

# IslingtonNow

Issue 13 March 2008

your local magazine from Islington Council

## Local lifelines under threat

**SAVE OUR POST OFFICES**

Three of Islington's post offices are under threat of closure. Two of them are on Caledonian Road, and the other is the busy Post Office on Essex Road. But there is still time to have your say and try and save your local post office

**"Post Offices can be lifelines for many members of our community," says Deborah Fowler, chief executive of Age Concern Islington, who is concerned that the threatened closure of local post offices could be a nightmare for many older local people.**

"The Post Office is not just where you prefer to buy your stamps or collect your pension, it's also an opportunity to bump into friends and neighbours, chat to new people in the queue, and find out about what's going on. People with restricted mobility

**Betty, Iris and Rose are furious that their local Post Office is threatened with closure**

will find it extremely hard or impossible to travel further afield, and all users will miss out on the social network of the local post office."

The Essex Road Post Office is a Crown Post Office, so is not affected by the government's recent Post Office closure programme. However, it is Post Office Ltd who owns – and wants to close – this branch. If the closure goes ahead, people are faced with a long walk to Upper Street.

In the last few years, the people of Islington have already lost no less than 10 Post Offices at Old Street, Amwell Street, Copenhagen Street,

Westbourne Road, St Peter Street, Southgate Road, Holloway Road, Hornsey Road, Junction Road and Archway Road.

Deborah, like many other members of the community, is shocked that Post Office Ltd is considering closing this large, busy branch. "With queues at Essex Road main Post Office sometimes out of the door, surely there must be a case for maintaining at least a small post office there?"

Wheelchair user Betty (pictured) is unsure what she will do if the post office closes. "The nearest post office on Upper Street doesn't have

wheelchair access – and, besides, it's two bus rides away for many people who use this branch. I don't know where I'll go if this post office closes."

Iris (pictured) added: "I really don't know how older people will manage if this post office closes. I'm so angry – this will be a nightmare for many local people."

### Have your say

Deborah Fowler of Age Concern urges everyone to have their say and try and stop the closure of our local post offices.

Email your name, address and any comments to [saveourpostoffices@islington.gov.uk](mailto:saveourpostoffices@islington.gov.uk) and we will add your name to the petition to the Prime Minister. You can also send your views to: National Consultation Team Post Office Ltd FREEPOST CONSULTATION TEAM (no stamp is required) Email: [consultation@postoffice.co.uk](mailto:consultation@postoffice.co.uk) Telephone: 08457 22 33 44



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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](mailto:islingtonnow@islington.gov.uk)  
Phone: 020 7527 3416

PICTURE OF THE MONTH



MOVEME

This is just one of the finalists in the MoveMe art competition. See the pictures for yourself at Finsbury Park tube station. For more details turn to p15.

Contact us:

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

Letter of the month

A total mess

I live in the St Peter Street area of Islington, and have a small baby. I felt I had to write to ask what is being done about the huge amounts of dog excrement which are literally covering the pavements and the children's playgrounds around that area?

I have lived in Islington for the last five years and the problem seems to be getting worse and worse. Clearly a number of dog owners do not care about the mess their dogs leave, but surely if the council enforced fines they could be made to care, or at least made to clear up for fear of receiving a fine.

I really object to coming out of my house to find piles of dog excrement fouling the pavement right outside my steps – particularly when I am pushing a baby buggy.

I work in the City and we certainly do not have the same problem here – nor indeed in other areas where friends of ours live. The problem just seems particularly bad in Islington.

Sarah Priestley, N1

I couldn't agree with you more that dog fouling is a horrible problem. I've asked that the street cleansing team in your area clears up what's there, and our street wardens will then patrol the area to see if they can talk to those responsible.

We know that dog fouling is a serious issue in Islington, and many people think the problem is getting worse. We're determined to tackle this and we're doing so in a variety of ways. Our street wardens are out and about patrolling the streets, and they talk to people that are not clearing up after their dogs and tell them about responsible dog ownership.

Currently we cannot issue fines to dog owners. However, we are just beginning a consultation on dog control orders which will enable our street wardens and other officers to issue fines. We really want as many people as possible to have their say, so please turn to p4 to find out more. The consultation will help us find the best ways to tackle this nasty problem.

A plastic problem

I recycle over 50 per cent of my rubbish. At least half of the remainder consists of plastic food trays, practically all carrying the recycling logo. Why will you not accept them for recycling? Plastic is the least biodegradable material in landfill and should be recycled wherever possible.

Mr Sproston, EC1R

Like you I am a passionate recycler and try to recycle as much as I can, and I'm really disappointed that some of the plastic we use day-to-day cannot be recycled easily. Reprocessing plants that take our recycling can't use some plastics and therefore won't take it from our collections. And the recycling symbol on packaging does not necessarily mean that the plastic can be recycled. It may, for instance,

I would also suggest that you try and buy products that use less plastic packaging

mean that the plastic container contains recycled materials.

As a council we want to see a reduction in the amount of waste generated – particularly by food shops as much packaging is often excessive and unnecessary.

I hope you will support our campaign to reduce, reuse and recycle more, and I assure you that not only I but also our recycling officers are talking about this issue with government. In the meantime, don't forget that we do accept all types of plastic bottles, and

I encourage you to try and purchase items with minimal packaging.

Recycling plea

Please can I request doorstep recycling in Sekforde and Woodbridge Streets in Clerkenwell EC1. Properties in these streets have front doors at street level to ease collection. I have seen doorstep recycling nearby so know it's being done in this area. Stephen Rothholz, EC1R

You will be glad to know that both these streets are due to have green box collections. In fact by the time you receive this magazine the facility should be in place! We want as many people as possible to be able to recycle, and we're always looking at ways to make this as easy as possible for everyone in the borough.

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.



PC Matt Fletcher and PC John Pritchard

## More bobbies on the Nag's Head beat

**A new dedicated police team is taking to the streets of Nag's Head and Finsbury Park to tackle rogue traders who break the law and other crimes. Eight PCs and a sergeant will form the new council-funded team.**

Local residents have told us that their main concern is the selling of counterfeit goods. Although the numbers are coming down, we don't want to let these efforts slip.

Since November 2006, the existing Nag's Head Safer Neighbourhood Team (SNT)

has had a huge impact on tackling illegal street sellers in the area. Overall, it has seized goods worth up to £1m, including almost 1.5m cigarettes and more than 250,000 DVDs.

The new expanded team will continue this work, making sure illegal sellers stay out of the area, and also respond to other crime issues in Nag's Head and neighbouring Finsbury Park as needed. It will also work closely with Trading Standards officers to tackle rogue traders.

### IN BRIEF

Watch out for lottery con

If you're sent a letter or email telling you that you've won the Spanish lottery please throw it away.

'Winners' are asked to send personal details to claim their prize, but the letter is a complete scam.

If you're worried about similar scams, please contact Trading Standards on 020 7527 3198 or email: [trading.standards@islington.gov.uk](mailto:trading.standards@islington.gov.uk)



## Plastic fantastic

Over 1,000 bags were handed in to the council's Green Living Centre on Upper Street and exchanged for re-usable cloth bags during a 10-day carrier bag amnesty.

