

IslingtonNow

Issue 11 December/January 2008

your local magazine from Islington Council

Christmas delights

It's been a star-studded Christmas lights switch-on in Islington this year, with pop stars, fashion designers and tv presenters doing the honours. So why not join in the fun and check out some of the fantastic displays around the borough?



Cheeky Pete and The Priscillas

It was a rock'n'roll switch-on at the Nag's Head, with Cheeky Pete Donaldson, sidekick to Alex Zane on the Xfm breakfast show, doing the honours with local all-girl punky pop quartet The Priscillas.

People turned up in their droves to join in the festive fun, which included a beautiful lantern procession involving local schoolchildren.

Fashion was the order of the day at Camden Passage,

with fashion designer Sadie Frost flicking the switch. People warmed up with a glass of mulled wine and delicious mince pies ... and even Santa Claus managed to take a break from his busy schedule to make a very special guest appearance.

There are other lovely light displays at locations around the borough including Highbury Barn and Archway, so why not get in the festive spirit and go along and take a

look? Go to p13 for more.

And while you're at it, you may be able to pick up a few last minute Christmas gifts. If you need some inspiration, check out our fantastic local

shopping feature on p10.

We've got the lowdown on the best places to go in Angel, Archway and Nag's Head, as well as a rundown of all the best local markets.

Free visitors' parking vouchers!

We want everyone in the borough to have a great time this Christmas without the worry of arranging parking vouchers for your visitors. So on p15 of this edition of IslingtonNow, you will find four free parking vouchers for your visitors to use. We hope you enjoy them!

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2 LETTERS



Councillor James Kempton, Leader of the Council, answers your letters...

I've made listening to what residents have to say about life in Islington, and what the council can do to improve it, top of my priorities. That's why I became a councillor in the first place.

I can't promise to solve every problem - especially when different residents have different views - but as Leader of the Council I do promise to read and consider all your letters carefully and get the council to help wherever it can.

Send your letters to:

CLLr James Kempton, Leader of Islington Council
IslingtonNow, Town Hall, Upper Street, London N1 2UD
Email: islingtonnow@islington.gov.uk
Phone: 020 7527 3416

PICTURE OF THE MONTH



There was entertainment galore at the Estimated Time of Arrival procession. The event was held to celebrate the opening of St Pancras International.

If you would like IslingtonNow in large print, audiotape, or another format, please call 020 7527 3416

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Contact us:

IslingtonNow, Town Hall, Upper Street, London N1 2UD
Email: islingtonnow@islington.gov.uk
Phone: 020 7527 3416

Letter of the month

Getting greener

Very well done on the new green centre, an excellent idea. But I'm not going to visit it. Why? Because - like a lot of local people - I'm at work Monday to Friday, 9am-5pm.

What a shame that such a promising service will be closed at the only time most folk could go! Come on, open on a Saturday - morning at least - and close on Monday if you have to!

Oliver Shipp, N1

I'm glad to hear you're pleased the Green Living Centre has opened though I'm sorry to hear you are disappointed with the opening hours.

We opened the centre with the same hours as our old Energy Centre, but I'd like to re-assure you that as the centre develops and establishes itself, we're planning to constantly improve it, including reviewing the opening hours. This may mean opening on Saturdays, or keeping the centre open later into the evening so people can pop in on their way home from work.

In the meantime you can also access advice on living a greener life through www.islington.gov.uk/gettinggreener or email greenliving@islington.gov.uk. There's also more on the Centre on page four.

It's in the bag

It's all very well issuing residents with a sample roll of 10 cornstarch bags to line food waste bins and telling us which local retailers we can purchase them from - but will someone please tell the people who collect the bins about these bags? They refuse to take my recycled food because it is in 'plastic bags'!

Toni Parker, N1

Thank you for taking the time to contact me and let me know there was a problem. You're right, our crews should be collecting all food waste left in cornstarch biobags and I'm sorry to hear that it hasn't happened.

I've spoken to the service and all crews have been reminded again so you shouldn't have any problems in the future. But if you do, please do get in touch again.

Big brother

I can understand the need for CCTV cameras in areas where large numbers of people congregate. However, I am concerned that the number of cameras is becoming excessive. I particularly do

not like seeing them in residential streets.

Michael Constable, N1

Thank you for your feedback. Yes, we are the most-watched citizens in Western Europe! The one thing that residents consistently tell me they would like the council to tackle is anti-social behaviour and these CCTV cameras are one way that we're working to help combat crime and make residents feel safer.



CCTV cameras are one way that we're working to help combat crime



Actually, most cameras are located in busy areas such as the Emirates Stadium and Finsbury Park Station where lots of people congregate. Others are there because we are responsible for enforcing moving traffic offences. And a number have been installed because residents or the police have requested them, in particular on housing estates

and in parks. In the last year the CCTV system has both helped the police identify people and to secure prosecutions for crimes such as assault and affray that can make the area unpleasant for residents.

However, as passionate as I am about tackling crime, I am also keen to balance this with the privacy of our residents. Indeed, I can think of one camera in a residential street that we are going to move to protect a resident's privacy.

We do try to take care to ensure that CCTV is located in the best position possible to protect individual's property whilst having a clear view of the public highway. The system also allows us to screen off private property with an electronic black-out. Our CCTV operators are licensed and work to an approved code of conduct and all images are destroyed if not requested for use as evidence by the police or a solicitor.


In making the decision to install the CCTV system I knew that some would welcome it and others might be concerned about privacy. However, knowing that the cameras are helping to keep our streets and residents safer convinces me that the positive benefits outweigh the negatives.

Tell us what you think of IslingtonNow - contact us at the above address or drop us an email
Please include your full address on all correspondence. Anonymous letters cannot be published, but names and addresses can be withheld on request.
We cannot guarantee to publish all letters received, and we reserve the right to edit letters for both length and content.

New look site makes life easier

Islington Council's website has a fresh new look, making it easier for people to find what they need and fast.

The homepage has a new, simple design, and the website as a whole has been updated so it is easier to use. With nearly 3,000 webpages providing an enormous range of information, we want to make it as easy as possible for people to find what they need to know.

 Check it out at www.islington.gov.uk



IN BRIEF

Blue badge crackdown

Three people who illegally used blue badge parking permits have been fined over £3,000 by Highbury Magistrates. This year, the council has confiscated 329 stolen and forged blue badges, and our parking attendants are being trained to spot fakes.



Young consumers

Consumer education was on the agenda for local school children to help teach them about issues ranging from under-age sales, value for money and healthy eating to counterfeit goods and product labeling. Metropolitan Police led the initiative as part of Junior Citizen Week.

A supportive new outlook

Islington Outlook, a newly refurbished resource centre, is now open to provide support to around 130 people each week who have become disabled through accident or injury. The new centre has a purpose-built gym, training and study rooms, an IT suite, meeting rooms and a walled garden. It provides employment and training advice, health and leisure opportunities, a gym project, swimming group and peer support.

Islington Council has also been awarded a government grant to help improve the lives of older people living in residential homes. The authority has been awarded £215,000 from the Dignity in Care grant, which will be split between eight care homes. The money will be spent on projects such as new sensory gardens and rooms, improving communal TV lounges, bathrooms and kitchens.

Cash for homes incentive

If you're a council tenant with too many bedrooms for your needs, you could get cash to downsize. With lots of families in need of larger homes, the council is offering people in homes that are too big for them £500 for every bedroom they give up plus up to £300 towards removal costs.

This means that someone moving from a four bed to a one bed home would receive £1,500, so it's a win-win situation for both the tenant and council, because it means the council can secure a property for a fraction of the cost of having to build it.

 For more information, please call 020 7527 4140.

Islington sees 15 per cent drop in crime

Crime in Islington is falling more than in any other inner London borough, according to half-year crime statistics. As well as major reductions in all types of hate crime and domestic violence, Islington has seen a 14 per cent reduction in residential burglary, a 20 per cent reduction in motor vehicle crime and an 11 per cent reduction in robberies.

