

IslingtonNow

Issue 3 April 2007

your local magazine from Islington Council

A fund for our future

Children from Paradise Park children's centre show they support greener methods of transport



We've all heard lots of talk about how we should be reducing our carbon emissions to help the environment. But we believe it's time to stop talking and start acting.

We all need to try and do our bit to help tackle the problems associated with climate change, and the council is no exception. That's why we've created a unique £3million Climate Change Fund to support projects that will reduce carbon emissions in the borough.

We know that climate change is a concern to many of our residents and we want to take action and make positive changes for the future. Our first wind turbine has been installed (see page 3) and other solid and visible measures to reduce carbon emissions are planned, such as renewable energy sources like solar panels.

REDUCING THE IMPACT
Climate change already has an impact on Islington residents. One example is the increased subsidence of buildings caused largely by the drying out of the clay underneath. There could also be more flash floods and a rise in temperatures in the future. Everything we do now to reduce carbon emissions will help to slow down climate change and prevent drastic rises in temperature.

Residents and community groups will be able to bid for funding for projects that will achieve significant reductions in carbon emissions. More details on how to bid will be in a future issue of IslingtonNow.

Residents and community groups will be able to bid for funding for projects that will achieve significant reductions in carbon emissions

If you have any questions about saving energy and renewable energy call Islington's Energy Advice Centre on 0800 512 012

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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

Letter of the month

Managing on match day

Problems caused by the new Emirates stadium are getting out of hand. Up to three times a week I cannot use my local shop on Rock Street. If I do use it, I am stopped by police from returning to my home. Can't Holloway Road station be improved?

Name withheld

We're working closely with Transport for London (TfL), the police and Arsenal Football Club to try and minimise disruption for local residents. There are around 30 Arsenal home games each season, so this shouldn't affect you more than once every week or two. You can also get advance warning of upcoming fixtures on p14 of IslingtonNow or at www.islington.gov.uk/arsenal

We have recently reviewed the roads around the stadium, and some that were closed are now

open on match days. However, Prah Road and St Thomas's Road are closed for up to an hour after a game to ensure the safety of people leaving the stadium and walking to Finsbury Park station. Rock Street is not closed on match days, and you can still access your local shops via Blackstock Road.

I'm as frustrated as you are that TfL has changed its mind about improvements to Holloway Road station. We will continue to press them but even with station improvements, they tell us spectators would have to queue outside after a match.

The good news is that work is underway to improve Finsbury Park and Highbury and Islington stations. We're also working with Network Rail to see if we can improve Drayton Park station and keep it open on match days.

PICTURE OF THE MONTH



Martyn Crisp, N19, sent in this picture of his favourite stroll along the New River Walk in Canonbury. "The eye is constantly drawn to the end of the walk and I am always disappointed on reaching the end."

Rubbish responsibilities

I had previously written a letter regarding piles of rubbish being left by Joseph Trotter Close in EC1. Although the problem has now been reduced, it is far from being solved. The piles of rubbish have got smaller but they are still there.

Why doesn't the council arrange to collect the rubbish every day?

Ahmet Capal, EC1

I'm sorry we have not sorted this problem out properly. Though you say there has been some improvement, no-one wants to see rubbish dumped on the streets, whether it is a big or small amount.

We aim to collect any dumped rubbish as soon as

possible once it's reported to Contact Islington (020 7527 2000 or contact@islington.gov.uk). But someone dumping stuff each day is a different problem and, in my experience, people who live in the street are more likely to know who's responsible for the mess than the council. So if you know who is doing it, please tell us. Dumping rubbish is against the law and I want to see us getting tougher about fining people who ruin the environment in this way.

Foodie fun!

I went to the fab French Market at the Nag's Head recently, and bought a beautiful herby salami that I'd also bought from there the last time, and which I have never been able to buy anywhere else. They also have fantastic biscuits and

wonderful cheeses. You can do all your shopping in one place. This is real French food on our doorstep and I want to encourage this trade so they keep coming.

Annabel Ripin, N7

The French Market at the Nag's Head is great and it gives us all a chance to sample new and different foods. They're also good for local communities and it's another way we're improving the Nag's Head area.

I often go to the fantastic farmers' market behind the town hall (10am to 2pm every Sunday). It's at the William Tyndale School, which can be accessed from Richmond Grove. The farmers sell everything from fresh fruit and veg to cheese, meat and wine.

The next French Market will be in July, and the dates will be confirmed in a future edition of IslingtonNow.

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

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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.


**SPENDING ON
YOUR PRIORITIES**

Council tax stays low

Islington residents will again have one of the lowest council tax bills in London. A small 1.5 per cent increase in charges means you will be paying less than our neighbours in Haringey, Camden and Hackney.

The easiest way to pay is by direct debit, and now there's a great incentive to do so. Use direct debit to pay your council tax and you'll receive a £20 discount on your 2007/08 bill. This discount can be credited to your bank account, or you can even donate it to our new Climate Change Fund.

 For more information visit www.islington.gov.uk/counciltax or call 020 7527 2633

This issue is full of information on where your money is being spent. Look out for our budget logo!



Every child matters

The council has signed up to a new charter pledging equal rights and opportunities for every disabled child in the borough.

By signing the Every Disabled Child Matters charter, the council has shown its commitment to disabled children by ensuring their inclusion and access to services, support and education.

The council is already setting up new ways of working with health, education and adult social services to make it easier for disabled children and their families to get the right range of support. Find out more about the campaign at www.edcm.org.uk

did you know?

We're recycling more of our household waste than ever – our recycling rate hit 26 per cent in January

Downsize your house!

Why rattle around in a property that's too big for you? If you're a council tenant, you could receive help and a cash incentive to move to a property that better suits your needs, freeing up your home for families who need the extra rooms. You could receive money for each spare room you give up and to help towards removal costs.