Every year, an estimated 17.5 billion plastic bags are given away by supermarkets. These bags litter the streets, threaten wildlife and take thousands of years to degrade.

**Keen local recyclers Samia and Anissa Said went to the centre with dad Rachid to hand over the family's stash of bags.**



## Boost for jobseekers

Eighty companies have signed up to a scheme to help people gain employment. The companies have signed a pledge to offer more work experience and training – and to give local people more chance to compete for jobs.

Margaret Scantlebury from Axminster Road, Holloway, N7, has already benefited from such a scheme.

The 44-year-old apprentice carpenter said: "Around two years ago I was made redundant – but, instead of being negative about this, I saw it as a crossroads in my life and a real opportunity.

"I've always wanted to do something 'hands-on', so I signed up for work experience

at a construction firm.

"One thing led to another, and I now have an apprenticeship.

"I'm also studying one day a week to learn new skills which will hopefully lead to the career I've always dreamed of."

**For more information on employment opportunities in the borough, please go to [www.islington.gov.uk/careers](http://www.islington.gov.uk/careers)**



## St. Aloysius gets special status

Following a successful Ofsted report and its highest ever GCSE results, St. Aloysius College will become a specialist mathematics and computing college. This special status will allow the school to carry on the good work and make further improvements.

### Bus route 38

Work has begun to improve the no 38 bus route along Essex Road, Balls Pond Road and Rosebury Avenue. The work will improve the service and make it easier for people to get on the bus along the route.

### Ministerial praise

Islington Council and police have been highly praised by Home Secretary Jacqui Smith for their success in tackling alcohol-related crime and disorder following a ministerial visit. The council's close work with pubs, bars and clubs includes five Pubwatch schemes and the ongoing Best Bar None excellence scheme, which has 20 members.

## Feathery fun!

Islington's children have been enjoying the local wildlife by taking part in the Royal Society for the Protection of Birds (RSPB) Big Schools' Birdwatch. More than a thousand youngsters from 40 schools counted birds in the borough's parks and green spaces.

**Volunteer Natasha Brown-Prince with Aiman Ndaula from The Bridge School**



## Tough rules for The Boss

Bruce Springsteen will play at the Emirates Stadium this summer, but the council is imposing tough conditions on 'The Boss'. The concerts will be over by 10.30pm and there will be a noise complaint line open throughout the gigs for residents who are concerned. The council's noise team will be on the streets to monitor sound levels on the day.

# It's a dog's life

As the council gears up to tackle owners who don't control or clean up after their dogs, IslingtonNow takes a look at the doggy issue.

**To some they are cute fluff balls that can only be described as man's best friend, while to others they are snarling, pooping nuisances. But are dogs the problem - or does the problem really lie with the human counterpart not taking their responsibility as an owner seriously?**

Clarissa Baldwin, chief executive of Dogs Trust, is clear where they think any problems with dogs lie - in the hands of their owner. "Dogs Trust believes that a duty of care should be placed on owners to have proper control of their dogs to prevent injuries, especially to children and other dogs. We believe much of the underlying cause of aggression lies with the manner in which owners bring up and train their dogs and that through better education owners would substantially reduce aggression."

Treating a dog badly, or teaching it aggressive behaviour, is simply an act of cruelty to the animal. Dogs Trust veterinary director Chris Laurence comments: "Most owners would recognise that their dogs have feelings. Their tails wag with pleasure at the prospect of a walk or their owner's return home, and they look unhappy if they are being ignored. But many owners may not be very good at reading their dog's body language that can be quite subtle and so may miss some of what their dog is trying to tell them."

## A FOUL PROBLEM

But it's not just the behaviour of dogs - there is also that stinky issue of dog mess.

Some dog owners think it isn't their job to clean up after their dogs - they are wrong. The reality is if you own a dog, you are responsible for clearing up after it. Under a new law, if you don't and are caught you could face a fine of up to £80.

And it's not difficult to pick up after your pet. Biodegradable bags and scoops are available in supermarkets and pet shops, and you can dispose of the mess in any public litterbin. However it is not OK to let your dog foul in the gutter as this is still an open public area and if you could still be fined.

So it is safe to say that dog owners play a big part in the impact their pets have on our community - both good and bad. New legislation means the council will be able to take action against irresponsible dog owners to make Islington a cleaner and safer place.

## HAVE YOUR SAY

There are several options on how we tackle irresponsible dog ownership and we want your help to decide the most effective route to take by giving us your opinion in our dog consultation.

The council has new powers to fine irresponsible dog owners £80 for:

- failing to clean up after their dog in a public area
- refusing to put their dog on a lead in any public area, if asked by an authorised officer
- allowing their dog into a clearly marked 'no dogs' area. These will include children's play areas, games and sports areas (the council has drawn up maps to show where these could be).

**To find out more, see our website [www.islington.gov.uk/dogs](http://www.islington.gov.uk/dogs) where you can also fill out our questionnaire online. You can also pick up a questionnaire and see copies of the maps at our Green Living Centre at 222 Upper Street, Town Hall and local libraries.**

## Doggy do's and don'ts

### DO

- train your dog in elementary obedience
- keep your dog on a lead anywhere near a road, if it is likely to cause a danger to itself, people or other animals
- feed your dog at regular times with a nutritionally balanced diet and from its own dish.
- keep your dog clean and regularly groomed.
- register your pet with a vet and speak to them about any problems

### DON'T

- let your dog foul in public places - train your dog not to but if it does, "Scoop the poop!"
- take your dog into a food shop - always tie its lead to a post
- leave your dog alone while you go on holiday - make sure someone is caring for your dog and that they know the local dog warden's telephone number
- let your dog bark excessively as this can be a noise nuisance



You can contact the following for more advice and information: Pet Advisory Committee - [www.petadvisory.org.uk](http://www.petadvisory.org.uk) or 020 7255 5489. RSPCA advice line - [www.rspca.org.uk/petcare](http://www.rspca.org.uk/petcare) or 0870 33 35 999. Dogs Trust - [www.dogstrust.org.uk](http://www.dogstrust.org.uk) or 020 7837 0006.

## 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](mailto:fostering@islington.gov.uk)  
[www.islington.gov.uk/fostering](http://www.islington.gov.uk/fostering)

 ISLINGTON

101,000

visitors to the recycling centre in 2007

28.5%

the recycling rate for January 2008 – our best ever!

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## The best laid plans...

Extending your property may seem like a great idea, but it can be a drag filling in the forms for planning permission. But a simple new online system could make the process a breeze.

The new system is called '1APP' and, from 6 April, it will be the standard across England and Wales so everyone wanting to do work that needs planning permission will go through the same process.

The new form can be downloaded from [www.islington.gov.uk/planning](http://www.islington.gov.uk/planning) or [www.planningportal.gov.uk](http://www.planningportal.gov.uk). You can also call 020 7527 2000 and ask for the planning team if you want a paper version of the form.

If you need individual help with a planning application, you can visit the Green Living Centre at 222 Upper Street for support and advice. Please book an appointment in advance by calling 020 7527 2000.