To find out more about this story, and what we are doing to tackle crime in Islington, please check out the Safer magazine, which was delivered with your issue of IslingtonNow this month.



London Wasps star Paul Sackey with local children

Boost for budding footballers

Rosemary Gardens, Southgate Rd, N1 has been transformed with a state-of-the-art all weather sports pitch and four brand new changing rooms. The council has worked alongside Barclays and Arsenal FC to make the improvements, which also include new fencing, floodlights and revamped tennis courts. The bookable pitches will be open until 10pm weekdays and 6pm at weekends, and there will also be coaching, activity programmes and courses provided in the new-look park. Call 020 7700 1370 to book a pitch.

IslingtonNow

We hope you enjoy this bumper edition of IslingtonNow! We would like to wish all our readers a very happy Christmas and New Year.

Library windfall

West and North libraries are celebrating a cash windfall, having secured £791,000 from the BIG Lottery fund. The money will go towards refurbishing and improving the libraries.



Children from Pooles Park Primary were among the first to check out the new Green Living Centre



Rattling around in a property that's too big?

Are you living on your own after many years?

If the answer is yes, then Islington Council can help you move to a property that better suits your needs.

Our under-occupiers' scheme offers a tailor-made package of information and advice to help you move to a smaller, more manageable home.

To find out more contact The Under-Occupation Officer on **020 7527 5174**

Simple steps to Green Living

If you've been along Upper Street recently, you've probably noticed the council's cool new Green Living Centre. The centre is the borough's one-stop-shop to make greener living easier.

If you're after some information and advice on living a greener lifestyle, then the new Green Living Centre is the answer. Situated on Upper Street in the heart of Islington, the centre has a fresh and funky look and is full of interactive displays. It's also the place to go to find out how simple it is to save energy, recycle more and reduce your carbon emissions.



60777

Text 'Challenge' to this number to take part in our Climate Change Challenge

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WILD ABOUT ISLINGTON

Winter bounty

Holly trees are closely associated with Christmas, and its distinctive green leaves are not the only thing that gives us some winter colour - its berries do as well. These fruits are attractive to the eye, and attract a variety of different birds looking for a snack during the cold winter months. Islington, as well as many other places in the UK, attracts a range of migrant visitors that make their way over to our comparably warm winter conditions from places like Scandinavia. Birds such as the waxwing (pictured), fieldfare and redwing are treats to see with their colourful plumage and unusual calls, and they make the most of this winter bounty.



BIRDSONG

Now is also the time when the dawn chorus starts in earnest. Robins are one of the first species to start singing, with the males marking out their territories in readiness for the coming breeding season. They are also fiercely territorial, and tend to drive away any rivals from their chosen patch. In contrast, other species, such as finches, are much more gregarious and will happily feed together in a flock.

You can help the Royal Society for the Protection of Birds (RSPB) in their annual bird survey. The Big Garden Bird Watch is run on the weekend of 26 and 27 January, and is the largest bird survey in the world. It only requires an hour of your time and this important information helps organisations like the RSPB and the council's Nature Conservation Team monitor how Britain's birds are doing and identify which species may need a helping hand.

→ To get involved visit www.rspb.org.uk/birdwatch or call Islington's Nature Conservation Team on 020 7354 5162 for more information.

Recycle your tree

Your tree will stay green even after the needles begin to fall if you take advantage of our Christmas tree recycling service.

If you live in a street property you can simply leave your Christmas tree at the edge of your property along with your normal green waste from Monday 7 January.



Homes for Islington will collect trees from estates between 7 and 18 January. Ask your caretaker for more information.

There will also be four bring sites for Christmas trees at parks in Islington:

- King's Square
- Rosemary Gardens
- Elthorne Park
- Barnard Park.

And remember the Household Reuse and Recycling Centre on Hornsey Street also accepts green waste and Christmas trees all year round.

You can also consider:

- Buying a real tree with roots that can be planted in your garden or kept in a pot for next year.
- Buying a good quality artificial tree that can be reused for many Christmases to come!

Send us your burning recycling questions!

From next year, our recycling experts will be on hand to answer your burning recycling questions. Whether it's recycling plastic bottles or where to take your used batteries, we'll have all the answers you need.

Send your questions to islingtonnow@islington.gov.uk, or by post to Recycling Questions, Room G12, Town Hall, Upper Street, N1 2UD.

Eat out with confidence!

There's no shortage of options if you fancy a meal out in Islington this Christmas, but to help you choose your restaurant with confidence, Islington has signed up to the 'Scores on the Doors' scheme, which is supported by the Food Standards Agency. Following an inspection by one of the council's environmental health officers, businesses are given a star rating, from zero stars for businesses with very poor hygiene standards to five stars for those who demonstrate excellent standards. Businesses are then given a window sticker which shows how many stars they've achieved. You can also check out all ratings at www.food.gov.uk/scores.

We also support the Best Bar None scheme. Venues which achieve Best Bar None status demonstrate high standards of management and that they are committed to providing safe and enjoyable venues. All accredited venues display a distinctive plaque.



Have you taken the challenge?

Islington's Climate Change Challenge is still going strong, with hundreds of people already signed up. Everyone who joins receives a free toolkit. You can also join by

- texting 'Challenge' and your name to 60777*
- emailing challenge@islington.gov.uk
- calling 0800 953 1221

For further information visit www.islington.gov.uk/challenge

* texts cost standard network rate

Get funding!

You can still apply for funding from the council's £3m Climate Change Fund. The fund provides support to residents who wish to install renewable energy technologies in their homes. Support is available to guide residents through every step of the process.

→ For more information, call freephone 0800 953 1221, go to www.islington.gov.uk/environment/gettinggreener/climate_change_fund or email greenliving@islington.gov.uk

What do you think?

Have you visited our new Green Living Centre? If you have, tell us if you like it! Email islingtonnow@islington.gov.uk

Staff are on hand to provide information on everything from getting a grant for solar panels to wildlife gardening. Energy experts can give advice to residents on reducing their impact on the environment, while planning staff can answer questions about developing property the greener way. Visitors can also see if they can apply for a grant from our Climate Change Fund for renewable energy projects.

It's the small changes that can help make a difference, so pop along and find out how you can do your bit.

COME ALONG FOR SOME CHRISTMAS FUN!

If you want to check out the new centre, why not come along to our Green Christmas Day on 19 December? There will be green festive fun for all the family! There's a local food session from 1-3pm and Christmas crafts for children from 3-5pm

→ The centre is open 9am - 5pm Monday to Friday, or you can email greenliving@islington.gov.uk or go to www.islington.gov.uk/gettinggreener for advice on greener living.

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Don't chuck your old mobile!

If you get a new mobile phone this Christmas, don't chuck out your old one. Every old handset donated to Help the Aged can raise £5 for the charity to help vulnerable older people and help ensure they are safe and cared for all year round.

And during December and January, every mobile donated will be entered into a prize draw to win a brand new Nokia fashion phone.

To donate your mobile, simply pop it into an envelope to FREEPOST, ShP Solutions, Lancaster, and if you want to be entered into the prize draw, include a slip of paper with your name, contact number and Help the Aged written on it.

If you have more than 10 mobiles to donate, you can schedule a courier collection by calling 0808 1788144.

Did you know?

One in three accidental fires starts in the kitchen. If you're cooking or holding a dinner party make sure you never leave cooking unattended.

Everybody needs good neighbours

If you have older neighbours who are on their own this Christmas, please take the time to pay them a visit and check they are safe and warm.

Have fun but be safe!

Do make sure you plan ahead how you're going to get home after a night out. Drinking too much can put anyone, including usually sensible people, into difficult and sometimes dangerous situations.

If you do go out drinking, make sure you leave your car at home, use public transport or licensed cabs or get one of your friends to be the designated driver who sticks to soft drinks.

And look out for our safer drinking campaign which we're running with Westminster City Council to promote responsible drinking.