To register on the transfer list, pick up a form from your local Area Housing Office or call 020 7527 4140/4143. For more information on the scheme, call 020 7527 5174 or go to www.islington.gov.uk/housing



IN BRIEF

Cancer help in libraries

People affected by cancer can now visit their local library to find out more about the disease. Thanks to support from Macmillan Cancer Support and the North London Cancer Network, library visitors will be able to borrow books about common cancers and find out about local support services.

For more information go to www.islington.gov.uk/libraries

Reporting hate crime

A new pilot project is making people feel more comfortable reporting incidents of hate crime. Such incidents may be racial, homophobic, religious or disability related.

The scheme enables people to report hate crimes in a setting other than a police station. Facilities will be set up at various places in the borough and staff will be specially trained to take reports.

For more information please email hannah.pennock@islington.gov.uk or call 020 7527 3194.

Still on the up!

A report by the Audit Commission says Islington Council is listening to residents and 'improving well', and has given the council a three star rating for the second year running. The report highlights the council's investment in making the borough's streets both cleaner and safer. For more information go to www.auditcommission.com

Jail for cig sellers

Two illegal cigarette sellers who sold their counterfeit goods at the Nag's Head have been sentenced to three months' imprisonment.

To date, the Nag's Head's counterfeit goods operation has seized 1,408,340 counterfeit cigarettes, 171 kgs of rolling tobacco and 32,817 DVDs.



Working together to tackle climate change

It's vital that we work together to make changes that benefit the environment. That's why the council has joined forces with a range of organisations in the borough to form the Climate Change Partnership. Organisations including banks, taxi firms and retailers have joined the council in pledging to reduce their carbon emissions by 15 per cent by 2010.

And as part of the council's commitment, we have installed our first wind turbine at the Islington Ecology Centre in Drayton Park, N7. The centre is already fitted with sun pipes, a windcatcher and solar hot water panels, making it a low energy building, and the turbine makes the building entirely self sufficient for its electricity.

The centre is near a main railway line into London, so rail travellers coming into King's Cross will see the turbine – changing London's landscape with a symbol of our commitment to tackling climate change.

The council will be putting more wind turbines on its sites in the borough, including the Municipal Offices in Upper Street, where the energy generated will be used to power the council's fleet of electric vehicles.

 For more information on the Islington Climate Change Partnership, please contact Laura Hales on 020 7527 2347, email laura.hales@islington.gov.uk or go to www.islington.gov.uk/gettinggreener



A greener approach to driving

Transport is a major contributor to environmental damage. But some innovative schemes can mean less car journeys – and less pollution.



It's not always possible for us to walk or cycle to our destination, and sometimes even public transport isn't an option.

But that doesn't mean it's essential for us to jump in our cars at every opportunity, and in fact there are some schemes available that mean owning a car isn't a necessity.

SIGNING UP FOR STREETCAR

Streetcar is the largest car club in Britain. The idea of a car club appeals to those of us who don't want the hassle of owning a car but need one for occasional use. It also has significant benefits to the environment, as less cars are on the road, meaning less pollution and congestion.

Transport for London (TfL) provides much of the funding for Streetcar, while Islington Council puts in parking bays and signage and promotes the scheme. And Islington has just signed up its 1,000th member to the club. In fact, we currently have the fastest growing membership of Streetcar for any London borough, showing that Islington residents are keen to be green.

Islington's 1,000th Streetcar member is Janet Davis, pictured here. She said: "Owning a car in London is so expensive, and it's not very environmentally friendly. Streetcar works so well for us because it's easy to use, and the location of our nearest car club bay is only one minute walk away from where we live. With a young baby it's so convenient - we think it's fantastic."

EASY ACCESS

Cars can be used for an hour, a week, a weekend or a month, and there are 60 pickup locations in the

“Streetcar works so well for us because it's easy to use, and the location of our nearest car club bay is only one minute walk away from where we live”

borough. Members also have access to any of the Streetcars located across London.

Cars are available on demand 24 hours a day, seven days a week, and it costs as little as £4.95 per hour. There is no membership fee for joining the scheme, although a deposit is payable.

It's good to share

Sharing a car with other people to make regular or one-off journeys is a good way to cut the cost of travelling by car, while cutting pollution and congestion.

More people have started to share cars for journeys such as getting to work, taking children to school, or one-off journeys to events. Talk to those you work with or other parents at your child's school to see if you could car share.

Alternatively, you could sign up for free membership to Liftshare, a UK-wide car sharing club.

For more details, go to www.liftshare.org, call 08700 780225 or email support@liftshare.com



For more information call 0845 644 8476 or go to www.streetcar.co.uk

“We're not always trouble!”

We'll help with

- training
- 24 hour support
- allowances up to £408 per week

Foster a teenager with Islington

0800 073 0428
or email us at fostering@islington.gov.uk
www.islington.gov.uk/fostering

ISLINGTON

375,000

pounds spent on new street enforcement teams

5

bulky items you can have removed by the council three times a year

1,000

members of Islington's Streetcar scheme

5

Getting greener – getting rid of green waste!

Springtime is here and many of us are getting back in to the garden. There is pruning and cutting to be done, which creates a lot of waste.

Remember, when garden waste decomposes in landfill it produces greenhouse gases that cause global warming and climate change. So you can make a real difference by using the green waste collection service that picks up garden waste from your doorstep.

➔ For more information go to www.islington.gov.uk/recycling

SPENDING ON YOUR PRIORITIES

Last year, you told us that cleaner streets are a top priority. We agree, so this year we will be investing:

- ➔ £400,000 on dedicated teams to remove graffiti and flyposters
- ➔ £375,000 on new street enforcement teams to tackle litter, waste, flyposting, dog fouling and flytipping
- ➔ £800,000 more on recycling and waste reduction so every household in the borough can recycle

Your chance to see recycling in action!

We're offering residents a chance to find out firsthand exactly what happens to their recycling with a trip to the Materials Recovery Facility (MRF) in Greenwich on 7 June. We'll provide the transport from Islington, and everyone who comes along gets a free goodie bag!

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

The items you can recycle in your green box or bag are: glass bottles and jars, paper,

cardboard, cans and tins and...

