

IslingtonLife

Issue 57, Winter 2014



Free
visitors' parking
vouchers
inside!

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- Christmas shopping
- Free childcare for two year olds

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this
Winter
issue**

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of IslingtonLife
will be out in March.

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islingtonlife@
islington.gov.uk

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Win a snow sled and other great prizes, sign up now for double raffle entry!

Please join the 4th annual
ISLINGTON MENORAH LIGHTING

Family community event celebrating
the Festival of Chanukah

Sunday, December 21st 5:00pm - 7:00pm
Islington Green N1 8DU

Live music, dreidels, doughnuts and hot cocoa!
Face Painting! Children's clown and magic show!
Latke tasting bar. Vote your favourite latke!
No reservation necessary!

A project of
 chabad
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FOR MORE INFORMATION PLEASE CONTACT:
Tel: 020 7700 6974
Email: info@jewishislington.co.uk
Web: www.jewishislington.co.uk/chanukah



Cllr Richard Watts
Leader of the Council

Government cuts are hitting Islington hard. In this edition of Islington Life you can see the stark reality of the challenge facing our borough.

Three statistics reveal just how badly Islington is being treated by the government:

- Within just a few short years Islington Council's grant from the government has been cut in half.
- Islington is actually being hit harder than almost any other area - we are the 9th worst cut borough in England.
- Even though we have already saved £112million in the last four years, we anticipate that we will need to save another £95 million over the next four years from our budgets.

I understand that you may well be concerned about the impact the government's cuts will have on public services in Islington. That's why I want you to have your say about the tough choices ahead.

On the following page you'll see an illustration of the challenge we face, and there's much more info on the council website at www.islington.gov.uk/toughchoices. Please take a look if you can, and let me know your views about services that are important to you.

Despite the challenges we face, we are committed to making a difference for people in our borough. By tackling the key issues local people have told us matter to them – jobs, housing and the cost of living – we are determined to make our borough a fairer place to live.

At the heart of this work is our commitment to helping more local people into decent, secure and well-paid work. On page 12 you can see how the Employment Commission is getting to the root of local unemployment, which is far too high. We are also extremely proud that Islington Council recently became the first local authority to pay all of our homecare workers the London Living Wage, so that the vital work that they do provides them with a fair wage to live on.

In this issue, we also have tips and advice for keeping warm this winter and saving money at the same time (pages 8-11).

If you have visitors staying with you during the festive season, make sure you cut out and use the parking vouchers on page 30, valid for free all day parking on the days specified.

I wish you a happy and relaxing time over the Christmas period.