Putting something back

A great scheme is seeing ex-offenders help make a difference in the community

Mayville Estate Playground, N19, has had a fantastic makeover with the help of ex-offenders.

The ex-offenders are from Homes for Islington's Community Payback team, and are part of a scheme to help ex-offenders do their probation within the local community.

The probationers worked under supervision to dramatically improve the playground. There was great new play equipment, a spruced up playground with new fencing and a restocked garden.

Mayville is the 10th estate to be revamped as part of the ex-offenders scheme.



YOUNG ISLINGTON

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The chips are down!

It's all change for school lunches with healthy options galore now on offer

Nearly 7,000 more Islington schoolchildren are now enjoying school lunches instead of packed lunches thanks to healthy and nutritious new menus in many of the borough's schools.

Since the council, following consultation with parents, chose new caterer Caterlink to come on board, the quality of the school lunches has improved drastically, with a fantastic range of fresh produce and delicious hot meals now on offer.

And even the teachers are converted with over 32 per cent more opting for school meals for their lunch.

DELICIOUS AND NUTRITIOUS

Rachel Parkinson works as a teacher at the Hanover Nursery, with children Hannah and Alex attending Hanover School. When she saw the great lunches being served up, Hannah and Alex were soon saying goodbye to their packed lunches. "The children used to have packed lunches, but when I saw the food being served at the nursery - which is the same as the food served in the school - I switched the children over to school meals straight away," she said. "There is a great choice of food, and it is all fresh with a lovely selection of fruit and vegetables. Best of all, there is always the option of bread and butter,



Headteacher Mandy Reese with Tsing-Yee Yu and Felix Samuels

jacket potatoes and cheese, so for the less adventurous children these basics are always available. Before the change, I was a bit concerned about my children eating here as a lot of the food was processed. I don't give them processed food at home, so I definitely didn't want them having it at school, so I made packed lunches for them. But now the lunches are so much better and all the ingredients are fresh.

"If there are parents that still give their

children a packed lunch, they should definitely take a fresh look at the options now available in the schools. Not only is the food healthy and nutritious, switching to school dinners also saves me having to make their packed lunches every morning - and it means I don't have to worry about picking stuff up for them during the weekly shop!"

And Hannah's impressed too. She said: "I love my school dinners - they're really yummy!"

MARVELLOUS MENU

Hanover headteacher Mandy Reese is also delighted with the new menus on offer in the school. She said: "There has been a lot more take up of school dinners since these meals were introduced at the start of term. I've started eating them all the time too, and I've been very impressed with them and with the amount of fresh fruit and vegetables on offer. There really is a lot of choice, and the menus are very well thought out. They are always nutritious and reflect what the children want to eat. It may encourage them to try new things as well, especially if they see their friends eating something different.

"And there is always a basic, staple option on offer so no children are left out."

“There is a great choice of food, and it is all fresh with a lovely selection of fruit and vegetables”

”



Rachel Parkinson with her daughter Hannah

Ofsted joy for Tyndale

William Tyndale School on Upper Street has received a glowing report from Ofsted, which recognises

the school's 'clear focus on raising standards as well as promoting the personal development of pupils'. The

Ofsted report refers to 'exceptionally able leadership', 'consistently good teaching', pupils who 'are confident and outgoing with excellent social skills' and who show 'an excellent

understanding and respect for one another's traditions and beliefs'. Rachel Hall, whose two daughters attend the school, said: "Tyndale is a fantastic starting block for

my girls' education. They love school, are learning loads and are happy and confident. I also get a feeling, as a parent, that all the staff work together and that is important too."

Keep it local!

Last minute Christmas shopping to do? Don't fret – the solution could be right on your doorstep!

The mere thought of a trip to the West End in the weeks leading up to Christmas can fill even the most ardent shopper with fear. But with so many fantastic places to shop right here in the borough, why bother? Islington has so much to offer that you can fulfil all your last minute Christmas shopping needs without going far.

And shopping locally isn't only easier on your feet, it's also great for the local economy. The more you support your local shops, the more thriving the area becomes and the more investment other shops, such as national high street chains, are likely to make. So take a fresh look at the shops on your doorstep – you'll be surprised at just how much choice there is. And you can find out more at www.islington.gov.uk/leisure.

“

The more you support your local shops, the more thriving the area becomes and the more investment other shops, such as national high street chains, are likely to make

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Shop Angel

One of London's favourite high streets, the Angel attracts people from far and wide with its exciting mix of shops and eateries.

From the quaint Georgian setting of Camden Passage with its world famous antique shops and stalls, just cross Upper Street to find yourself in the N1 Centre with its mix of top high street stores. And if you're after some foreign fare, you don't have to jump on the Eurostar from St Pancras International, as the N1 Centre regularly hosts food markets from all over Europe.

Then there's the hustle and bustle of Chapel Market, but don't miss what's on offer in the small shops and restaurants in, around and behind the stalls – traditional pie and mash, coffee, croissants or an Indian buffet.

And if you need a rest before a final browse along Upper Street, the green oasis of Islington Green is the perfect spot.

“The Angel experience is everything a shopper could possibly want – the diversity and uniqueness of our specialist shops perfectly complement the high street multiples,” says Christine Lovett, director of Angel

Allan Carr at Angelic Flowers



Business Improvement District (BID) which delivers services in the area. “There are cafés, restaurants and bars to take a break from your shopping and Angel BID is focused on making the area even safer, cleaner and brighter for residents and visitors to enjoy.”

Alan Carr works at Angelic Flowers and he loves the area. “The Angel is a great place with all its bars and

restaurants as well as a wide variety of shops. As well as all the high street chains on the other side of the road, over on this side you can find eclectic, specialist shops. The antique mall and Camden Passage are beautiful.

“December is really busy for us as we sell lots of Christmassy things, from trees, wreaths and table decorations to garlands, bouquets and mantelpiece decorations.”

£23

the average spent per
UK household on
Christmas decorations

9

Shop Nag's Head

The Nag's Head Pub which gave the area its name may no longer be around, but the great shopping which once made the area the place to shop continues. The area's main strength is the diverse range of shopping available, so if you're looking for your high street names, or perhaps smaller specialist shops, the Nag's Head is the place to shop.

Seven Sisters Road offers a fantastic range of fresh produce from around the globe, while the Nag's Head covered market, which is open seven days a week, offers an assortment of new and second hand goods. The weekend Boot Market in Grafton Primary School is great if you are looking for a bargain or a hidden treasure! Nag's Head is easy to get to - and it boasts an eight-screen cinema and the only department store in Islington!

Nag's Head Town Centre Manager Joyce Pollaya says: "I love the diversity of the Nag's Head both in terms of businesses and people, and the area has a great buzz. By bringing events such as the French Market and 'World Flavours' to the town centre, we hope to widen the appeal and attract those people who would not usually visit the area. So whether you're looking for great value for money, or higher end products, the Nag's Head has it all and that's why it's such a great place to shop!"

Vinod Patel works at Hallmark Cards. He says:



"You can get everything you want at the Nag's Head and don't need to go further away. You can get all you need as there's a big mix of shops. We're expecting things to get busy in the run-up to Christmas and as well as cards and wrapping paper we also have a selection of toys and gifts."

Shop Archway

With over 150 shops in Archway Town Centre, the area provides a mix of long established independent shops and high street brands. You can find everything from electrical goods, home



Abbas Parseh

furnishings, vintage clothing, children's toys and a range of food stores. When your feet are aching you can end the day with a visit to a growing choice of cafés, bars and restaurants where you can sample everything from gastropub grub to Italian, Thai and Turkish cuisine.

Anna Woodward, Archway Town Centre Manager, said: "Archway is a year round shopping destination, with something for everyone. I'd start my Christmas shopping off with a visit to Archway Market to browse the stalls for unusual presents. A cappuccino and pastry at Boulangerie Jade opposite would set me up for some food shopping, followed by a visit to Pure Groove Records for my male relatives. Next stop Map gift shop on Junction Road for my female friends, and not forgetting Woolworths for all my wrapping paper!"

