



A Guide to services for older people in Islington

Signpost

Practical help

Mobile Repair Service – 129 St Johns Way, Caxton House N19 3RL. Carries out low-cost repairs for pensioners & disabled people living in Islington. Call: Mon-Fri 9.30-1 and 2-4.30pm **0845 4500 410**

Bulky Rubbish Collection - Free Service. Call: **7527 2000** for more information.

Care & Repair Handyperson Service - 8 Nora Leverton Court, Randolph Street NW1 0TS. Offers people over 60 a range of help with maintenance and repairs. Call: **7284 5450**

Safe and secure at home

Information and Access Service - 57 Calshot Street N1 9XH. First point of contact for members of the public and professionals requesting community care services for older people. Call: **7527 6400**

Islington Carers Centre - Unit 1, 53 Hargrave Road, N19 5SH. Information, support, and social activities for carers. Call: **7263 9080**

Islington Community Alarm Service - Link Line – Provides a year round 24-hour emergency service to elderly, disabled and vulnerable residents. Call: **7527 5456**

Police Stations:

Holloway - Open 24 hours. 284 Hornsey Rd, N7 6DG. Call: **7263 9090**

Islington - Open 24 hours. Tolpuddle Street, N1 0YY. Call: **7704 1212**

Mobile Noise Patrol - Operates 7 nights a week: Sun-Thurs 8pm-2am, Fri-Sat 10pm-4am. Ring if alarmed or concerned about excessive noise. Call: **7527 3229** (night) **7527 3258** (office hours)

Sensory Team - 23-26 St. Albans Place N1 0NX. Provide specialist services for people who are deaf and hard of hearing, blind and visually impaired, or deaf / blind. Call: **7527 4443** Minicom: **7527 3282**

Money and legal matters

Age UK Islington - 6-9 Manor Gardens, N7 6LA. Advice on benefits, community care, housing, family concerns, etc. and information on social activities in Islington, Wed 10.00am—12.00 noon. Open 10am-4.00pm Mon-Fri. Call: **7281 6018**

Islington Law Centre - 161 Hornsey Road, N7 6DU. Offers free advice in matters of housing, consumer rights, immigration, education and employment. Open Mon-Fri from 9.30am-5.00pm but closed between 1-2pm for lunch. Call: **7607 2461**

Citizen's Advice, Islington – 222 Upper Street, N1 1XR. Free advice on many problems including debt, benefit, housing, employment and immigration. Mon, Tues, Wed, Fri 9.30am-4.30pm; Thurs 1.00pm-8.00pm. Call: **0844 856 3537**

Counsel & Care Helpline - Free, confidential information & advice for the over 60's, their carers, friends and family. Mon-Fri 10am-1pm. Call: **0845 300 7585**

Council Tax (Islington) - Mon-Fri, 8.30am-6pm. Call: **7527 2633**

Islington People's Rights - 6 Manor Gardens N7 6LA. Offers independent advice and representation on all aspects of welfare benefits and money advice including rent/mortgage arrears and debt. Phone advice is available Mon, Tues, Fri 2-4pm or phone for an appointment – Call: **7561 3685**

Islington Trading Standards - Advises consumers as to their civil rights when

buying goods or services. Call: **7527 4028** or **3198**

Pension Service - Information on the government's Pension Credit entitlement for over 60's: Mon-Fri 8am-8pm; Sat 9am-1pm. Call: **0800 991 234**

Housing

Islington Energy Advice Team - 222 Upper Street N1 1XR. Advice on energy efficiency and on energy related grants and discounts. Call: **0800 953 1221(freephone)**

Housing Aid Centre - 38 Devonian Road N1 8UY. Free advice and assistance on housing matters for people who are private tenants or housing association tenants. Mon, Tue, Thu, Fri 9am-4pm; Wed 12-4pm. Call: **7527 2000**

Residential Environmental Health Service - 222 Upper St N1 1XR. Help with getting private landlords to undertake repairs or improvements to your rented home. Call: **7527 3083**

Islington Repair Service for council tenants. Call: **0800 694 3344**

Sheltered Housing - Circle 33 Housing Trust, 1-7 Corsica St, N5 1JG. Sheltered housing for people over 60. For more information call: **7447 3100**

Transport and getting around

North London Dial-A-Ride - Low cost transport scheme for those who find it difficult to use public transport. Available daily from 9am to 11.30pm. Must register before using the scheme. Call: **0845 999 1999**



Bus and Tube Passes— People aged 60+ can get a 'Freedom Pass' from most local post offices. Call: **0845 275 7054**

Plusbus (Islington Community Transport) - Manor Gardens, N7 6LA. Free travel on buses which follow various fixed routes around Islington. You need to register to use the service. Call: **7275 2400**

Resident's Parking Permits - Residents parking permits are available for all the controlled parking zones (CPZs). For more information Call: **7527 1338**

Disabled parking "Blue Badge" (formerly the "Orange Badge"). Provides parking concessions for people with severe walking difficulties who travel as drivers or passengers. For more information call: **7527 2000**

Scotability - Scheme which provides personal electric vehicles for older people with mobility problems for up to 4 days at a time. Call: **7974 2039/2420**

Taxicard - The London Taxicard Scheme allows people with disabilities who cannot use buses or trains to travel in licensed black cabs at reduced fares. Call: **7934 9791**

Dealing with loss

Bereavement Service - 293-299 Kentish Town Road, NW5 2JT. Free and confidential bereavement counselling/support, in your home or at the above address. Call: **7284 0090**

Registrar Births/Deaths /Marriages Town Hall Upper Street, N12UD - Call: **7527 6350 / 6351**