- A. bicycles
- B. plastic bottles
- C. food

Email your answer to recycling@islington.gov.uk or send on a postcard to:

MRF visit competition
Islington Council
1 Cottage Road
London N7 8TP

Please note that visitors to the facility must be able to walk up stairs and walkways unaided.

WILD ABOUT ISLINGTON

Hedge your bets

Hedges provide shelter and food for our wildlife, but in recent times some hedges in the countryside have had to be removed, taking the wildlife that they support with them. In our urban jungle there are few places for wildlife to seek refuge, but by planting and maintaining urban hedges new habitats are being created and enhanced.

Studies have shown that native species of trees and shrubs support a greater variety of insects and birds than non-native species, so by choosing native species we are helping to increase biodiversity within the borough. Once the hedge is established, flowering herbs at the bottom of the hedge provide nectar and caterpillar food for various butterflies.



Vote for your favourite flowers!

There are few nicer sights than a garden in full bloom, and we want you to nominate the borough's most beautiful gardens.

Our annual In Bloom competition invites everyone in the borough to choose their favourite gardens, whether they are at a home, business, school or public place. You can enter your own garden or someone else's, but all entries must be visible from the street (except for schools and community gardens).

Entrants can win prizes, and will also be

contributing to the borough's entry to London in Bloom – a competition that encourages all London boroughs to enhance their local environments.

The closing date is 31 May, when the Islington Gardeners Society will judge each entry on a number of criteria including choice of plants, wildlife friendliness and overall appearance.

Anyone wishing to enter or wanting further information should contact Mark Rowe on 020 7527 4953 or email mark.rowe@islington.gov.uk

Helpful habitats

Hedges create a habitat rich in wildlife. Hedgehogs, voles, shrews, mice and dormice all use hedges for food.

For those of you who have a garden, instead of using a fence why not plant a native species hedgerow and do your bit for biodiversity in the borough? Hedging plants are inexpensive and you can seek advice from your local garden centre or online with various conservation and horticultural organisations. Choose your species carefully – often urban gardens are small so would only be suitable for small varieties. The main things to remember are to prepare your soil well, mulch the area to reduce water loss and water thoroughly during the first two summer seasons after planting.



did you know?

Anyone can take part in our organised walks in Finsbury. All you need are some comfy shoes and a few spare hours. Turn to p11 for more information.

Take it away!

You can have up to five bulky items removed by the council three times a year. This can include beds, furniture and one 'white good' item, such as a fridge.

Call Contact Islington on 020 7527 2000, email contact@islington.gov.uk or go to www.islington.gov.uk/environment/rubbishandrecycling for more information.





One man and his dog

Making sure our parks and open spaces are safe is an important job, so it is good to know that Islington has a dedicated parks patrol that is always on the lookout for any problems and ready to offer help and advice.

The council's parks patrol is on the job seven days a week, visiting all of Islington's parks regularly to make sure they are safe. They do more than just approach likely troublemakers and tell them to move on – they also take the time to talk to people and help them where they can.

"We're not just here to target troublemakers, we also chat to people and offer them advice," says Adrian Peachey, parks patrol officer. "Sometimes people sitting in parks may be lonely or going through some problems, and we can sit and talk to them as well as offer them help if they need it.

“We're not just here to target troublemakers, we also take the time to chat to people and offer them advice”



"Our priority is to educate people and make them feel safer in our parks. And although we work closely with the police and safer neighbourhood teams, we're not there to enforce the law unless we have to."

MAN'S BEST FRIEND

Sadie, a two-and-a-half year old German Shepherd, is also a

valued member of the parks patrol, providing support for Adrian on the rare occasion he has needed it. "Sadie doesn't come out with me all the time – in fact we use our dogs as a last resort if a problem does arise. People can be intimidated if they see uniformed people with dogs, so we try not to use them all the time as this is definitely not our intention."

Lee Hutchings, parks patrol officer, explains that every member of the team has their own dog. "Each handler has a dog which lives with them, and we spend a lot of time training the dogs, getting them used to different environments, crowds of people and noise. We build up a strong bond with our dogs, which means we know exactly how to handle them."

BREAKING THE ICE

And the dogs have another vital role to play. "It's a great way for us to engage with groups of kids as they love the dogs," says Lee. "It works as an icebreaker – they approach us to ask about the dog, whereas they wouldn't do that if we were on our own. And this makes it easier for us to talk to them about other issues. For example, we might discourage them from congregating near park entrances, which can be intimidating even if the kids aren't up to anything – which they usually aren't!"

And there is also an element of education involved. "We recently had a dog handling course. We gave everyone that attended free leads and collars, and taught them about how to handle their dogs. A lot of it's about education – many of those on the course didn't realise that dog fouling can pose a serious health risk to pregnant women and children, but once they knew this, they started using dog bags straight away, making our parks and open spaces cleaner and safer for everyone."

Engrave to save your bike

All bike owners are being encouraged to take advantage of free weekly postcode engraving sessions with the Finsbury safer neighbourhood team, which could see the safe return of your bike if it gets stolen. Since the engraving sessions began late last year, five bicycles have been successfully returned to their owners.

If you want your bike engraved with your postcode for free, head along to Finsbury Cycles on Wednesday evenings between 6-7pm at 185 Seven Sisters Road, London N4.



SPENDING ON YOUR PRIORITIES

Last year you told us to spend money making Islington a safer place. So we are investing £240,000 to fund additional Police Community Support Officers (PCSOs) to work with safer neighbourhood teams in every ward. The additional PCSOs will be specifically tasked to work with young people and will link in with the safer schools initiative.

YOUR VIEWS

2,245

people who
took part in last
year's budget
consultation

7

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.

Childcare funding reminder

You have until May to have your say on the council's review of funding for the expansion of childcare and other services for under fives and their families.