Abbas Parseh works in the Big Bargain Superstore. "We've been here for two and a half years and have built up a steady business with local residents," he says. "Archway is a good place for local people to shop as you can buy all your basic essentials here from clothes and food to electrical goods and toiletries. There are also lots of restaurants and cafés if you like eating out and entertainment."

Check out your local markets!

Islington's markets provide a huge range of choice when it comes to buying Christmas presents and food. Islington has several markets which between them have been serving local people for well over 350 years!

The largest is Chapel Market at the Angel, which has around 100 stalls and runs from Tuesday to Sunday. Selling everything from food, clothes, books and music to shoes, stationery, jewellery, accessories and lots more besides, Chapel Market is a must for shoppers with stamina!

Next is Archway Market on the corner of St John's Grove and Holloway Road. It runs every Thursday from 12-5pm and Saturdays from 10am-5pm. The oldest market in the borough is at Whitecross Street near Old Street. The market runs every Monday to Friday, and has a range of products on offer, including food, books, music, jewellery and DIY essentials.

Exmouth Market off Farringdon Road runs from Monday to Saturday. With up to 20 stalls, check out this buzzing market for a great range of food, clothes, jewellery and books.

Foodie fun

You could also try buying at least some of your Christmas dinner ingredients from your local farmers' market or organic market.

Islington Farmers' market

Where: William Tyndale School behind Islington Town Hall on Upper Street
When: Sunday 10am to 2pm.

Sunnyside Organic Market

Where: Sunnyside Community Garden, Hazelville Rd, N19.
When: Saturday 10am-3pm.

Freightliners Farm Organic Market

Where: Sheringham Road, N7
When: Tuesday to Sunday 10am to 4pm and Saturday 10am to 3pm

Shop with confidence

Keep a lookout for shops displaying the Islington Trader Scheme (ITS) red bag. Members who achieve ITS status demonstrate that they are committed to fair trading principles and good standards of customer care. So look out for the ITS bag logo and know you can shop with confidence!



Adult social services

Adult social services are closed on 25 and 26 December and 1 January, but open as normal Monday to Friday, 9am-5pm at all other times. For out of hours emergencies, call 020 7226 0992.

January. However, the office at 292 Essex Road - which is responsible for dealing with concerns about the welfare of children - will only be closed on 25, 26 and 31 December. For any child welfare concerns on the Bank Holidays, weekends or out-of-office hours, contact the Emergency Social Work Team on 020 7226 0992.



They will close at 5pm on 31 December.

Libraries will be open as normal at all other times. Please check www.islington.gov.uk/libraries for normal opening times.

Cemeteries

Opening hours for Islington and Camden, East Finchley and Trent Park cemeteries:

All cemeteries will be open from 7.30am-4pm, and the offices open from 9am-5pm except on Christmas Day when the cemeteries will be open from 10am-2pm, and on 26, 29, 30 December and 1 January, when the cemeteries will be open from 9am-4pm. The offices will be closed on all of these days.

Homes for Islington (HFI)

HFI Direct closes at 8pm on 24 December and re-opens at 8am on 27 December, and closes again at 8pm on 31 December and re-opens at 8am on 2 January. Area Housing Offices are closed from 25 December until 2 January.

Emergency repairs can still be reported on 0800 694 3344.

Children's Services

Children's Services will be closed from 24 December to 1 January, re-opening on 2

Libraries

All Islington's libraries will be closed between 24-26 December, and on 1 January.

Parks

Islington's parks will be open as usual except on the following:

24 December parks not locked

25 December open all day

26 December open all day

27 December parks locked in the evening

31 December parks not locked in the evening

1 January open all day

2 January parks locked in the evening

For more on Islington's parks and greenspaces, please go to www.islington.gov.uk/environment/parks

Parking enforcement

24, 27, 28 and 29 December normal enforcement rules apply on these days (see page 15 for free visitor vouchers valid on these day)

25, 26 and 30 December minimal enforcement - dangerously parked, obstructions and double yellow lines

31 December normal enforcement

1 January - 12-4.30pm matchday restrictions will be enforced.

2 January normal enforcement

Vehicle pound

The vehicle pound will be open 24 hours a day over the Christmas period.



Noise Patrol

Noise Patrol will not be operating on 24, 25 or 31 December.

To contact noise patrol at all other times, please call 020 7527 3258 during the day, or 020 7527 3229 at night.

Your local health services this winter

Islington **NHS** Primary Care Trust

Save yourself time by getting the right treatment over the festive period. Don't forget - having a small supply of paracetamol or ibuprofen in your home will help treat minor ailments such as a temperature, headache, colds and sore throats.

NHS Direct

Call NHS Direct on 0845 46 47 for advice on what to do if you are feeling ill. NHS Direct is a confidential 24-hour a day advice and health information service staffed by nurses and professional advisors. Please visit www.nhsdirect.nhs.uk

Local GP

If you need to see your GP over the holiday, please call your practice. If your practice is closed you should call Camidoc on 020 7388 5800. This number is for urgent care only outside of normal surgery hours.

Accident and Emergency (A&E)

A&E is open 24 hours to treat people with serious injuries or illnesses in an emergency only. Local A&E departments are based at University College Hospital (235 Euston Road, London NW1) and Whittington Hospital (Highgate Hill, London N19). Only dial 999 for an ambulance in an emergency.

Emergency dental care

For information on out-of-hours dental care in Islington please telephone 020 7391 6365

Pharmacy

A pharmacist can advise you on whether you need to see your GP, help you to choose and use medicines and offer advice on minor ailments.

Pharmacy bank holiday opening times >>

Pharmacy name and address	Tuesday 25 December Christmas Day	Wednesday 26 December Boxing Day	Tuesday 1 January New Year's Day
Dermacia Pharmacy 260 Upper Street Islington N1 2UP Tel: 020 7359 1690	9am-11am	9am-11am	9am-11am
Greenlight Pharmacy 51 Exmouth Market EC1R 4QL 020 7837 9494	9am-11am	9am-11am	9am-11am
Atchem (Dev's) Chemist 110 Seven Sisters Road London N7 6AE 020 7607 3081	9am-11am	9am-11am	9am-11am
Douglas Pharmacy 18 Copenhagen Street N1 0JD Tel: 020 7837 6861	9am-11am	9am-11am	9am-11am
Arkle Pharmacy 39 Junction Road N19 5QU 020 7272 2283	3pm-5pm	3pm-5pm	3pm-5pm
Chemitex 332 Hornsey Road N7 7HE 020 7272 4869	9am-11am	9am-11am	3pm-5pm

Eye for the details



Becoming an Eye for Islington could be the perfect solution if you want to make a positive difference to your local environment. Signing up makes it easy to report problems like dumped rubbish or graffiti. And you'll be in good company – we've recently recruited our 1,000th member

The Eyes for Islington scheme helps the council to identify problems that might otherwise go undetected. Once a signed-up Eye reports a problem to us, we respond as quickly as we can.

Nora Nolan recently joined the Eyes scheme and became our 1,000th member. She was talked into attending an Eyes for Islington meeting by a friend who was already signed up to the scheme, and was pleasantly surprised. "I have to admit the Eyes meeting was completely different to what I expected," Nora said. "It was really informal and friendly, and you could chat to people and ask questions – and get honest answers."

GETTING INVOLVED

Nora was also concerned about some of the safety aspects of her local park, Spa Fields, so it wasn't long before she signed up. "I really want to get involved in what's happening in the borough and help out if I can, and this is a great way to do my bit. The council can't be everywhere at once, so they really need people out there on the streets to feedback what is happening."

The great thing about the Eyes scheme is that members are not obliged to go on patrols or check certain areas, they can just report problems

as they come across them during their normal everyday trips around the borough, whether it's the walk to school or a cycle to work. "I hope people carry on signing up because it's really important that we all do our bit for our borough," says Nora. "People might think that being an Eye will be really time-consuming but it's pretty easy to make a quick call while you're walking the kids to school or on your way home from work if you spot something unsightly."