## Electric dreams

**If you've ever thought about switching to an electric vehicle, it's now easier than ever to do so with the introduction of two charging points around the borough.**

Drivers can plug in their cars at Highbury Crescent, N5, and Tufnell Park Road, N7 for a small annual fee. Electric vehicle owners will also be consulted on the possibility of setting up a pay-as-you-go system to pay for the electricity used.

Alex Williams, director of borough partnerships for Transport for London,



Electric car driver Lee Crockford using the new on-street charging point

who helped fund the bays, said: "Driving electric cars will help transform London into a greener city by improving air quality. The new recharging bays are a practical way of helping people to make a difference to the environment by changing the way that they travel."

## WILD ABOUT ISLINGTON

### Wild March

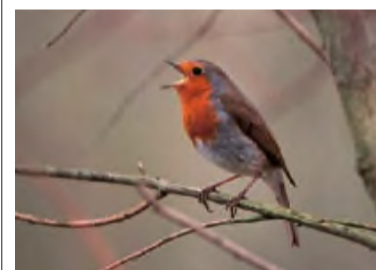
March is the month when we start to see the first real signs of spring. The drab greys of winter start to make way for more vibrant colours as spring flowers such as crocus, ramsons (wild garlic) and sweet violet start to appear. A sure sign of spring are the furry looking catkins of the pussy willow.

The mounting bird chorus in the mornings (the dawn chorus) is enough to wake even the heaviest sleeper. This melodic melee is made as birds start to find their mates and think about where to build this year's nest.



## Bin Raider comes to town

Primary school children have been enjoying Bin Raider, a play about a space hero who lands on Earth with a mission to get humans to clear up their act before they destroy the planet. Through an engaging mix of song, dance and audience participation, the play uses the pupils to help them find easy solutions to sort out the school's environmental problems.



## Your recycling questions answered!

**Dale Beckett asks:** Most of the letters I get seem to be in window envelopes. Is it OK to put them in the paper bin without tearing out the window?

**Our recycling expert answers:** It's fine to place envelopes with plastic windows into your recycling bin.

Send your recycling questions to [islingtonnow@islington.gov.uk](mailto:islingtonnow@islington.gov.uk) or by post to Recycling Questions, Room G11, Town Hall, Upper Street N1 2UD.

## Organic gardeners wanted!

Are you a keen organic gardener, or do you want to learn more about it? We're setting up an organic gardeners forum which will meet once a month to discuss some of those tricky gardening problems and share tips.

If you're an experienced gardener who's happy to share their insights, or if you'd like to join the forum, please contact Kerry Kirwan on 020 7527 6726 or email [kerry.kirwan@islington.gov.uk](mailto:kerry.kirwan@islington.gov.uk)



## Pondlife party

It is also this time of year when our frogs, toads and newts start to appear from their winter hibernation and make their way back into our ponds ready to spawn. Almost as loud as the dawn chorus is the frog chorus made as these amphibians lay their eggs.

Spring is one of the best times to dust away the cobwebs of winter and get out into the borough's green spaces to see some of these natural wonders. If you have a garden, balcony or courtyard it is also a great time to get back outside and get gardening for wildlife.

For more information on the borough's wildlife, wild events or wildlife gardening, or to get a free copy of Islington's Wildlife Gardening Pack, call the Nature Conservation Team on 020 7354 5162

## Would you like to travel greener?

Our £3 million Climate Change Fund is launching two new schemes that might help if you're interested in greener ways to travel.

From 1 March we'll be offering residents who surrender their parking permits a £100 voucher for a local cycle shop or membership and free drive hours for our Streetcar car club.

Also from 1 March, grants of up to £10,000 will be offered to small businesses, not for profit organisations and community groups who commit to travel plans that reduce their carbon emissions.

For more information, go to [www.islington.gov.uk/climatechange](http://www.islington.gov.uk/climatechange)

## Christmas compost!

More than 40 tonnes of Christmas trees were collected for recycling this year. They've all been taken to a recycling centre in Edmonton where they will be turned into compost, some of which could come back to Islington for use in our parks.



The before and after pictures of Spa Fields couldn't be more different



## A safer Spa Fields

A rundown park has been brought into the 21st century thanks to a fantastic transformation.

Created back in the 19th century, Spa Fields in south Islington had become an unsafe, unused and unloved park. It was so rundown that local residents avoided the area as it felt dangerous, dark and dismal.

But last year the park, on Northampton Road, EC1, was transformed into a pleasant and welcoming green space for the community to enjoy. There are new plants, paths and seating, play areas, picnic areas and new lighting to brighten up the space and make it feel safer for local people. There has also been a striking transformation of the old hut into an attractive base for the park rangers.

### ATTRACTIVE MAKEOVER

Rebecca Cresswell, who lives in EC1, said: "In the past, the park was rather rundown and not a place that residents wanted to spend their time.

"I'm really pleased it's been transformed. It's now used by people picnicking and playing games – in fact, a whole host of different people are using it for different activities.

"There's also improved seating and really nice plants. It's a really attractive area for everyone."

And it's not just us that think the new space

is fantastic. At the recent London Planning Awards, Spa Fields was commended for the award category 'Best Community-based Planning Initiative'.

### MORE TO COME

And the work doesn't stop there. We are working hard to transform many gardens and greenspaces around the borough that have become rundown over the years. We want everyone to use these spaces and feel safe to do so. The latest makeover is taking place at Radnor Street Gardens. Children at St Luke's Primary School, which is next door to the park, are particularly excited about the new play area, and have designed special bird boxes that will be installed in the gardens.

The new improved Radnor Street Gardens will be completed and open to the public in early May 2008.



For more on Islington's fantastic parks and greenspaces, go to [www.islington.gov.uk/leisure/parksandrecreation](http://www.islington.gov.uk/leisure/parksandrecreation)

## Shoplifters – over and out!

A new radio link scheme is helping to tackle the problem of shoplifting in the borough. The innovative scheme provides shopkeepers with specially linked radios which allow them to alert police and other shops if there are problems, such as shoplifting, assaults or abusive behaviour towards staff or customers.

Adile Karaman, store manager of JD Sports on Holloway Road, says the new system is really helpful: "The radio link scheme has been very useful because it enables us to share information with neighbouring stores like Argos and James Selby. We do radio checks two to three times a day and call out for assistance when we need it."

And it's been a great success. The scheme has so far helped reduce shoplifting at the Nag's Head by 41 percent. Essex Road traders, where the scheme is being launched this month, hope to reap similar benefits.



It's now used by people picnicking and playing games – in fact, a whole host of different people are using it for different activities



## Be web wise – listen to Howard!



If you're wary of making purchases online, a new shopping assistant could help put your mind at ease. Thanks to Howard, you can find out when sites were registered, if pre-payment by unsecured methods is required, if prices seem too good to be true and, perhaps most importantly, if other customers have complained about poor service. Check out [www.ukecc.net](http://www.ukecc.net) and follow the link to Howard.

# YOUNG ISLINGTON

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## The future's bright

An Islington project is helping young people access opportunities to give them a bright and brilliant future...

Some young people may leave school at 16 and not be too sure what they want to do or where to go for further options, and it can be particularly hard for young people with disabilities or learning difficulties. Islington 14 -19 Partnerships works with these young people from the age of 14 onwards to help them find work experience and activities that are interesting and engaging and, most importantly, could lead to real jobs.