Consultation open to: parents, childcare providers, local taxpayers
For more information, call Children's Information Services on **020 7527 5959** or email cis@islington.gov.uk
www.islington.gov.uk/consultation

Publication of annual accounts

Do you want to know how the council spends your money? We want to produce our annual accounts in a form that is accessible and interesting, and we would like local residents and businesses to tell us how and where you would like us to publish this information. Running from 30 March to 30 April

For more information contact Denis Davies on **020 7527 2574** or email denis.davies@islington.gov.uk
www.islington.gov.uk/consultation

20mph zones

The council is asking for the views of local residents on proposed 20mph zones in the Waterlow Road and Ashley Road areas. The Waterlow Road area consultation runs until 6 April. The Ashley Road area consultation runs until 13 April.

Consultation open to local residents.
For more information contact Zahur Khan on **020 7527 2616** or email street.management@islington.gov.uk
www.islington.gov.uk/consultation

Planning strategy

The Core Strategy for Planning will help the council deliver a more sustainable Islington. It sets out local policies on housing numbers, affordable housing, building heights and much more. Copies of the strategy are available for viewing at 222 Upper St or on the council website.

Running from: 7 March to 18 April
For more information call Sakiba Gurda on **020 7527 2402** or email corestrategy@islington.gov.uk
www.islington.gov.uk/consultation

St Mary Magdalene Academy

A second consultation evening is being held to discuss ideas put forward for the new academy by local residents, such as arts, drama, IT and indoor sports facilities. These ideas will help shape the Academy's community use plan, which also includes out of hours availability. Also to be discussed is the school travel plan. Monday 23 April, 7-9pm at St Mary Magdalene Primary School, Liverpool Road, N7. www.smmacademy.org

You told us...

The council is getting better and so are several local services, according to research undertaken in Islington by pollsters Ipsos MORI last autumn. Almost half of residents (49 per cent) are satisfied – or very satisfied – with the way the council runs things.

Most local people are happy with Islington as a place to live (72 per cent) and 83 per cent believe that it's a strong community where people from different backgrounds get along.

The council's efforts to make the borough cleaner and greener have been noticed too. Most

people are satisfied with refuse collection (69 per cent), recycling (71 per cent) and street cleaning (57 per cent). Satisfaction with recycling facilities has improved greatly.

Over half the respondents were satisfied with parks and open spaces (61 per cent), libraries (58 per cent) and sport and leisure facilities (52 per cent). We are taking action to further improve these services including the new gym facilities at Highbury Pool.

These results give us a great overview of what residents think we are doing well and about the things residents would like us to improve, and help us plan and develop our services so we can make Islington an even better place to live, work, play and visit.

Your money, your priorities

Last Autumn we asked local residents and businesses to help us set the level of council tax and service priorities for 2007/08 by telling us what areas they thought we should invest in. Over 2,200 people had their say through a range of interviews, focus groups and surveys. And the results were clear, with everyone agreeing that crime prevention, clean streets and better education topped their list of priorities.

As you will see elsewhere in this issue, we are investing more money in police community support officers to make the borough safer, and more money has been allocated to tackle graffiti, flyposting and dog fouling to help keep our streets clean. In addition, work to bring doorstep recycling to every resident in the borough has received extra funding and a massive £3m has been allocated to set up our brand new Climate Change Fund.

You also told us that you'd like us to continue raising standards in education. Every secondary school in the borough is set to be rebuilt or refurbished and we've also




secured an extra £8m from the DfES for schools in Islington, adding up to a total of £125m for education in Islington – an extra £350 for each pupil.

To find out more, look out for your copy of 'Spending your money on your priorities' which will be sent to you with your council tax bill.

We'll be running a similar budget consultation this autumn to help us set the budget for 2008/09, so look out for information about how you can have your say nearer the time.



 To view all current consultations, go to www.islington.gov.uk/consultation

 For more information, go to www.islington.gov.uk/consultation/consultationresults

It's easy to blame the parents when a child or teenager does wrong. But there are two sides to every story, and often parents need help and support too...

A helping hand for families

Being a good parent is probably the toughest job in the world, and even those who have a good relationship with their children and want nothing but the best for them may need a helping hand when things don't go to plan.



One phonecall changed Rani's life

Rani Kaur's son was only six years old when he was killed in an accident. This was seven years ago, and Rani's world fell apart. "I spent seven years being so unhappy and depressed that I couldn't even bring myself to say his name. Just the thought of it would make me cry, and I couldn't even say his name in front of my three other children. I went to lots of counselling sessions, but it just didn't work for me. In fact, I would come out of the sessions feeling worse, never better."

But everything changed last year when Rani had a chance encounter with Islington Council's youth offending service. "My older son was reprimanded, and I got a call from Joan Fergust, a parent support co-ordinator in the team. I didn't know then that this one phonecall would change my life! She asked me to come along to these group sessions for parents. To be honest, I thought it would be the same as all the other



Joan with Kathleen, Deborah, Katrina and Rani

did you know?

The youth offending service works with young people aged between 10 and 17 who have offended or are at risk of offending. Parents are referred to the team if their children are having problems.

sessions I'd been to, and that it would never help me. But I agreed to go just the once to see what it was like."

A NEW FAMILY

"The first time I went to a session, it felt different. I felt that people understood me and there were other people there that could relate to my problems. From day one, the sessions made me a stronger person and it was like being part of a new family. The

groups gave me a chance to share my feelings and I wasn't afraid to say how I felt."

Most importantly of all, the sessions changed Rani's relationship with her children. "Before I came to the sessions, I was losing control of them. But now they look up to me and they respect me, and I'm much closer to them because of that. I spent seven years down in the dumps but now I really am a different person."

And Rani can now say the

10 secondary schools in Islington

£166,000 the estimated cost of raising a child from birth to age 21

9



“

The first time I went to a session, it felt different. I felt that people understood me and there were other people there that could relate to my problems. From day one, the sessions made me a stronger person, and it was like being part of a new family. The groups gave me a chance to share my feelings and I wasn't afraid to say how I felt

”

name of the son she lost. “Since I joined the group, I can now say his name – Gurdit – and it doesn't make me cry any more.”

BETTER COMMUNICATION

Many other parents have benefited from these group sessions. “This programme made a big difference to the way I relate to my son,” says Deborah Burgess. “We communicate a lot more and I will challenge him and support him at the same time.