Some of the problems that Eyes can report:

- dumped rubbish
- problems in parks and open spaces
- graffiti
- pavement obstructions
- abandoned vehicles
- dog fouling
- defective streetlights.

JOINING THE SCHEME

It's easy to sign up, and there are lots of benefits. If you would like more information, please contact Fatma Mehmet on 020 7527 2334, email eyes@islington.gov.uk or go to www.islington.gov.uk/eyesforislington

Islington Illustrated

Do you feel inspired while you're walking or cycling around the borough? Use this inspiration to create a work of art for the MoveMe competition, and you could find your work being displayed in a funky art gallery or busy tube station!

Your artwork could be a photo, drawing, mural or painting, and should represent everything you love about walking or cycling through the borough. How you interpret the theme is up to you, but it should inspire others to walk or cycle, so be creative! You could, for example, send us photographs of your favourite walk, or an illustration that sums up the freedom of cycling.

All images must be supplied digitally and must be accompanied with a paragraph describing what you love about walking or cycling, your age and all relevant contact details.

YOU COULD WIN:

- your artwork on a poster space in King's Cross, Finsbury Park or Angel station for two weeks in February
- a place in an exhibition at the Rainbird Gallery in February
- an art print to take home
- spot prizes including a new bicycle.



To find out more information about the competition go to www.islington.gov.uk/greentravel or call 020 7527 2062.

All images must be received by 20 January 2007, so get creative this festive season!

MoveMe
Inspire others with your art

CALLING ALL ARTISTS/PAINTERS/PHOTOGRAPHERS: GREAT PRIZES TO BE WON!
Free poster space for your art on The London Underground
A place in an exhibition at Rainbird Gallery in February
Plus lots of other prizes!
For more details and to enter go to: www.islington.gov.uk

ISLINGTON

£305_mhow much we'll
spend on turkeys
this Christmas

3,000

tonnes of foil
we'll get through
this Christmas

13

Christmas ticket giveaway!

'Tis the season to be jolly, so take the opportunity to get into the Christmas spirit by taking in one of the wonderful shows in the borough this month. Best of all, you can win free tickets to see some of the best ones!

Cinderella

You can win two free tickets (one adult, one child) to Cinderella at The Little Angel Theatre, 14 Dagmar Passage, at 11am on Saturday 5 January. The show is only suitable for children over the age of five.

To be in with a chance of winning, please answer this question:

How many unkind sisters did Cinderella have?

Big Ugly Monster

We are also giving away a free family ticket (two adults and two children or one adult and three children) to the Big Ugly Monster children's theatre show, narrated by Rik Mayall, at the Pleasance Theatre N7. The show is running until 30 December, Wednesday-Sunday at 11am and 3.30pm, and we have a family ticket

to give away for one show between 26 and 30 December.

If you want to be the lucky winner, simply email us the name of the narrator of the Big Ugly Monster. Don't forget to let us know which date and time you would prefer!

HOW TO ENTER

Please email your answers to islingtonnow@islington.gov.uk with a phone number where you can be contacted. Please state in the subject line of the email which competition you are entering.

The deadline for all competitions is 20 December.



For more on activities and events in the borough during December and January, please turn to our Out and About guide on p18.



Lighting up the borough

As well as great displays at Camden Passage and Nag's Head, the switches have also been flicked at Highbury Barn and Archway.

Broadcaster and writer Clive Anderson, pictured here with some enthusiastic carol

singers, turned on the festive lights at Highbury Barn.

Islington is aiming to be London's greenest borough, so this year all our lights feature low energy bulbs and are powered by energy bought on a green tariff.

Classic cards



This picture shows what is thought to be the very first example of a Christmas card.

This copy was sent by "John Washburn and his wife" of 22 Theberton Street, Islington, on December 23 1843.

Warmth and Comfort Scheme

If you need extra help in the cold months, check out the Warmth and Comfort scheme which is being run by Islington Council and British Gas. The scheme will deliver hundreds of thousands of pounds of improvements in energy efficiency in homes across the borough by providing free insulation and heating installation to householders who receive a range of benefits.



Call 0800 652 0782 for more information.

Eurostar competition

Congratulations to Melanie Trotter, N7, who is the lucky winner of our November Eurostar competition. Well done Melanie!

Pride of Place

The Emirates Stadium was the proud winner of a recent Pride of Place poll. People were invited to vote for their favourite local attraction, and Arsenal's new stadium won with around a third of the votes, beating off competition from Highbury Fields and Camden Passage.

Curl up with a winter warmer!

All our libraries have a great selection of specially picked books for winter. Among the great reads are Divine Evil by Nora Roberts, Sweethearts by Emma Blair and Oyster House Siege by Jay Rayner. So why not escape the hustle and bustle of Christmas and curl up with a good book?

Parking changes gear

As part of our common sense approach to parking, the way you get parking products just got a whole lot easier.

Forget queuing - reclaim your time by going online, using the post or letting your fingers dial. While over the counter facilities at Waterloo Gardens and Contact Islington will stop from Friday 21 December they will be replaced with our new streamlined services that promise relaxed rules while also ensuring greater security and convenience. Read on for more details on how to get the parking product you need...

NEW RESIDENT PARKING PERMITS

Get a new resident parking permit by completing an application form and posting it, along with proof of residence and vehicle ownership, to Parking Services. We don't need to see your original documents, as we now accept photocopies.

If we have the correct information and your application is approved we will despatch your permit within 48 hours.

RESIDENT PARKING PERMIT RENEWALS

Current permit holders get a letter reminding them to renew their permit a month before it expires. Simply complete the enclosed form and post it back in the prepaid envelope supplied. Or from 24 December renew your permit online at www.islington.gov.uk/parking

If your circumstances have remained the same we

no longer need to see proof of residence and vehicle ownership.

If your application is re-approved we will despatch the permit within 48 hours.

VISITOR VOUCHERS

From 24 December visitor vouchers can be ordered online from www.islington.gov.uk/parking or by sending an application form to Parking Services. Alternatively phone 020 7527 2000.

If we have your correct information and the application is approved we will despatch your vouchers within 48 hours.

PERMISSION TO PARK

Permission to park notices are available for builders and contractors working in the borough. They provide all day parking places in resident, business and pay and display bays.

Tradespeople now have the convenience of organising a notice online at www.islington.gov.uk/parking and printing it out before leaving home or the office rather than having the hassle of queuing in a parking shop.



For more information, go to www.islington.gov.uk/parking, write to Parking Services at PO Box 46106, EC1B 1BR or call 020 7527 2000 for general parking information.

Nominate your local treasure!

There are lots of great spots around the borough, and everyone has their favourite local treasure. But don't keep it a secret - tell us about it! From next year, we'll be running a series of local treasures. It could be your favourite park, shop, market ... absolutely anything! Send us your nominations, along with a photo if you like, to islingtonnow@islington.gov.uk or by post to Local Treasures, Room G12, Town Hall, Upper Street, N1 2UD.

Rubbish presents?

If you've found yourself with a stack of unwanted gifts this Christmas, don't chuck them! Check out swapXchange, where you can swap or give away any items you don't want any more. From shoes to sofas, fridges to fishtanks, anything goes! Check out www.islington.gov.uk/swapxchange



Are you aged between 60-69?



Bowel cancer is a serious disease which claims thousands of lives each year. Screening can help to prevent bowel cancer. Within the next two years all men and women aged 60-69 in Islington will be receiving their first invitation to participate in the bowel cancer screening programme.

This simple test is carried out in your home and can protect your health.

Look out for your invitation...

Please contact Katie.Lindsey@islingtonpct.nhs.uk or telephone free phone helpline for further advice and information.