Richard

Other formats

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



Islington Town Hall was lit up to mark Living Wage Week



Cllr Andy Hull (left) and Richard at one of a series of cuts roadshows

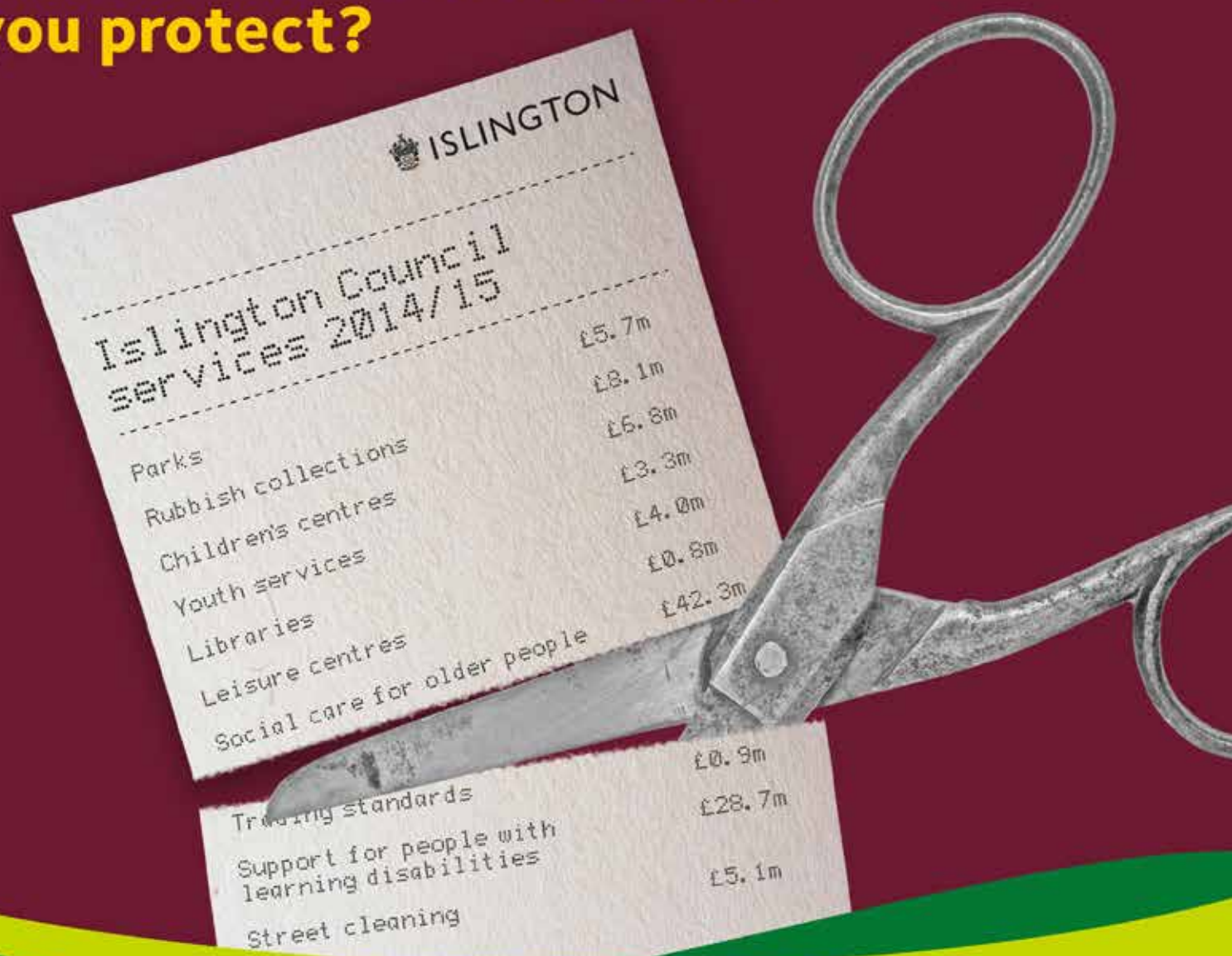


The poster showing the scale of cuts Islington faces

By 2016, national government will have cut its funding to Islington Council in half.

This means much less money and tough choices about what we can provide for you.

What local services would you protect?



Find out more and tell us what you think at:
www.islington.gov.uk/toughchoices



ISLINGTON

Islington's tough choices

Islington Council is facing budget cuts from national government on a scale never seen before.

By 2016, national government will have cut Islington Council's funding in half since 2010.

We expect to have to save a further £95m over the next four years. This means much less money for local services and tough choices about what services we can provide for you.

Alongside other poor areas, we are one of the ten hardest-hit boroughs in the country. By 2018, we will have lost over £2,000 of funding for each household in Islington.

In October, we asked residents for your ideas and suggestions about how Islington Council should save £95m over the next four years and which services you would like to see protected.

Council leader Cllr Richard Watts and Cllr Andy Hull, executive

member for finance, held eight drop-in events around the borough, speaking with residents at schools, shopping centres, libraries and leisure centres.

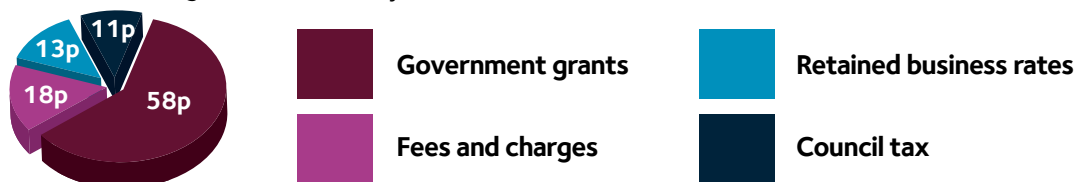
We will announce budget proposals in January and they will go to the full council meeting in February for approval.