“I used to make excuses for him all the time, but now I make sure he knows that he's responsible for his own actions.”

Mum Kathleen Nicolaiou enjoyed the sessions so much that she's going to train to become a volunteer herself. “I was at the point where I couldn't cope with my kids

and I needed some help – and it isn't easy to admit that,” she says. “But now we communicate much better and I try to understand what my kids are going through instead of having just negative thoughts. The parent group gave me back my self-esteem and offered me support that I wasn't getting elsewhere.

“And now I'm going to be a volunteer myself so I can help other parents. If you'd told me this time last year that I'd be training to become a volunteer, I wouldn't have believed you!”

SUPPORTING PARENTS

“These sessions have definitely made me a better parent,” says Katrina Wynne. “Attending was a big stepping stone for me and, although I've always had a really good relationship with my son, I now communicate with him better. I don't shout so much, and I don't just see the negative in him like I used to. And as a result, he's more honest with me too.

“It's great to have a programme that's for the parents. We need help and support as much as the kids.”

Tears and laughter

Joan Fergust has been working with the youth offending team for 18 months now, and she says the sessions for parents are really important to help create stronger families. “It gives parents the chance to talk to people that are just like them, with the same worries and concerns. The sessions are relaxed and informal, and although there can be tears, there's a lot of laughter too. We carry out role plays and have discussions, and the parents can take all this home with them to help them talk to their children.”



If you need advice on parenting, call 0808 800 2222 or go to www.parentlineplus.org.uk

UP YOUR STREET

Local Heroes

The Mayor's Civic Award winners have been announced, and many special people in the borough were recognised for their contribution to local life at a ceremony at the Town Hall.

“I couldn't believe we'd won, it was such a lovely surprise”



Edna Haynes and Joan Sealy have been jointly involved in the Highbury Quadrant Community Association in N5 for over 30 years. The Association runs Birchmore Hall on the Highbury Quadrant Estate, which provides activities for the elderly community.

“I couldn't believe we'd won,” said Joan. “It was such a lovely surprise!” Edna added: “I was quite nervous about going up to get the award, but it was fantastic to win it.”

SPENDING ON YOUR PRIORITIES

Last year, you told us we should promote equal opportunities and actively support disadvantaged groups. So this year we will:

- invest £1.5m to meet the needs of people with disabilities
- invest £2m to meet the costs of residential care for children and adults

Shop Chapel Market!

Chapel Market has an amazingly broad selection of shops selling everything from shoes and hardware to bric-a-brac and art supplies. Then there are butchers, bakers, grocers, takeaways, music shops, bars, pubs and of course the market traders themselves from Tuesday to Sunday.

Mr Bayat of the Army and Navy store has been trading here for 20 years. “We get all sorts of customers through from builders and bikers, to fashionable celebrities and weekend campers.” Mr Bayat likes the atmosphere on Chapel Market, especially enjoying the variety of specialist retailers here. “If you want advice about something

that you can't get online, I recommend coming down and visiting a shop where you can ask a question or find out more about whatever it is you want before you buy it.”

Local shoppers Jimmy Johal and Rujina Khatin use several of the shops. “I tend to buy my lunches here and go into the sports shops,” says Jimmy.

“I told Jimmy about the market,” continues Rujina, “because I know the area really well and like Chapel Market. I use several of the shops and recommend Stiles Bakery in particular. There are lots of great places to discover up and down the street when you really begin to look around.”



“We get all sorts of customers through from builders and bikers, to fashionable celebrities and weekend campers”

Mr Bayat, Army and Navy store

I LOVE ISLINGTON



“I come to King Square near Old Street as I live nearby. Now I've got a child I'm spending a little more time here and you realise how friendly everyone is and how lovely it is during the day”

Samantha McCulloch, Islington resident



Shops sign up!

The Islington Trader Scheme (ITS) has been officially launched at the N1 Centre. The scheme, which plans to be extended around the borough, highlights local shops that are committed to fair trading principles and good standards of customer care. So look out for the logo at your local shops!



For more information go to www.islington.gov.uk/shopping

LIFESTYLE

2 servings of oily fish you should eat each week

11

Top of the league

If you need an extra incentive to visit the gym, you could join the Sobell Centre's Active Squash League. All you need to do is commit to playing one match a week for five consecutive weeks. Winners of each division will receive a complimentary squash court hire.

➔ For more information go to www.aquaterra.org/islington/squash or leave your contact details for the organiser in the squash league box by the courts at the Sobell Leisure Centre



GET YOUR FIVE A DAY!

Fruit tinned in its own juice counts as one of your five portions!

Finsbury on foot

Islington's organised walks are a great way to get fit and have some fun! Everyone is welcome on the free walks, particularly older people. This spring we will be exploring parks and green spaces in the Finsbury area on a series of eight new walks. Learn about local history and wildlife.

Walkers are advised to wear comfortable shoes and bring a small bottle of water with them.

Walks start at the Sobell Leisure Centre, Hornsey Road, N7 every Wednesday until 2 May from 11.30am-12.30pm.

➔ For more details contact Emma Charlton on 020 7527 2626, email emma.charlton@islington.gov.uk or go to www.islington.gov.uk/leisure/parksandrecreation



Make a splash – for free!

Cally Pool is offering children and their families a great way to get into swimming. Families with children aged between six months and five years can apply to take part in a free ten week course. Each hour long session includes structured family fun sessions in the pool, as well as swimming lessons for children and their parents.

And that's not all. Refreshments will also be available, the pool will provide

towels and help in the changing rooms, and discounted swimming will be available to participants for a month after the course ends.

Sessions will take place from April to November on Wednesdays and Fridays at 6pm, and on Sunday mornings. Pre-booking is vital.

➔ For more information call Cally Pool on 020 7278 1890

FOOD FOR THOUGHT

Eat more fish

Oily fish has a range of health benefits, so try to eat two servings a day. This can include fish like salmon, kippers, sardines, tuna, pilchards, eel or mackerel. Tinned fish counts, except tuna!



