quiet area for form-filling and space for checking planning applications.

A1 audio tour
020 7527 8989

Accessible transport service
020 7974 2420/2039

Adoption services
020 7527 4400
adoption@islington.gov.uk

Archway Leisure Centre
020 7272 6009

Aquaterra
020 7523 5365
www.aquaterra.org

Building schools for the future
020 7527 5954
education@islington.gov.uk

Cally Pool
020 7278 1890

Camidoc
020 7530 5445

Contact Islington
020 7527 2000
contact@islington.gov.uk

Consumer Direct
08454 04 05 06
www.consumerdirect.gov.uk

Energy efficiency advice
0800 512 012

Highbury Pool
020 7690 0413

Ironmonger Row baths
020 7253 4011

Islington Tennis Centre
020 7700 1370

MAGPI
020 7421 0111

NHS direct
0845 46 47

Recycling information
020 7527 2000
www.islington.gov.uk/recycling

Sobell Leisure Centre
020 7686 2363

Swapxchange
www.islington.gov.uk/swapxchange

Workplace stop smoking
020 7527 1230

Recycle your Christmas tree

Islington recycled 5,000 Christmas trees last year. You can put your Christmas tree out at any time to help us recycle even more.

Collection service

- **Street properties:** Simply leave your tree at the edge of your property for collection along with your normal green waste.
- **Estates:** If you live on an HFI estate in the Boleyn Road, Central Street, Isledon Road or Lyon Street areas, you can leave your tree next to the bin chamber. In the Holland Walk and Upper Street areas, contact your caretaker or see the notice displayed in the area office.

You can also drop off your tree between 7 -22 January at:

- Whittington Park, Yerbury Road (opposite community centre)
- Rosemary Gardens, Southgate Road (corner of kickabout area)
- King Square Gardens, King Square (opposite church)
- Bamard Park, corner of Barnsbury Road and Copenhagen Street (near adventure playground)

The Household Reuse and Recycling Centre in Hornsey Street also accepts green waste and Christmas trees all year round.

For more information see www.islington.gov.uk/recycling or Contact Islington on 020 7527 2000

 **recycle now**



ISLINGTON