### COOKING UP A STORM

Working alongside top chefs, practising waitressing skills and developing specialist skills has proved inspirational for students from The Bridge School and Holloway School who took part in Hospitality and Catering Week. "I want to be a chef like Ainsley Harriott!" enthused one student from Holloway School.

Students were given the opportunity to go to top class hotels across London and spend time in the various departments and, for many, this confirmed that this was the career for them when they leave school. The week concluded with a celebration event where the students were able to put into practise the skills they had learnt – greeting guests, serving drinks and canapés. The Museum of London is

also offering an apprenticeship for a young person with learning difficulties. This fantastic opportunity will help a young person develop communication skills and give them invaluable experience of working in a wonderful venue steeped in London's rich history.

### MUSICAL YOUTH

Another great favourite is developing music and radio skills, and students from Samuel Rhodes School have participated in a 10 week course in radio production at Point Blank Studios. Participating in these courses can lead to real opportunities to return to the studio as an assistant to gain work experience and develop skills for work. One student says: "I love hearing my voice replayed. I didn't know that this would be so much fun, I think I want to do this for a job."

There are also a range of fun activities in Islington for the young people to enjoy, such as the boat club in Graham Street, N1. Developing teamwork alongside boating skills keeps these young people coming back for more! Setting up after school activities and working with a range of young people with learning difficulties and disabilities has been a great hit.

“

I love hearing my voice replayed. I didn't know that this would be so much fun, I think I want to do this for a job.

”



For more information, please contact Jo on 020 7527 4480 or email [jo.lancaster@islington.gov.uk](mailto:jo.lancaster@islington.gov.uk)

### Great feedback for IAMS

Teachers and pupils at Islington Arts and Media School (IAMS) are celebrating after receiving a glowing report from their latest Ofsted inspection, which described it as 'a good and rapidly improving school with some outstanding features'.

The report also said that the overall atmosphere of the school is harmonious and that students feel happy and safe in the school environment.

Richard Ewen, headteacher of IAMS, said: "We are delighted that this latest Ofsted report recognises the school's improvements, achievements and determination to ensure security, continuity and creativity in the education we provide. This is a real boost for the teachers, students, governors and parents who have worked so hard over the last year."

## Read all about it!

There is so much more to your local library than just books. You can get online for free and hire out CDs and DVDs, but there's also lots to do in your local library itself – and it may not be quite what you expect...

If you imagine your local library to be a quiet, stuffy place full of musty old books, you may be in for a shock. Many of Islington's libraries have recently had makeovers and are chock full of new books, PCs with free internet access, magazines and DVDs. With a range of different activities in all our libraries, there really is something for everyone.

2008 is the National Year of Reading, and there's more than ever going on in your local library. From family activities to reading groups, and from dances to comic book discussions, there is something for everyone. And best of all, activities at your local library are free. All you need to do is sign up and become a member. It couldn't be easier!

“ The sessions are great for us. There's a really nice atmosphere and the library is always a bright and cheerful place for us to come

”

### SOMETHING FOR EVERYONE

Take a look at comic and graphic fiction, every **3rd Thursday** of the month from **6-7.30pm** at **John Barnes Library**.



Marie, Phoenix and baby Alexis (right) are regulars at the Mildmay under 5 sessions



Satch loves the mix of toys and books when he comes to the under 5s sessions with mum Ally

## What's your favourite?

Every library in the borough now has several copies of the Richard and Judy Bookclub Best Reads of the Year. See how many you can read – you can then vote for your favourite online from 12 March.

Titles include:

- Random Acts of Heroic Love by Danny Scheinmann
- A Quiet Belief in Angels by RJ Ellory
- Notes from an Exhibition by Patrick Gale
- Mister Pip by Lloyd Jones
- Blood River by Tim Butcher
- The Welsh Girl by Peter Ho Davies

For more details and to vote, log on to [www.britishbookawards.co.uk](http://www.britishbookawards.co.uk)

### SOMETHING FOR EVERYONE

Come along to the tea dance on the **first Wednesday** of every month from 2-4pm in the large hall at **Central Library**. Tea and coffee provided.

**SOMETHING FOR EVERYONE**  
Get knitting on the **first Saturday** of every month from 2-4pm at **Mildmay Library**. There's free yarn, and you can borrow needles too.

### FAMILY FUN

Marie McAttee has been taking her daughter Phoenix to the under 5s story session and toy library at Mildmay Library for two years – and they are now joined by new baby Alexis, who first attended at only four days old!

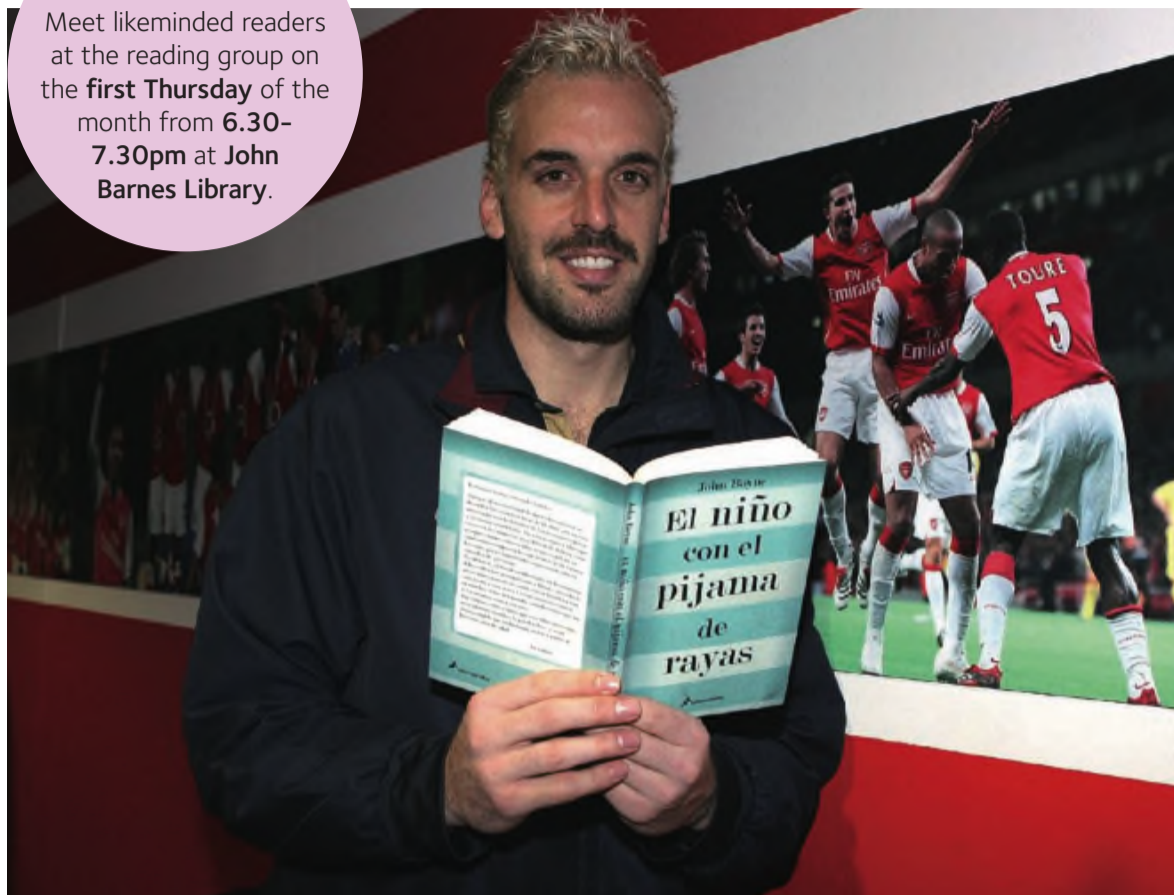
"It's local to where we live, so it's easy for us to get here whatever the weather," says Marie. "It's really wonderful for Phoenix to get access to the library in this way at such a young age, and realize that the library is a fun place to be. It's a great way to introduce her to reading and books."