GET OUT AND ABOUT!

Hire the newly refurbished full size football and hockey pitch at Whittington Park. For bookings please contact Islington Tennis Centre on 020 7700 1370.



What goes in, might not come out.

FIVE A DAY

You should eat five portions of fruit and vegetables every day.

FRESH, FROZEN OR TINNED

Fibre in fruit and vegetables helps to prevent constipation.

Islington **NHS**
Primary Care Trust

Eat more fruit and vegetables.



Finger on the Pulse

Sometimes it can be difficult for teenagers to know who to turn to if they have a problem – especially if it involves talking about sex and relationships. And let’s face it – sometimes it’s not easy for parents either!

“I would definitely come here for services other than just contraception advice. I already have contact here, so I would come here as opposed to somewhere else, because it’s convenient and somewhere I’m familiar with

” Pulse N7 user

It can be difficult for teenagers to know who to turn to if they have a problem. But there is free and confidential advice available – you just need to ask for help. Pulse N7 is a sexual health centre set up by the council and Brook Advisory Services offering teenagers and their families a relaxed place to go and talk privately with people specialising in sexual health advice and education.

A ONE STOP SHOP

It’s two years since Pulse N7 opened its doors to young people, offering a range of help and advice to those aged 21 and under – and the number of people using the service continues to grow.

The centre was designed with the help of young people, which makes it exactly the kind of place they feel comfortable going, and young people are pleased to have a service that is specifically for them. And there’s always someone there that can help them. “It helps to talk about stuff,” said a Pulse N7 user. “If I didn’t have that I think I’d probably go crazy.” Other users tell their friends about the service. “I was preaching to one of my friends today,” said one teenager. “I told him to come here and get checked out, as he’s never been to a clinic before.”

SUPPORT AND HELP

“What is so great about Pulse N7 is that all the different organisations are working together under one roof to offer young people a one stop shop for support and help,” says Gillian Seiles, Pulse N7 manager. “They can come alone, or with a friend or family member, whichever they prefer.

“What is most important is that a young person is not too scared to come and see us. And while we always recommend to anyone that they talk to someone they trust – a family member, a friend or a teacher – we are there for them. The bottom line is that some young people won’t talk to anyone they know – they find it easier at first talking to a stranger, and we have fully trained and qualified staff on hand.”

And help isn’t just on hand for young people. Gillian says:

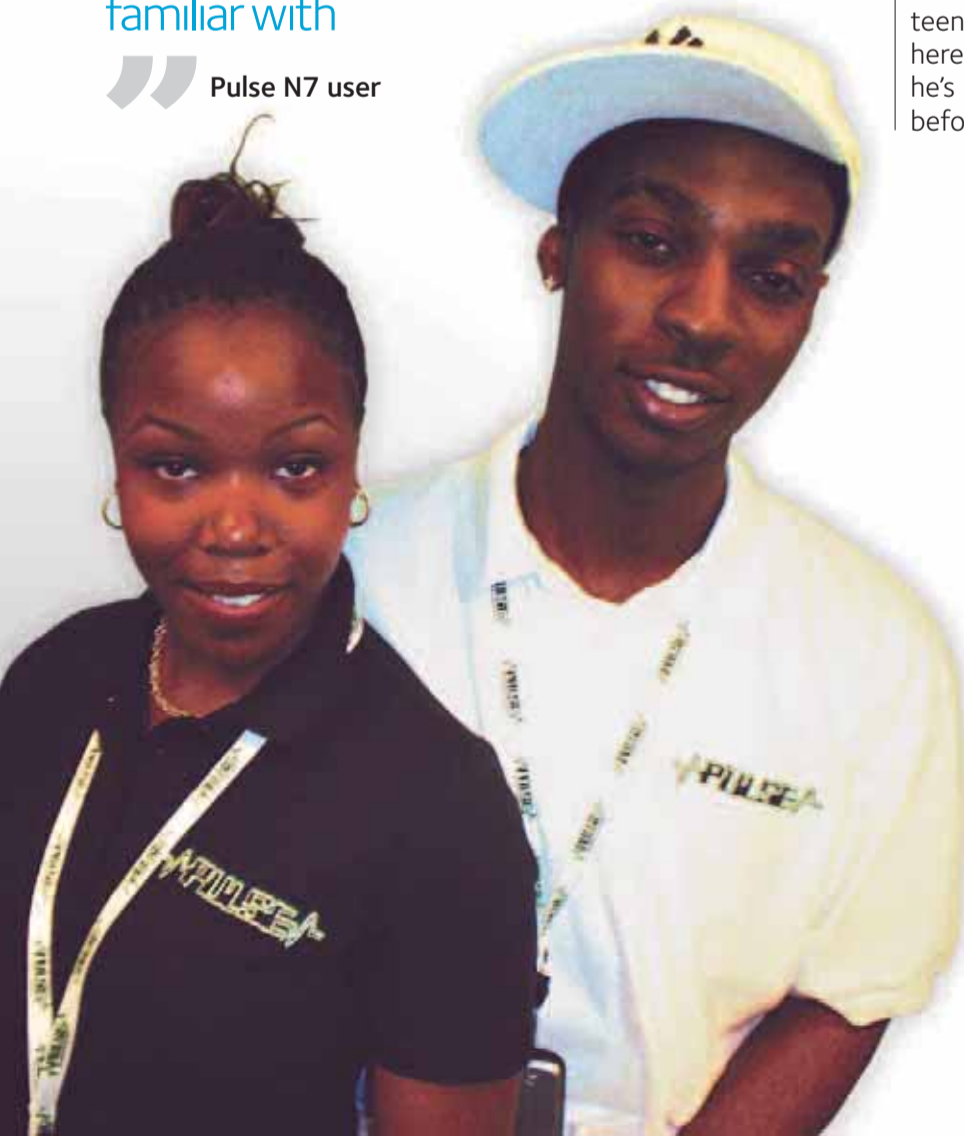
Services offered by Pulse N7:

- Relationship and sexual health advice
- Contraceptive services
- Mental health support and counselling
- Jobs and training support
- Support for pregnant teenagers and young parents
- Drug and alcohol use
- Housing and benefit advice

“We can also reassure worried parents and advise on where they can get information and support when they need help talking to their teenage children.”