NHS Bowel Cancer Screening Programme

NHS Bowel Cancer Screening is here

Screening helps prevent bowel cancer. Look out for your home testing kit

Freephone Helpline 0800 707 60 60 www.cancerscreening.nhs.uk



175_m

mince pies we'll get through this festive season

1_b

the number of cards sent each Christmas

15

Free visitor parking vouchers

In addition to a better service for parking customers, we are giving all Islington residents free visitor parking vouchers for the Christmas and New Year period

All you need to do is cut out the voucher for the day your guest requires parking, and get them to fold the voucher over the side window closest to the kerb and close the window so that the voucher is inside the vehicle. Make sure that the details on the front are clearly visible from the outside. Please make sure your visitors are aware of the terms and conditions though, as restrictions do apply.

On Christmas Day, Boxing Day and New Year's Day*, you can also park in any residents' parking bay or pay-and-display bay in Islington. You cannot park on double yellow lines or in dedicated disabled bays at any time. You must also have the appropriate permit to park in car club bays and doctors' parking spaces.

*Arsenal is playing a home game on New Year's Day, and you must have a valid permit or voucher to park in zones with match day controls between 12noon and 4.30pm.

Parking enforcement over the holidays:

24, 27, 28 and 29 December - normal enforcement rules apply on these days

31 December - normal enforcement

25, 26 and 30 December - minimal enforcement - dangerously parked, obstructions and double yellow lines

1 January - noon-4.30pm matchday restrictions will be enforced

2 January - normal enforcement

RESTRICTIONS

All-day complimentary visitor parking voucher instructions and conditions for use

1. These vouchers can be used in any Islington Controlled Parking Zone (CPZ) but are only valid in resident permit holder (including residents' shared-use) parking places. Not valid in pay and display bays, on double yellow lines, disabled bays, car club bays and doctors' parking spaces.

2. You are liable for a Penalty Charge notice if you do not park with all the parts of the

vehicle within the marked parking place.

3. This voucher does not entitle the user to park in contravention of other restrictions.

4. Vehicles issued with a Parking Charge Notice may be clamped and/or removed and impounded.



If you have any questions, please see the parking Frequently Asked Questions (FAQs) on www.islington.gov.uk/parking or call Contact Islington on 020 7527 2000.

COMPLIMENTARY ALL DAY VISITOR PARKING VOUCHER

Valid on:
Monday 24 December 2007

VALID ALL ZONES
VALID ALL DAY IN
RESIDENT PERMIT
HOLDER
ON-STREET
PARKING PLACES
ONLY

ISLINGTON

COMPLIMENTARY ALL DAY VISITOR PARKING VOUCHER

Valid on:
Thursday 27 December 2007

VALID ALL ZONES
VALID ALL DAY IN
RESIDENT PERMIT
HOLDER
ON-STREET
PARKING PLACES
ONLY

ISLINGTON

COMPLIMENTARY ALL DAY VISITOR PARKING VOUCHER

Valid on:
Friday 28 December 2007

VALID ALL ZONES
VALID ALL DAY IN
RESIDENT PERMIT
HOLDER
ON-STREET
PARKING PLACES
ONLY

ISLINGTON

COMPLIMENTARY ALL DAY VISITOR PARKING VOUCHER

Valid on:
Saturday 29 December 2007

VALID ALL ZONES
VALID ALL DAY IN
RESIDENT PERMIT
HOLDER
ON-STREET
PARKING PLACES
ONLY

ISLINGTON

ORIGINAL COPIES ONLY

Win a year's free gym membership!

One lucky winner will receive free use of gym, pool and exercise classes for one year! Plus five runners up will receive a free one month pass to be used at all seven Aquaterra leisure centres in Islington.

Simply fill in this form and post to Aquaterra Leisure, Marketing Department, 1-11 Ironmonger Row, EC1V 3QF.

Name: _____

Phone: _____

Address: _____

Postcode: _____

Email: _____

Aquaterra may wish to contact you with details of special offers available from us. If you do not want this please tick here

This free prize draw is open to residents aged 16 or over. One entry per person. Closing date Friday 29 February 2008. Full terms and conditions available on request.

New year, new you

Christmas and New Year is time to have a break, and have some fun! So don't despair if you overindulge during the festive season. These handy hints can help you purge the pies and forget the fags for the New Year.

Booze safely!

The holiday season is a time where many of us may drink a bit more than usual. When you are drinking alcohol try to have lots of water in between drinks and never drink alcohol on an empty stomach. It's better to make sure you are with friends or family if you're planning a big night – and keep your mobile to hand so they know you have got home safely. The holiday season is a time for fun, but keep yourself safe when you're drinking.

If you find yourself in need of a taxi this Christmas, text **HOME** to **60835**, and you will receive details of nearby licensed minicab firms. The cost per text is 35p plus standard network charges.



Ditch the cigs

Islington is now smokefree, and it's far too cold to stand outside having a sneaky smoke. So maybe the time is right to think about packing it in for the New Year.

If you want some help, pick up the phone and call freephone 0800 093 90 30 or email smokefree@islingtonpct.nhs.uk

Not sprouts again...

If you're tucking into a traditional turkey dinner this Christmas, don't forget to load up your plate with veggies! Eating a wide variety of fruit and veg can make your skin look great as well as packing you full of the vitamins your body needs. It's also the perfect weather for hearty veggie soups.



Feel great in 2008!

How often have you made a New Year's resolution to get fitter? And how often have you kept it? If you struggle to stick to your resolutions, you could try the following:

- Workout when it's convenient for you. Try to combine exercise with other things that happen in your life, so go for a jog with your partner or a swim with your kids. Train with your mates so you can combine socialising with exercise – and it's great motivation. For most people time is a major factor, but most of us can find a spare 20-30 minutes a day.
- Set yourself a goal – how can you succeed if you don't know what you want? All new members at Islington's leisure centres receive free one-to-one sessions with a gym instructor to help you achieve your goals.
- Sit down each Sunday evening and plan when and where you will exercise during the coming week ... and stick to it!
- Vary your exercise routine. Just doing workouts in a gym can get boring so why not try an exercise class, go for a brisk walk or swim a few laps in the pool.

HEALTH

Get the jab

Less than half of people over 65 who are at risk from the flu got their flu jab last year, and we want to give that figure a healthy boost this winter.

Flu is an unpleasant experience for anybody, but to those who are at risk, flu can be a major health concern. If you, members of your family, friends or neighbours are over 65, please encourage them to visit their GP, practice nurse or pharmacist to find out more about getting their free flu jab.



To find out more, go to www.immunisation.nhs.uk, www.nhsdirect.nhs.uk or call NHS Direct on 0845 4647.

Counterfeit cigarettes

Following an article on counterfeit cigarettes in the October edition of *IslingtonNow*, Islington PCT would like to clarify its position with regards to counterfeit cigarettes. The PCT does not have specialist equipment required to "test" counterfeit cigarettes, but the PCT has commissioned research which acknowledges the evidence that counterfeit cigarettes have unregulated levels of tar, chemicals and toxins which are harmful to health. However, Islington PCT states explicitly that all cigarettes – counterfeit or non-counterfeit – contain tar, chemicals and toxins which are harmful to health.



For further information on the leisure facilities in Islington, visit www.aquaterra.org

Are you getting all your benefits?

If you or your partner are over 60, let us carry out a benefit check – extra money could be yours.

Call 020 7527 3696/7 for friendly and confidential advice regarding NEW claims for:

- Pension Credit
- Attendance Allowance
- Council Tax Benefit
- Disability Living Allowance (for over 60's)
- Housing Benefit

We have a team of Visiting Officers who will come to your home and help with all the paperwork to make a NEW claim.

www.islington.gov.uk

AGE Islington logo, Islington Council logo, and ISLINGTON logo.

Tell us

A new look for Highbury Corner?

Thousands of residents and commuters who use Highbury Corner could see dramatic improvements to this busy London transport hub, depending on the outcome of a public consultation by Transport for London, in partnership with the council.

Local residents are being asked to have their say on options for improving the area, which involve redesigning the area outside the station, possibly closing either the northern or western arms of the roundabout and transforming the roundabout itself into a landmark space.