"The singing and story sessions are great fun for us. More and more people are coming now, which is great. There's a really nice atmosphere and the library is always a bright and cheerful place for us to come."

The under 5s story time runs every term-time Monday at 11am, followed by a toy library at 11.30am. The sessions are completely free, and anyone can drop-in! Best of all, there are sessions for under 5s at every Islington library.

### SOMETHING FOR EVERYONE

Meet likeminded readers at the reading group on the **first Thursday** of the month from 6.30-7.30pm at **John Barnes Library**.



## Arsenal stars get into books

This year's Arsenal Reading Star is goalkeeper Manuel Almunia, who says he enjoys reading while he's travelling with his teammates.

"As a footballer at Arsenal, we obviously travel all over Europe. Reading is one of the ways I help to keep myself calm and concentrated on imposing matches – it allows me quiet time and really helps keep long journeys interesting."

Manuel has chosen two of his favourite books. His first choice is *The Boy in Striped Pyjamas* by John Boyne, which he says is "a book for all ages and a very

good read". He added: "While written for children, I feel that the older generation would also get a lot out of reading this story. It's extremely gripping as the plot is not as straightforward as it first seems. But to tell you more might give it away, as the ending poses a big surprise, which could be described as quite devastating!"

### SECOND CHOICE

Manuel's second choice is *D-Day June 6, 1944: The Climactic Battle of World War II* by Stephen Ambrose. "I love learning about the World Wars – I find it fascinating to know of just how different life was for the World War II generation," he explains.

### iPod UP FOR GRABS!

Join your local library between 6-31 March and you will be entered into a prize draw to win a fantastic new iPod! Existing members will be entered into a second draw if they borrow an item during this time. Contact your local library for details.

## Find your local library

### Archway Library

Hamlyn House, Highgate Hill, N19  
Tel 020 7527 7820  
[archway.library@islington.gov.uk](mailto:archway.library@islington.gov.uk)

### Central Library

2 Fieldway Crescent, N5  
Tel 020 7527 6900  
[centralref.library@islington.gov.uk](mailto:centralref.library@islington.gov.uk)

### Finsbury Library

245 St John Street EC1V  
Tel 020 7527 7960  
[finsbury.library@islington.gov.uk](mailto:finsbury.library@islington.gov.uk)

### John Barnes Library

275 Camden Road, N7  
Tel 020 7527 7900  
[johnbarnes.library@islington.gov.uk](mailto:johnbarnes.library@islington.gov.uk)

### Lewis Carroll (temporary library)

140 Copenhagen Street, N1  
Tel 020 7527 7936  
[lewiscarroll.library@islington.gov.uk](mailto:lewiscarroll.library@islington.gov.uk)

### Mildmay Library

21-23 Mildmay Park, N1  
Tel 020 7527 7880  
[mildmay.library@islington.gov.uk](mailto:mildmay.library@islington.gov.uk)

### N4 Library

26 Blackstock Road, N4  
Tel 020 7527 7800  
[n4.library@islington.gov.uk](mailto:n4.library@islington.gov.uk)

### North Library

Manor Gardens, N7  
Tel 020 7527 7840  
[north.library@islington.gov.uk](mailto:north.library@islington.gov.uk)

### South Library

115-117 Essex Road, N1  
Tel 020 7527 7860  
[south.library@islington.gov.uk](mailto:south.library@islington.gov.uk)

### West Library

Bridgeman Road, N1  
Tel 020 7527 7920  
[west.library@islington.gov.uk](mailto:west.library@islington.gov.uk)

## Don't give up giving up

**After 21 years of smoking, and many unsuccessful attempts to quit, Mary finally managed to kick the habit last year. So how did she do it?**

**Have you ever tried to quit before?**

I've got four children and I never smoked when I was pregnant, giving up on the day I found out. I also gave up in 2002 for four months. I always went back to it though.

**What made you make the decision to quit this time?**

The smoking ban last year made it inconvenient to smoke, and it was enough of an inconvenience for me to want to quit once and for all.

**How did you do it?**

I went along to a stop smoking group at Islington PCT headquarters that I saw advertised in a magazine. We spent the first three weeks looking at why we smoked and deciding on the best support methods available to us to help us quit. We were also given time to mentally prepare ourselves to quit, for example, by imagining what we could do differently to get us through situations when we would have normally smoked.

**How long have you been smokefree for?**

I quit on 25 October 2007

**How do you feel?**

I've got lots more energy and my sense of smell and taste are back to normal and working properly. I'm getting much fewer cravings now than when I first gave up smoking.

**Any advice for people who want to quit?**

Do it for yourself – the other times I'd tried to quit it was for other people. This time I've done it for me. There's never going to be a good time – the right time is now, prepare yourself and get as much support as you can.

Doing it with my group has made it much more fun. We met up and shared our experiences, told stories about how we were getting on and what we did when we got cravings. It helps to have someone to moan to about it too – someone in the group, the coordinator or your family.

I also took up knitting! It really does work to keep your mind and hands occupied. And remember, you don't always give up first time. If you do relapse, just continue – you can do it!



**Do you want help to quit smoking?  
Contact the Islington  
Stop Smoking Service**

**on freephone 0800 093 90  
30 or email [smokefree@  
islingtonpct.nhs.uk](mailto:smokefree@islingtonpct.nhs.uk)**



**School holidays  
coming up?  
Beat the boredom!**

Islington Council's free Easter Activities programme starts 7 April. Courses include dance, go-karting, IT, self defence, sports and boating.



 ISLINGTON

Check <http://www.summerunilondon.org>  
or call 0207 527 5641 for full details.

4,000 the number of chemicals in cigarette smoke

11

## HEALTH

## Spring clean your exercise habits

We all know that physical activity is good for us and can prevent many major illnesses. But what about the other benefits of exercising? If you're looking for exercise that is right for you, try and find something that is more likely to inspire you to get up off the sofa and into gear.

Did you know that by doing 30 minutes of exercise, five times a week you will:

- feel better. Exercise often has an almost instantaneous impact, reducing feelings of anxiety, depression and anger. It can even generate feelings of euphoria!
- have more energy
- cope better with stress

- look good. Exercise alone isn't enough to give you a body like a Greek god or goddess – you'll also need to change your diet. But it can help
- perform more effectively at work. Regular exercisers are generally more alert, have improved powers of concentration, and are better at making complex decisions than non-exercisers. Their morale is often higher and they are less likely to take sick leave
- probably live a lot longer, be healthier and more active for a greater proportion of your life.