For more information, visit 164 Holloway Road, N1 from 12-5pm, Monday to Friday, or call 020 7527 1300



Making the Connexion

Connexions is an information, advice and guidance service for young people, offering help on issues such as careers, education, health, housing and leisure. Those aged 13 to 19 years, or up to 25 years with learning difficulties or disabilities, can get help and advice from the Connexions team.

Young people can refer themselves directly via their school social services or by dropping in at the White Lion One Stop Shop. Advice is free and confidential and there is no waiting list.



Visit Connexions at: White Lion Centre, White Lion Street, London N1 9PW. For more information call Connexions Islington One Stop Shop on 020 7527 7030, email connexions@islington.gov.uk or go to www.centrallondonconnexions.org.uk

1.44m meals served in primary schools in the 2005/2006 academic year

0 cost of swimming for under-3s at our leisure centres

£130m money allocated to refurbish or rebuild every secondary school in the borough

13

Osteopathy for Islington's children

Set up over 15 years ago, the Osteopathic Centre for Children (OCC) provides a paediatric osteopathy service at its clinic in Clerkenwell. Babies and children with problems such as colic, cerebral palsy, asthma and eczema have all been helped.

The OCC is a charity, so parents are asked to donate whatever they can afford towards the cost of treatment, making it available to all.

"Sam has cerebral palsy and has come to the OCC since he was three months old," says his mum Lynn. "It helps his physical development and his general health. Without the OCC, we couldn't have afforded the full cost of treatment."

For more information, call 020 7490 5510 or go to www.occ.uk.com

Gathering evidence

Budding detectives from Pooles Park Primary School Detectives Club have been treated to a visit by a police detective dog. Jake, a three-year-old Alsatian, was brought to the school to teach pupils about the sensory skills of police dogs and how they help police officers solve crimes.

The Detectives Club involves a range of activities and is run by the Finsbury Park safer neighbourhood police team. The club encourages children to learn about the work the police do and build relationships between families and their local police patrols.

Pupil Rished Badi likes being a member of the club. He said: "I really enjoy learning about being a detective and I would love to do this job when I get older."



Year 4 pupils Rished Badi and Ayud Ahmed



Ex-Eastenders star Louisa Lytton returned to her primary school, St Peter and St Paul, with her Strictly Come Dancing partner Vincent Simone to teach children the Viennese waltz. The school recently received a glowing Ofsted report, achieving outstanding grade 1s in every area of assessment.



Last year, you told us that we should promote equal opportunities and actively support disadvantaged groups. So this year we will:

- increase the amount we spend on adoption allowances by £300,000
- offer free swimming lessons to children during the school holidays
- pay for the New Horizons library project which takes books to estates
- secure a further £8m from the Department for Education and Skills for the dedicated schools grant this year to further improve education facilities

Show off your talents!

Are you ready to show off your talents? The London Student Awards scheme gives you the chance to do just that.

The scheme is open to year 9 and 10 students, with the aim to find London's next generation of writers, scientists, artists and musicians. Entries are welcomed in six categories: art and design, music, drama, creative writing, ICT and science. This year's competition has the theme 'My School, My City'.

PERFECT PRIZES

Six winners will be selected from each borough, who will then go through to a

Londonwide final with the chance to win unique 'money can't buy' prizes, including a recording session with EMI, a day on the Hollyoaks set and the chance to shadow a top author.

Bernard McWilliams, headteacher at Highbury Fields, said: "This is a unique opportunity for young people in Islington to show off their talents to the rest of the city and I will definitely be encouraging my students to get involved."

Entry packs have been sent to schools and can be downloaded from www.bbc.co.uk/londonstudentawards. The deadline for entries is May 16.

In business in Islington? Are you prepared for an emergency?



80% of businesses caught within a major incident close within 18 months if they don't have an effective Business Continuity Plan.

Download your free business continuity plan template today from www.islington.gov.uk/community/boroughemergencyplan and follow instructions for entering our prize draw to win up to £250 in high street shopping vouchers.

For more information call 020 7527 2690.

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.islingtongschools.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	Ironmonger Row Baths 020 7253 4011
Cally Pool 020 7278 1890	Islington Tennis Centre 020 7700 1370
Finsbury Leisure Centre 020 7253 2346	Sobell Leisure Centre 020 7609 2166
Highbury Pool 020 7704 2312	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 and to find out when they hold surgeries, call **020 7527 2000** or go to www.islington.gov.uk/askislington and enter your property details for up-to-date information about your councillors.

COUNCIL MEETINGS

3 April 7.30pm Overview Committee Meeting, Town Hall, Upper Street, N1

16 April 7.30pm North Area Committee Meeting, Postgraduate Lecture Theatre, Holborn Union Building, Archway Campus, Highgate Hill, N19

16 April 7.30pm East Area Committee Meeting, The Resource Centre, 356 Holloway Road, London, N7 6PA

17 April 7.30pm Executive Meeting, Town Hall, Upper Street, N1

24 April 7.30pm Sustainability Review Committee Meeting, Town Hall, Upper Street, N1

30 April 7.30pm Standards Committee Meeting, Town Hall, Upper Street, N1



For more information and details of licensing and planning sub-committee meetings, 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.

April match days



Saturday 7 April 3pm
Arsenal v West Ham

Saturday 14 April 3pm
Arsenal v Bolton

Tuesday 17 April 7.45pm
Arsenal v Manchester City

Saturday 28 April 3pm
Arsenal v Fulham

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

Halls for hire!



Central, John Barnes and West libraries have halls you can hire for parties, exhibitions, meetings and other events. Finsbury library also has a meeting room that can accommodate up to 15 people. Rates are reasonable and it's really to easy make a booking.