The three options for improvements at Highbury Corner are:

Option A: western side closure

Option B: northern side closure

Option C: minor improvements

For more information, go to www.islington.gov.uk/consultation and to download the brochure and questionnaire go to www.tfl.gov.uk/highburyandislington.

You can also email your thoughts to

H&I@tfl.gov.uk

Running until: 14 January

Talkback panels

We always want to know what you think of our services, and our new talkback panels offer a great opportunity for you to tell us of your experiences.

Recently, we've installed talkback panels at Contact Islington (222 Upper Street), Housing Aid Centre (38 Devonia Road) and South Library on Essex Road. The boards are easy to read and use, and are designed to collect an immediate response to your visit and give an overall impression of the service you have received.

The information we get from you will be used to plan improvements. We will move the panels around every three months so different services can be monitored.

Supporting parents and carers

Are you a mother, father, grandparent or carer? If so, what would help you in bringing up your children? We want to hear about what kinds of information, advice and support you would find helpful and where you would like to have this available.

We are holding a series of open meetings around the borough to get your views. If you would like to come along to a meeting, or give your views directly, please email Siobhan at info@directroots.co.uk or phone 020 8986 3378.

Consultation open to: all mothers, fathers, grandparents and carers of children 0 - 19 years

Running until: 31 January

New bags for green waste and food waste!

New green waste collection bags and environmentally friendly corn starch bio bags that can be used in your kitchen food waste bins have been introduced after residents said this would be useful.

Residents chose a reusable green waste bag because it's a handy size, does not get too heavy for residents or collectors to carry and it can be folded away when not in use. You can continue to place any extra green waste in an open sack or bin liner for collection.

“This biobag is the only type of bag that can be used in food waste bins”

”

The new corn starch bio bags have been introduced in response to residents saying that their food waste stuck to their bin. This biobag is the only type of bag that can be used in the food waste bins because they have been



Reusable green waste bags are a handy option

approved by our composting site. The bags will disintegrate if wet and left outside so must only be used with a bin. The corn starch bags are optional and you can continue to use the kitchen waste bins without

any bags if you so wish.

To find out where you can purchase the biobags please call Contact Islington on 020 7527 2000 or go to www.islington.gov.uk/recycling

Laycock Street Park

Over 100 people attended the recent public consultation in Laycock Street Park and many questionnaires were completed and returned.

The majority of people supported the removal of overgrown shrubs and the addition of new plants along the north boundary wall. Almost everyone who responded said they would like to see the games pitch improved, and many people also wanted to see the existing trees trimmed to allow greater light penetration.

A decision is still to be made on the installation of a paved footpath from Liverpool Road to Highbury Station Road, and local residents will be further consulted before a decision is made.

All work is scheduled for completion by 31 March 2008.

Two new 20MPH zones launched

Two new 20mph zones are now up and running in the north of the borough in the areas surrounding Ashley Road and Waterlow Road, following consultation with local residents.

The new zones include cycle-friendly speed humps, raised junction crossings and camera enforced no entry points within the Waterlow Road scheme. All these measures are expected to provide a safer environment for all road users but particularly pedestrians, cyclists and other vulnerable road users.

To find out more about these schemes please contact Alan Elias on 020 7527 2806 or Rud Francois on 020 7527 2220.



COUNCIL MEETINGS

West Area Committee Meeting

7 January 7.30pm Barnsbury Centre, Offord Road, N1

South Area Committee Meeting

7 January 7.30pm Location to be confirmed

East Area Committee Meeting

10 January 7.30pm Location to be confirmed

North Area Committee Meeting

10 January 7.30pm Postgraduate Lecture Theatre, Holborn Union Building, Archway Campus, Highgate Hill, N19 5LW

Standards Committee Meeting

14 January 7pm, Town Hall, Upper Street

Performance Review Committee Meeting

14 January 7.30pm, Town Hall, Upper Street

Executive Meeting

17 January 7.30pm, Town Hall, Upper Street

Commission on Young People and Safety in Islington

22 January 7.30pm, Town Hall, Upper Street

Regeneration Review Committee Meeting

22 January 7.30pm, Town Hall, Upper Street

Corporate Services Meeting

29 January 7.30pm, Town Hall, Upper Street

➔ For more information call Jakki Crowder on 020 7527 3251, email jakki.crowder@islington.gov.uk or see www.islington.gov.uk/democracy

All meetings are subject to change. Please check the website before attending.

Get active

Islington cyclists' action group cycle ride

Ride your bike to the South Bank with local cyclists to join Critical Mass, a celebration of cycling through central London. Please bring your bicycle lights and a bell as you ride through the streets with plenty of other cyclists. No need to book.

Where: Meet outside Islington Town Hall, Upper Street, N1

When: 28 December and 25 January 6.15pm, finish time to be agreed on the day

How Much: Free

For more information please contact Chris Ashby on 020 7609 5093.

Cally canal walk

Join a group of enthusiastic seniors for a stroll along Regent's Canal and the surrounding areas, suitable for any age and fitness level. After the walk is a cookery session where you are taught new recipes and can chat with other members.

Where: Jean Stokes Hall, Carnoustie Drive, Bemerton Estate N7

When: Every Monday, 10.30am – 11.30am
For more information please contact Garrett Turbett on 020 7527 1256

Mildmay Local History Walk

Organised by the Staying Alive Project
Where: Meet at the Starbox Café in Newington Green

When: 29 December 11am with lunch provided at 12.30pm

For more information please call Sonia Gouveia on 020 7527 7096

Where: The Little Angel, 14 Dagmar Passage

When: until 27 January

Prices: from £6-£10

For more information, go to www.littleangeltheatre.com, and to book call the box office on 020 7226 1787

* To win tickets to Cinderella, please turn to p13!

Alice in Wonderland on Ice

Sobell Ice Skating Club presents its Christmas pantomime. Bring the whole family for 90 minutes of action packed fun.

Where: Sobell Leisure Centre

When: 20-23 December

Times: 5pm & 7.30pm

Prices: £6 per person or £22 for a family of four

For further details call Sobell Leisure Centre on 020 7609 2166.

Children's Art Workshops



Anna Boggon will be leading these workshops for children aged nine to 13. She is a professional visual artist who exhibits internationally.

Where: Whittington Park Community Association, Yerbury Road N19

When: 18 January, 3.45pm-5.45pm

How much: £36 for six sessions.

To book a place please call Anna on 07899 817 005

Fostering not just another job!

Islington Foster Carers

- change children's lives
- offer a home in or near Islington
- can be single people or couples
- receive allowances up to £600 per week



0800 073 0428

or email us at fostering@islington.gov.uk
www.islington.gov.uk/fostering

ISLINGTON

Young fun

The Big Ugly Monster and the Little Stone Rabbit

Rik Mayall narrates a production of Chis Wormell's hilarious story of an ugly monster with a beautiful heart, suitable for children ages three and over

Where: Pleasance Islington, Carpenters Mews, North Road N7

When: 12 -30 December (Wednesdays to Sundays)

How much: £8 (£6), £25 family ticket, schools £4 per child

To book call 020 7609 1800

* To win tickets to The Big Ugly Monster, please turn to p13!

Cinderella/Little Cinders

Come and see a puppet production of children's favourite Cinderella, for ages five and over, and a shorter version for children aged two to five called Little Cinders.

Green-living

Free Community Training for Islington's Park Users

If you want to help out at your local park, you can attend free training sessions to help learn more about what you can do to help.