## Step up!

Walking is the easiest way to get more exercise. Now that spring is in the air and the days are getting longer, it's the perfect time to get out and about and get walking. Try these tips to get you moving:

- dig out your walkman or iPod and listen to music while you walk
- watch less TV. The chances are that you'll move more around the house instead
- park farther from the shop or the office, or get off the bus a stop early

- take walking breaks during your working day
- after work, take a fast walk around your neighbourhood to get extra steps
- go for a longer walk on your days off work. If the weather's good, head out for a ramble in the countryside with friends or family
- vary your exercise. If you walk to work or the shops, choose different routes to keep it interesting.

# The big screen



"I take life as it comes, but I never expected anything like this," says 66 year old Patrick Sheehan, London's first recruit to the national bowel cancer screening programme run through St Mark's Hospital.

"One day I received a letter from the NHS inviting me for screening. I didn't think there would be anything wrong with me but I thought I may as well do the test to find out."

When the home testing kit arrived, Patrick did the simple test, sent his sample off and thought no more about it.

"About a week later they called me to say that they had found an abnormality so I was asked to do a second test, which showed the same thing. I was invited into St Mark's for an interview with one of the specialist nurses."

### PUT AT EASE

"The staff really put my mind at rest and when the day came for the procedure they were all so nice to me that I was very relaxed." During Patrick's colonoscopy the team removed three polyps – small growths on the inside of the bowel that can develop into cancer. The results of the tests taken on the polyps showed that they had not developed into cancer and Patrick is now set to return for repeat screening in two years.

"Without being invited I wouldn't have thought of going to the doctor and now I feel great. I could have developed cancer but thanks to the screening programme I have total peace of mind. I know that I am being looked after and that I'll be around to spend time with my grandchildren."

Last year Northwick Park and St Mark's Hospitals in Harrow were chosen as the London 'hub' for the national programme for bowel cancer screening. St Mark's is also the first screening centre in the capital and provides follow up care for people with an abnormal result.

## Screening stats

- The bowel screening programme started in Islington in April 2007 and over the next two years all residents aged 65-69 will be invited to participate.
- About 73 people every year are diagnosed with bowel cancer in Islington.
- Early diagnosis gives the best chance of successful treatment and cure.



You can call the North Central London screening hub for free on 0800 707 60 60, or please contact Katie Lindsey, Public Health Screening Coordinator, on 020 7527 1261



DO YOUR BIT  
USE THE KIT

## Are you aged between 60-69?

### 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](http://www.cancerscreening.nhs.uk)

NHS  
Bowel Cancer Screening Programme



## Local treasures

A fantastic venue for the arts, Sadler's Wells has been a home for entertainment in the borough for over 300 years. Opening its doors in the 1680s, the venue was home to acts such as jugglers, wrestlers, stage-fighters, dancing dogs and even a singing duck.

Since then, the venue has been rebuilt six times, and the current

incarnation opened its doors in October 1998.

The theatre also runs a learning and access programme, Connect, to make the arts accessible to everyone. Activities cater for all ages, with local primary school children rubbing shoulders with the theatre's resident over-60s performers, Company of Elders. For

more information, check out

[www.sadlerswells.com/page/education.htm](http://www.sadlerswells.com/page/education.htm)

London Youth Dance, which promotes and supports youth dance activity in the capital, is also based at Sadler's Wells. Visit [www.londondance.com/youth](http://www.londondance.com/youth) for all the latest news on workshops, performances, classes and opportunities.

### Win tickets!

We have three pairs of tickets to give away to Viva Jerez – a celebration of the rich flamenco history of Jerez, on Sunday 16 March.

To enter, simply tell us in what decade the theatre first opened its doors.

Email your answers to [islingtonnow@islington.gov.uk](mailto:islingtonnow@islington.gov.uk) or post to Viva Jerez competition, Room G12, Town Hall, Upper Street, N1 2UD.

## Easy access to your council!



Do you want to order a new recycling box, see your last rent statement or check when your next bus arrives? Or maybe you need to report graffiti or fly-tipping? If you're a Sky or Virgin digital TV subscriber, there's a new and easy way for you to access local information and council services... all through your TV!

Sky subscribers should select the interactive button on their remote control and then 'Sky Active', 'Interactive Services', 'Local Services', 'Looking Local'. Virgin Media customers should select the interactive button on the remote control and then 'Home and Away', 'Find it', 'Looking Local'.



For more information, please go to [www.islington.gov.uk/contact/digitv.asp](http://www.islington.gov.uk/contact/digitv.asp)

## Clean air zone

Islington should benefit from improved air quality following the launch last month of the London-wide Low Emission Zone (LEZ). The council contributed to Transport for London's study into the negative impact of harmful emissions from diesel-engined lorries, coaches and buses and supports its findings and recommendations. With a daily charge of between £100 and £200, there is certainly an incentive for vehicle owners to meet LEZ emission standards. Cars and motorbikes are not affected by the scheme.



## Don't forget!

If you're a Freedom Pass holder, don't forget to renew your pass by 1 April to get free travel anywhere in the country.

## Your London. Your Vote.



YOUR LONDON. YOUR VOTE

London will be voting for its next Mayor and London Assembly on 1 May, and if you want to have your say you

need to be registered to vote! The deadline to register is 16 April 2008, and all you need to do is fill in a simple form.



You can receive the form by calling 020 7527 3110, emailing [electoral.services@islington.gov.uk](mailto:electoral.services@islington.gov.uk) or it is available online at [www.islington.gov.uk/voting](http://www.islington.gov.uk/voting). The form cannot be submitted online, but must be handed in or posted to our election offices.

## Just the job!

If you're looking for a job, you can get careers advice, help with writing CVs and access to job vacancies at our four Work Is events in March. Support is on offer to all residents looking for work. There's also a crèche available.

**Where:** Mayville Community Centre, Woodville Road, N16  
**When:** 9am-4pm, 7, 14, 21 and 28 March

For more details, please call 020 7527 4906 or email [workis@islington.gov.uk](mailto:workis@islington.gov.uk)

## Archway Market

Archway Market, which takes place every Thursday and Saturday, has recently moved to the corner of St John's Grove and Holloway Road. The market had been under threat of closure but was relocated thanks to intervention by the council. The market sells a range of organic and speciality food, hand crafted jewellery, fashion, books and lots more. Check it out on Thursdays from noon until 5pm or on Saturdays from 10am until 5pm.

# YOUR VIEWS

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## Talk to us...

The council makes a lot of decisions for the community, but we don't want to make them without knowing your thoughts and views on issues that may affect you and your area.

Below is a list of consultations that you can contribute to. You will be able to find out more on the council website.

Consultations are open to everyone unless specified.

### Dog Control Orders

Under the Clean Neighbourhoods and Environment Act 2005, councils can now deal with people who let their pets foul in public places without clearing up or intimidate other dogs or people.