To find out more or make a booking call **Allan Williams** on **020 7527 7001**, email allan.williams@islington.gov.uk or go to www.islington.gov.uk/libraries

Web watch



Plan your ceremony

Are you having your marriage or civil partnership ceremony in Islington? Our website can help you plan everything, from the application paperwork to organising the big day.

And if you're tying the knot at the Town Hall, our virtual tour and webcam will help give your traditions a modern edge!



For further details go to www.islington.gov.uk/ceremonies

Changes to the way you pay

Did you know the council has provided a number of new ways for you to make payments because more and more people are choosing not to pay by cash?

From Friday 23 February, Contact Islington will no longer take cash payments.

You can still pay

- ◆ by direct debit or standing order
- ◆ by credit or debit card
- ◆ by cheque
- ◆ by phone
- ◆ at www.islington.gov.uk

For more detailed information about what and how you can pay pick up a copy of our leaflet 'Changes to the way you pay'.

Or, you can phone Contact Islington on **020 7527 2000** or log onto www.islington.gov.uk/payit

Easter activities

COMMUNITY PLANTING DAY

Edward Square

Tuesday 10 April 2-4pm

Come and join the ranger for this family planting day in the conservation area.

All equipment will be provided. The event is free, so just turn up on the day.



WILDLIFE MASK MAKING

Gillespie Park, meet at Islington Ecology Centre
Tuesday 3 April 2-4pm

Have a go at creating your own wild mask, from badgers to owls, mice to hedgehogs! For children aged 7-11 years accompanied by an adult.

£3 / Concession £1.50
Booking is essential. Please call 020 7354 5162.

WILD EASTER EGG HUNT

Gillespie Park, meet at Islington Ecology Centre

Wednesday 4 April 2-4pm

Follow the wildlife Easter trail around Gillespie Park.

Discover clues and find out the answers to unlock the eggs. Suitable for children aged 7-11 years who must be accompanied by an adult.
£3 / Concession £1.50
Booking is essential. Please call 020 7354 5162.



EASTER BUNNY'S EGG HUNT

Spa Fields
Wednesday 4 April

12noon-2pm

Barnard Park

Thursday 5 April 11am-1pm

Time to explore your park with a purpose – to find Easter eggs! Bring along your children and see what treats await. Suitable for children under 10 years old accompanied by an adult. Meet at the rangers' gazebo.
Free – no need to book, just turn up on the day.

EGG PAINTING

Fortune Street Park

Tuesday 3 April

10am-12noon

Come and get messy with paint. Suitable for children of all ages. Meet at the rangers' gazebo.

Free – no need to book, just turn up on the day.



WILD CHILD

King Square

Friday 6 April 10am-12noon

Exciting activities for children in the park including mosaic making and mini beast hunts. Suitable for 8-12 year olds.

Free – no need to book, just turn up on the day.

MINI-BEAST MODELLING

Gillespie Park, meet at Islington Ecology Centre
Tuesday 10 April 2-4pm

Let your imagination run wild as we use the inspiration of Gillespie Park to make our own mini-beast models. Suitable for children aged 7-11 years accompanied by an adult.

£3 / Concession £1.50
Booking is essential. Please call 020 7354 5162.

POND INVESTIGATOR

Gillespie Park, meet at Islington Ecology Centre
Wednesday 11 April 2-4pm

A chance to look into the watery wonders of the Gillespie Park pond. For children aged 7-11 years accompanied by an adult.

£3 / Concession £1.50
Booking is essential. Please call 020 7354 5162.

UNDER 16s CHESS TOURNAMENT

Arlington Square

Wednesday 11 April 1-3pm

For beginners and experienced players. There will be friendly guidance on the day. Meet at the chessboards next to the birdbath.

Free – no need to book, just turn up on the day.



For more information go to www.islington.gov.uk/leisure or call 020 7354 5162

Joe Meek Exhibition



During the early 1960s Joe Meek was Britain's first independent music producer. Many songs and artists that are household names today can be credited to this musical genius. He penned the Tornados' song Telstar, which became the first song by a British group to reach number 1 in the US charts.

He set up his own home studio at 304 Holloway Road, and if you look above the bike shop that is there now, you'll find a green plaque dedicated to Joe. This exhibition celebrates his life and work.

Islington Local History Centre, Finsbury Library, 245 St. John Street EC1V
Until 25 May

Conference for carers

An opportunity for people who are carers in Islington to find out more about Islington's new strategy for carers, have their say, and talk to people who provide services for carers at our information stalls.

Resource Centre,
Holloway Road, 3 May

Contact Rosemary Lamport on 020 7527 8153 or email rosemary.lamport@islington.gov.uk for more details and to book.

email us at events@islington.gov.uk

The organisers of events can change their arrangements at any time. Please check with the venue before you go out of your way.

Daylight concerts at the Union Chapel

The free Daylight music festival is currently running at the Union Chapel, and will see performances from both up and coming and established musicians. The concerts will showcase a wide range of musical genres.

Concerts will be held until June every Tuesday and Friday from 12.30-2pm, and on the first Saturday of the month between 12noon and 2pm.
Union Chapel, Compton Terrace, London N1

A Slap in the Face! Futurists in Russia

The exhibition explores the relationship between Russian and Italian Futurism. Works on display show the energetic, creative and occasional violent encounter between East and West in the arena of avant-garde art. These were cultural movements with powerful national characteristics.

Estorick Collection of Modern Italian Art, 39a Canonbury Square, N1
28 March – 10 June 2007
£3.50, concessions £2.50, free to under-16s and students with a valid NUS card.

For more information, call 020 7704 9522, email info@estorickcollection.com or see www.estorickcollection.com

The Welcome by Marc Chagall



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

Direct debit the easy way to pay

DON'T FORGET

**PAY THE
COUNCIL TAX!!**

Pay your council tax by direct debit and receive a £20 discount on your 2007/08 bill.

You can keep the discount or donate it to the council's Climate Change Fund.

More direct debit benefits:

- > pay over 12 months
- > choose your payment dates
- > payment guaranteed

To set up a direct debit call 020 7527 2633 or go to www.islington.gov.uk/directdebit