Sessions include:

- How to run safe planting events with volunteers in Islington's Parks
- Basic and Emergency First Aid
- Fundraising workshops

Where: BTCV King's Cross Office, 80 York Way, N1

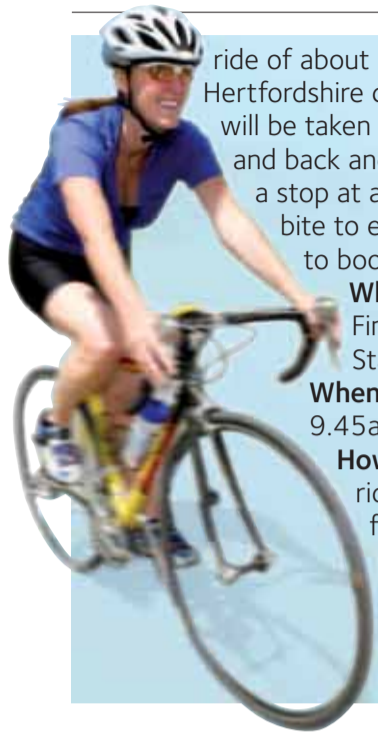
When: 12 January, 9.15am-4.30pm, with other sessions in the coming months
Call 020 7527 4953 / 3288 or email supportservices@islington.gov.uk for more information.

Little Green Ride

Bring your own bike for an easy-paced cycle

If you want to see your event listed here, email us at events@islington.gov.uk

We can't guarantee that all events will be published. All events are subject to change. Please check with the venue before attending.



ride of about 30 miles in the Hertfordshire countryside. Bikes will be taken on the train there and back and the day will include a stop at a local pub to get a bite to eat. There is no need to book.

Where: Meet outside Finsbury Park Railway Station

When: 20 January 9.45am-4pm

How much: Free bike ride, costs for train fare and lunch only
For more information please contact Stephen Taylor on 07977 235735

The arts

Thames above Oxford talk

Hugh Compton of the Railway and Canal Historical Society speaks about the history of this less well known section of the Thames.

Where: London Canal Museum, New Wharf Road, N1

When: 3 January

Vera Waddington exhibition

A chance to see the work of renowned early 20th Century artist Vera Waddington, a student at the Slade and friend of Duncan Grant and other members of the Bloomsbury group

Where: The Millinery Works, Southgate Road

When: until 6 January

For more information, go to www.millineryworks.co.uk

How Much: £3, £2 for students, senior citizens, members of the Canal Museum Trust and unwaged

For more information go to www.canalmuseum.org.uk/whatson/index.html

Rough Music

Set in 1892, Rough Music is the story of a northern girl, Jessie Sanders, who moves to London to become an entertainer and eventually finds herself on trial.

Where: King's Head Theatre, 115 Upper Street

When: until 13 January

For more information, go to www.kingsheadtheatre.org

Connecting Conversations

Novelist Esther Freud will talk to psychoanalyst John Tydeman about the themes of the absent father and coming-of-age that she explores in her latest novel, Love Falls.

Where: The Resource Centre, 356 Holloway Road, N7

When: 25 January, 7-8.30pm

How much: £12/£6 concessions (including a glass of wine)

For more information, go to www.connectingconversations.org

Community events

Volunteer practical workday

The final volunteer workday for 2007 – come and join the rangers for some seasonal hedge management in the morning and then a hot lunch to say thank you for all your hard work.

Where: Gillespie Park

When: 20 December 10am-3.30pm

How much: Free

For more information please contact Islington Ecology Centre on 020 7354 5162. Suitable for adults only.

Dance sessions in Mildmay

Staying Alive, along with Urdang Dance Academy, are inviting adults of any age and ability to learn how to salsa, lindyhop, tango and country dance. Join in the fun, meet new people and get some exercise. No need to book.

Where: St Jude and St Paul's Church Hall, Mildmay Grove North, N1

When: Every Thursday from January 10, 5-6pm

For more information on these or any other sessions, contact Sonia on 020 7527 7096.

Inner Space

The charity Inner Space hosts free talks from guest speakers from all around the world to serve as an introduction to personal development and spirituality in daily life.

Where: Yoga Therapy Centre, Pentonville Road, N1 9HS

When: Sundays 6pm – 7:30pm

How much: Free

For more information, call 020 7836 6688 or go to www.innerspace.org.uk

Arsenal's December and January fixtures



12 December 7.45pm
Arsenal v Steaua Bucharest

16 December 4pm
Arsenal v Chelsea

22 December 12.45pm
Arsenal v Tottenham Hotspur

1 January 3pm
Arsenal v West Ham

12 January 3pm
Arsenal v Birmingham City

29 January 7.45pm
Arsenal v Newcastle United

All fixtures are subject to change. Please check www.arsenal.com/fixtures.asp for the most up-to-date information.

CONTACT ISLINGTON

Contact Islington is the council's telephone and customer service centre based on the ground floor of **222 Upper Street, N1**. Contact Islington can help you with a range of services including housing advice and environmental queries.

The service centre is open from 8am to 6pm Monday to Friday (8.30am to 6pm on Wednesday only) for your face-to-face service needs. It also opens every fourth Saturday of the month, from 9am to 1pm (third Saturday if coinciding with Bank Holiday weekends). Phonelines are open from 8am to 8pm Monday to Friday, and 9am to 6pm every Saturday.

Phone: 020 7527 2000

Email: contact@islington.gov.uk

Minicom: 020 7527 1900

Fax: 020 7527 5001

Other useful contact numbers

CEA@Islington

020 7527 5800

www.islingtonschools.net

HFI Direct (repairs)

0800 694 3344

(minicom 0800 073 0536)

repairs@homesforislington.org.uk

Islington Police

020 7704 1212

Report non-emergencies at

www.online.police.uk

NHSDirect

0845 46 47

www.nhsdirect.nhs.uk

Local leisure centres

Archway Leisure Centre

020 7281 4105

Cally Pool

020 7278 1890

Finsbury Leisure Centre

020 7253 2346

Highbury Pool

020 7704 2312

Ironmonger Row Baths

020 7253 4011

Islington Tennis Centre

020 7700 1370

Sobell Leisure Centre

020 7609 2166

www.aquaterra.org

CONTACT YOUR LOCAL COUNCILLOR

Islington has 48 councillors. Councillors make decisions on council policy and spending. They are the people who know what's going on in your local area, and are there for you to talk to about any problems you may have with council services. They can take up your case themselves or point you in the right direction to get more advice.

You can meet any of your ward councillors in person at one of their regular surgeries, write to them at the Town Hall, email or telephone them.

For councillors' contact details, to find out when they hold surgeries, and for details of your local Member of Parliament, Member of European Parliament and Greater London Authority representative, please call 020 7527 2000 or visit www.islington.gov.uk/councillors

Have you had your jab yet?

The flu is not a severe cold. It's clever. It continually evolves and mutates, so this year's virus may be different from last year's.



FLU JABS AT YOUR GP SURGERY

If you are over 65 OR suffer from certain chronic illnesses you are at risk. Contact your local GP/Nurse for this year's free flu jab.

FLU JABS AT SOME PHARMACIES

If you are 65 years and over and registered with an Islington GP you can choose to get your flu jab from your GP or from one of the pharmacies listed below. Contact your GP surgery or one of the pharmacies below to book an appointment.

Arkle Pharmacy

39 Junction Road N19
Ph : 0207-272-2283

Chemitex Pharmacy

332 Hornsey Road N7
Ph : 0207-272-4869

Savemain Ltd

166/168 Essex Road N1
Ph : 0207-226-8409

Dev's Chemist (Atchem Ltd.)

110 Seven Sisters Road
Ph : 0207-607-3081

Boots The Chemists Ltd

410 Holloway Road N7
Ph : 0207-607-1056

Clockwork Pharmacy

273 Caledonian Road N1
Ph : 0207-607-4525

Boots The Chemists Ltd

35-37 Islington High St N1
Ph : 0207-837-3430

Wellcare Medical (UK) Ltd

552 Holloway Road N7
Ph : 0207-263-3152

St Peter's Pharmacy

51 St Peters St N1
Ph : 0207-226-2939

Greenlight Pharmacy

51 Exmouth Market EC1R
Ph : 0207-837-9494

For more information about getting your flu jab talk to your GP, practice nurse or pharmacist, visit www.nhsdirect.nhs.uk or www.immunisation.nhs.uk, go to NHS Direct Interactive on digital satellite TV, or call NHS Direct on **0845 4647**.