We will be able fine irresponsible dog owners £80 for:

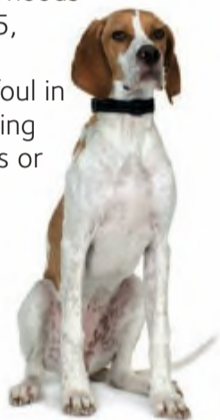
- failing to clean up after their dog in a public area
- refusing to put their dog on a lead in any public area, if asked by an authorised officer
- allowing their dog into a clearly marked 'no dogs' area.

To find out more, turn to p4, and to have your say go to [www.islington.gov.uk/dogs](http://www.islington.gov.uk/dogs) or pick up a questionnaire at the Green Living Centre, Town Hall or your local library.

### What do you want from the NHS in London?

Healthcare for London: Consulting the Capital is a consultation for anyone who has an interest in, or might use, London's health services.

To get a copy of the proposals, find out about events, or to tell us your views, go to [www.healthcareforlondon.nhs.uk](http://www.healthcareforlondon.nhs.uk), call FREEPHONE 0808 238 5430 or write to FREEPOST, Consulting the Capital  
Running until: 7 March.



## Arundel Square – have your say

Islington Council is developing proposals to redevelop and extend Arundel Square Gardens over the railway tracks currently cutting through the site. The extension to the gardens will be created by



bridging over this railway embankment with a decking structure to create a green deck area as a new, innovative public open space.

The decking over the railway line is now complete and almost doubles the size of the square as a park. Architects are now developing proposals to ensure that the now larger square becomes an attractive and vibrant open space that best meets the needs of local residents and visitors.

Open public consultation events to view and discuss the concept proposals are scheduled to take place late March to early April 2008.



For more information please contact Catherine Wright on 020 7527 1867 or e-mail [catherine.wright@islington.gov.uk](mailto:catherine.wright@islington.gov.uk)

### Housing Strategy 2008 - 2012

Help us put Islington's future housing plans together and you could win £50. Go to [www.islington.gov.uk/consultation](http://www.islington.gov.uk/consultation) or attend one of the events we have planned.

**Consultation open to:** All Islington residents and service providers

**Running until:** 31 March

For more information call Bryony Willett on 020 7527 4438 or email [bryony.willett@islington.gov.uk](mailto:bryony.willett@islington.gov.uk)

### Creating a fairer Islington

Islington Council would like to hear your views on the revised Corporate Equality Scheme, 2008-2011. The scheme will set out how the organisation will work with partners and residents to improve outcomes for all residents, particularly those most disadvantaged because of their age, disability, ethnicity, gender, religion or belief, or sexual orientation over the next three years. The draft document for consultation is available on the council's website at

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

**Running until:** Friday 7 March

For more information, please contact Paul Dixon on 020 7527 3433 or email [equalities@islington.gov.uk](mailto:equalities@islington.gov.uk)



To view all current consultations, go to [www.islington.gov.uk/consultation](http://www.islington.gov.uk/consultation)

## You told us...

### Budget consultation

Thanks to everyone who took part in last year's budget consultation – more of you than ever had your say. The results help us to decide our spending priorities for the coming financial year.

The findings showed that refuse collection, crime prevention and street cleaning were your top priorities.

You can see the full results at [www.islington.gov.uk/consultation](http://www.islington.gov.uk/consultation), and there will be more on our spending plans in next month's edition of IslingtonNow.

The lucky winner of the prize draw of £250 of John Lewis/Waitrose vouchers for taking part in this consultation was Linda Roberts.

### Makeover for Angel park

Following three years of detailed consultation with local people including doorstep interviews with residents, leaflet drops and events Duncan Terrace Gardens – near Angel town centre – is set to be transformed. New plants, footpaths, seats and more entrances will make the space a great place for Angel's many visitors to relax and enjoy the great outdoors.

The gardens will be closed from mid-March to July, but open again for the summer season. Further works will be carried out in September and November, when the park will once again be closed for further planting works. The new, improved gardens will fully re-open in December.



COUNCIL MEETINGS

- Performance Review Committee Meeting**  
4 March
- Commission on Young People and Safety in Islington**  
10 March
- Regeneration Review Committee Meeting**  
10 March
- South Area Committee Meeting**  
11 March - Finsbury Leisure Centre, Norman Street, EC1V
- West Area Committee Meeting**  
11 March - Barnsbury Centre, Offord Road, N1
- East Area Committee Meeting**  
25 March - Location to be confirmed
- North Area Committee Meeting**  
25 March - Postgraduate Lecture Theatre, Holborn Union Building, Archway Campus, Highgate Hill, N19 5LW
- Executive Meeting**  
27 March
- Standards Committee Meeting**  
31 March 7pm

All meetings are at Islington Town Hall, Upper Street, at 7.30pm unless otherwise stated

For more information call Jakki Crowder on 020 7527 3251, email [jakki.crowder@islington.gov.uk](mailto:jakki.crowder@islington.gov.uk) or see [www.islington.gov.uk/democracy](http://www.islington.gov.uk/democracy)

Get active

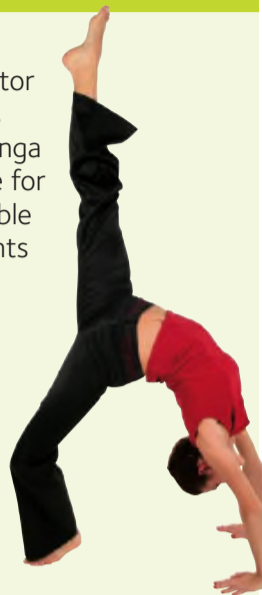
**Astanga yoga**

Experienced yoga instructor Vikki Poole is running this new weekly drop-in Astanga yoga class that is suitable for beginners with a reasonable level of fitness. Participants should wear loose, comfortable clothing.

**Where:** St Luke's church, Hillmarton Road N7

**When:** Every Monday 7-8pm

**How much:** £6 per class  
For more information please call Vikki on 07729 392024 or email [vikki-poole@blueyonder.co.uk](mailto:vikki-poole@blueyonder.co.uk)



**French Market**

Get a taste of France at the Nag's Head!

**Where:** Nag's Head, N7

**When:** 7, 8 and 9 March, 9am to 6pm

**Get set for London 2012**

The official London 2012 Get Set roadshow is coming to Islington! Drop into the Sobell Centre and try out the latest kit to test how fit you are, find out what activities and clubs are available in your area and meet some former Olympians.

**Where:** Sobell Centre N7

**When:** Weds 19 March: 11am-3pm

**Harold Pinter's The Homecoming**

Set in an all male household in North London, Pinter's play explores the reaction of the family to the homecoming of the eldest son and his wife

**Where:** Almeida Theatre N1

**When:** Until 22 March

**How much:** £6-£29.50

For more information call 020 7359 4404 or go to [www.almeida.co.uk](http://www.almeida.co.uk)

**Happy Heart Walks!**

Get fit and improve your heart health whilst enjoying lovely local parks and the company of fellow walkers. The walks are led by qualified fitness instructors, and older people or anyone who hasn't exercised for some time are particularly welcome. Please arrive 10 minutes prior to the advertised start time, wear comfortable shoes and bring a small bottle of water.