Islington Victim support scheme - 1 Highbury Crescent N5 1RN - Provides emotional support and practical help to victims of crime (including domestic violence), and their families. Open Mon-Fri, 9-5 by appt. Call: **7336 1770**

Samaritans— Confidential emotional support over the phone for people in crisis, available 24 hours. Call: **08457 909 090**

Staying healthy

This is a selection of health support groups. For details of other groups, please see Directory of Local Services - details at end of leaflet

Community Dental Service - For people who have problems accessing general dental services eg. elderly and homebound. Call: **020 3317 2353**

Emergency Dental Service (Evenings, Weekends and Holidays). Call: **020 7388 5800**

Patient Advice and Liaison Service (PALS). Provides information and help for patients, their families and carers to complement the existing patient advocacy services. Call: **7527 1086/1087**

NHS Islington – Information on registering with a GP / Dentists, Opticians and Pharmacists - Call: **7527 1000**

NHS Direct - Contact: **0845 4647**

NHS Smoking Helpline - Call: **0800 022 4332 (7am-11pm)**.

Islington Stop Smoking Service - for details of support groups, courses and clinics call: **0800 093 9030**

Hospitals:

Royal London Homeopathic - 60 Great Ormond St, WC1N 3HR - Call: **0845 155 5000**

Moorfields Eye - City Road, EC1V 2PD - Call: **7253 3411**

Royal National Orthopaedic - 45 Bolsover Street, W1 5AQ - Call: **8954 2300**

University College - 235 Euston Road, NW1 2BU - Call: **0845 155 5000**

Whittington—Highgate Hill, N19 5NF. Call: **7272 3070**

Active citizens

RSVP (Retired & Senior Volunteer Programme) - CSV (Community Service Volunteers) 237 Pentonville Road, N1 9NJ. Organisation which encourages anyone 55+ to participate in volunteering. Will provide advice, information and support. Call: **7643 1385**

Eyes for Islington - Alert the council to: Litter, fly tipping, damage to trees, parks, damaged roads and pavements, graffiti, drug needles, abandoned vehicles etc. To volunteer call: **7527 2334**

Voluntary Action Islington (VAI) - Provides details of volunteering opportunities to the public and gives advice on all aspects of volunteering. Call: **7832 5800**

Learning, leisure and staying active

Islington Libraries - 10 Libraries in Islington offering books, (including large print, spoken word and materials in other languages) DVD'S and **Free Internet access**. The Home Library Service delivers books and other materials to people who are housebound. Call: **7527 7978**

Leisure Centres and Swimming Pools - Aquaterra Leisure, Membership Services, Ironmonger Row Baths EC1V 3QF. Apply for a free Izz 60+ card which enables people to use all the leisure centres in Islington. Call:

Archway Leisure Centre - **7263 4105**

Caledonian Road Pool - **7728 1890**

Finsbury Leisure Centre - **7253 2346**

Highbury Pool - **7704 2312**

Sobell Centre - **7609 2166**

Tennis Centre - **7700 1370**

Islington Community learning Centres - Adult and Community Learning. For details of learning centres and courses call: **7527 5782**

Digital Unite - Free one to one computer training in your own home on your own PC for 50+. Call: **0800 822 3951**

Holiday Information - contact SAGA - **0800 096 0074 (European holidays); 0800 096 0085 (UK holidays)**, or Islington Age Concern: **7281 6018**

University of the Third Age - Self-help educational activities. Ring for programme. Call: **8466 6139**

Walks in Islington— Various walks in Islington which are suitable for ages. Call: **7689 9846**

Entertainment

This is just a selection of cinemas, theatres, and other entertainment. For additional details please contact Islington Libraries on **020 7527 6931**

Odeon Cinema - 417-427 Holloway Road, Nags Head, N7 6LJ. Call: **0871 224 4007**

Vue Cinema - N1 Centre, 36 Parkfield Street, N1 0PS. Call: **0871 224 0240**

Old Red Lion Theatre - 418 St John's Street, EC1V 4NJ. Call: **7837 7816**

Screen on the Green - 83 Upper Street, Islington Green, N1 0NP. Call: **0203 145 0525**

Almeida Theatre - 1 Almeida Street, N1 1TA. Call: **7359 4404**

King's Head Theatre - 115 Upper Street, N1 1QN. Call: **020 3286 8788**

Lilian Baylis Arts Club - Sadlers Wells Theatre, Rosebery Avenue, EC1R 4TN. Various activities around Sadlers Wells. Call: **7863 8140**

Little Angel (Puppet Theatre) - 14 Dagmar Passage, N1 2DN - Call: **7226 1787**

Rosemary Branch Theatre - 2 Shepperton Road, N1 3DT - Call: **7704 2730**

Islington Museum - 245 St John Street EC1V 4NB - Call: **7527 2837**

Museum of London - London Wall, EC2Y 5HN - Call: **7001 9844**

Cultural contacts

Asian Older People Project- Drovers Centre, North Road, N7 9EY. All day Thursdays. Call: **7607 7701**

Islington Chinese Association - Giesbach Rd, N19 4NG. Call: **7263 5986**

Islington Somali Community - 225-227 Seven Sisters Road, N7 2AD. Call: **7272 0550**

Caribbean Community Centre - 416 Seven Sisters Road, N4 2LX. Call: **8802 0550**

Kurdish Community Centre - Fairfax Hall, 11 Portland Gardens, N4 1HU. Call: **8880-1804**

Further Information

For more information on other local groups, organisations and services in Islington that offer something for older people contact Islington Library Information Unit on 7527 6922/23, or e-mail: library.informationunit@islington.gov.uk Or check the Local Services Directory at: <http://www.islington.gov.uk/Directories/>

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