**Where:** Whittington Park, meet at Manor Gardens training room, 6-9



Manor Gardens, N7

**When:** Friday 7 March 11am-1pm

**Where:** Parliament Hill Fields, meet at Archway Leisure Centre (reception area), MacDonald Road, N19

**When:** Thursday 13 March 11am-12 noon

**Where:** Regents Canal, meet at Jean Stokes Hall, Carnoustie Drive, Bemerton Estate, N7

**When:** Monday 17 March 10.30-11.30am

**Where:** Highbury Fields, meet at Central Library, 2 Fieldway Crescent (off Holloway Road), N7

**When:** Friday 28 March, 11am-1pm

For more information please call Emma on 020 7527 2626 or email [emma.charlton@islington.gov.uk](mailto:emma.charlton@islington.gov.uk)

Green Living

**Tree Planting Event**

Come along to help spruce up Paradise Park. All tools and advice will be provided.

**Where:** Paradise Park N7

**When:** Sunday 2 March 10.30am-1.30pm

For more information please call the ranger on 07825 098 453



**Free composting workshops**

Come along to a free composting workshop to learn how to compost.

**Where:** Freightliners Farm, Sherringham Road, N7

**When:** Saturday 15 March 11.00am-12.30pm

Places are limited. To book a place call Jean Hughes on 020 7527 5157 or email [jean.hughes@islington.gov.uk](mailto:jean.hughes@islington.gov.uk)

**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. Crèche available.

**Basic and Emergency First Aid**

**Where:** Islington Ecology Centre, 191 Drayton Park

**When:** Saturday 1 March 9.15am-4.30pm

**Running Practical Conservation Events**

**Where:** BTCV Office, 80 York Way, Kings Cross

**When:** Saturday 8 March 9.15am-4.30pm

For more information please call 020 7527 4953 or email [supportservices@islington.gov.uk](mailto:supportservices@islington.gov.uk)

**Eat 5 handfuls of fruit and vegetables every day**

Fresh, frozen or tinned fruit and vegetables count ... so grab some today

islington NHS Primary Care Trust

If you want to see your event listed here, email us at [events@islington.gov.uk](mailto: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.

## MoveMe

The quality of entrants for the recent MoveMe exhibition was so high that instead of the planned four entries, 23 images are being displayed at Finsbury Park station. The pictures come down on 10 March, so hurry over to check them out!



## Green Living Centre events

There's lots happening this month at the Green Living Centre at 222 Upper Street!

### → Fairtrade coffee morning

Includes an International Women's Day speaker on climate change.

**When:** 5 March 11am-1pm

### → Nappacino

Come along and find out about cloth nappies from people who use them.

**When:** 12 March 10:30-12:30am

### → Earth day poster display

All pupils at Islington Primary schools have been invited to submit a poster. Come along and see the finalists' posters!

**When:** 17-20 March

### → Water Day

Find out about how you can save water in your home and garden.

**When:** 25 March – all day event.

### → Bike workshop

Do you have a problem with your bike or a question about cycling technique? Come and talk to our resident expert.

**When:** 26 March 12-2pm

For more information on any of these events, please contact Celia on 020 7527 2262 or email [celia.austin@islington.gov.uk](mailto:celia.austin@islington.gov.uk)

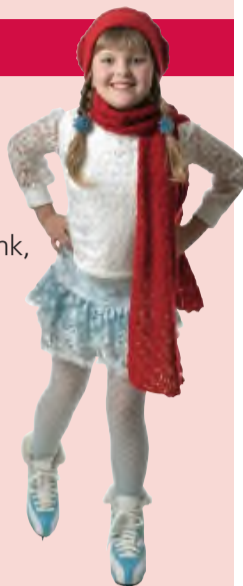
## Young fun

### Beat On Ice

Get your skates on in a lively nightclub atmosphere!

**Where:** Sobell Centre ice rink, N7

**When:** Wednesdays 7.30-10.00pm, Fridays 7.30-10.00pm, Saturdays 10.30am-12.15pm & 12.30-2.00pm, Sundays 2.00-4.00pm & 8.00-9.30pm



### Jelly Bean Jack

An exciting new version of Jack And The Beanstalk, Jelly Bean Jack brings to life the well-known story of the brave little boy who climbs a magic beanstalk and overcomes a fearful giant. Combining table-top and shadow puppetry, Jelly Bean Jack is suitable for children aged five and up.

**Where:** Little Angel Theatre, Dagmar Passage off Cross Street

**When:** until 27 April

**How much:** Adults £10, children and concessions £8

For more information call 020 7226 1787 or go to [www.littleangeltheatre.com](http://www.littleangeltheatre.com)

### Sobell Safari

Young ones can enjoy three floors and thousands of square feet of softplay fun!

**Where:** Sobell Centre N7

**When:** During termtime

Please call 020 7609 2166 or go to [www.aquaterra.org](http://www.aquaterra.org) for more information.

### Mini tennis

Learn skills that will make you an avid tennis player for life!



Suitable from ages 4-11. The tennis centre also offers courses for all other ages and abilities.

**Where:** Islington Tennis Centre, Market Road N7

For more information, please call 020 7700 1370 or go to [www.aquaterra.org](http://www.aquaterra.org).

## Arsenal March fixtures

1 March 3pm  
**Arsenal v Aston Villa**

15 March 5.15pm  
**Arsenal v Middlesbrough**

26 March 7.45pm  
**Brazil v Sweden (international friendly)**



*All fixtures are subject to change.*

*Please check [www.arsenal.com/fixtures.asp](http://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](mailto:contact@islington.gov.uk)

Minicom: **020 7527 1900**

Fax: **020 7527 5001**

## Other useful contact numbers

### CEA@Islington

020 7527 5800

[www.islingtonschools.net](http://www.islingtonschools.net)

### HFI Direct (repairs)

0800 694 3344

(minicom 0800 073 0536)

[repairs@homesforislington.org.uk](mailto:repairs@homesforislington.org.uk)

### Islington Police

020 7704 1212

Report non-emergencies at

[www.online.police.uk](http://www.online.police.uk)

### NHSDirect

0845 46 47

[www.nhsdirect.nhs.uk](http://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](http://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](http://www.islington.gov.uk/councillors)

# Get on board!

## No Smoking Day

Wednesday 12<sup>th</sup> March 2008

Look out for the open top bus that will travel throughout Islington on No Smoking Day:

- ◆ Get **FREE** help and advice – our specialist quit smoking advisors will be on board to help you out with bags of information for you to take away
- ◆ Come and pledge to give up for a week and you could win vouchers when you achieve your first smoke free week.
- ◆ Pick up a **FREE** Innocent smoothie
- ◆ Throw your last packet of cigarettes into an amnesty bin
- ◆ Let Big Cig test your carbon monoxide rating
- ◆ See how you'll look in 25 years time if you continue to smoke with our special ageing software
- ◆ Join us at our final destination at 5pm outside the Emirates Stadium for a massive balloon release.

Stopping smoking is the best thing that you will ever do for yourself and you don't have to do it on your own! Get in touch with us:

[www.smokefreeislington.nhs.uk](http://www.smokefreeislington.nhs.uk)

Freephone 0800 093 9030

[smokefree@islingtonpct.nhs.uk](mailto:smokefree@islingtonpct.nhs.uk)



Islington   
Primary Care Trust