Council meetings are open to the public, and you are welcome to attend Executive on Thursday 15 January or Council on Thursday 26 February – both meetings will consider the budget. Details of the meetings are available at www.islington.gov.uk/democracy

There's more information on the council's website at www.islington.gov.uk/toughchoices and you can keep up to date on Twitter @IslingtonBC

Understanding council funding

A large part of council funding comes from national government. As the graph below shows, 58% of council funding comes from grants from national government, while just 11% comes from council tax.



How Islington Council uses your money

We provide more than 600 services to 206,000 residents – including schools, services for vulnerable adults, support to local businesses, leisure services and community safety.

600 services

➔

206,000 residents

Total spending 2014/15 = £577.5m

<p>Children, schools and families £240.8m</p>	<p>Vulnerable adults and older people £114.5m</p>	<p>Streets, recreation and environment £64.4m</p>	<p>Other costs* £60.3m</p>	<p>Support services** £47.4m</p>	<p>Public health £25.6m</p>	<p>Customer services*** £17.5m</p> <p>Environmental health, trading standards and regulatory services £7m</p>
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* Includes things like pensions, interest, business support and voluntary sector grants
 ** Includes things like property, IT, legal and HR
 *** Includes Registrars, Contact Islington, council tax and housing benefit services

Marking the streets they left behind

An interactive map has been launched showing where the 9,400 soldiers from the borough, who died in the Great War, lived before leaving to serve.



The Streets They Left Behind interactive map

The map is part of Islington's unique contribution to remembering the many who lost their lives in the First World War, and is part of a project called the Streets They Left Behind which marks borough streets with plaques naming the Islington soldiers who lived there

The online map – at www.islington.gov.uk/thestreetsleftbehind – shows each of the soldiers' former homes marked by a poppy on the map, with details of their military service, and their last resting place.

The aim of the project is to highlight the impact on the many families back at home in Islington, and to remember the soldiers' great sacrifice.

Cllr Janet Burgess, the council's deputy leader, said, "Whole communities were tragically ripped apart by the War. This poignant project will be a lasting, online legacy for residents to engage with the stories of the people who left Finsbury and Islington to serve in the First World War and did not return home."



6th Finsbury Battalion

The street plaques are being installed across the borough – with over one hundred already in place.

Islington gritters are ready for the worst of winter

Islington Council's gritting teams are prepared for the worst of winter's freezing weather.

To cope with any ice and snow on our roads, we have up to 350 staff and over two dozen gritting vehicles ready to go at short notice.

Once weather reports tell us that freezing weather is on its way, we pre-grit our priority routes, and with over 300 refilled grit bins on our pavements, there is plenty of supply across the borough.

For the council's self-help guide to clearing ice and snow, and for more on the winter road treatment programmes, see www.islington.gov.uk/gritting



Follow: [@islingtonbc](https://twitter.com/islingtonbc) on twitter for regular gritting updates

Nominate your community heroes

The Mayor's Civic Awards are presented each year to outstanding people who care about their local area and make a positive contribution to the community.

If you know someone who has made an outstanding contribution to life in Islington and deserves recognition, now's your chance to nominate them for an award.

Mayor's Civic Awards

Last year's winners included two people who helped a knife attack victim, a long-term foster carer and a lady who has advanced disabled people's rights. As well as an 89 year old lady who travels twice a week from Essex to volunteer at a primary school and a woman who works tirelessly to make the Angel Canal festival such a popular event.

Nominate for the Ben Kinsella Award

The Ben Kinsella Award is a special youth award in memory of Ben to celebrate a young person whose positive actions have made their mark on the local community. It is open to any Islington resident 18 or under who is making a real difference to the local community. **Nominate your heroes by 23 January.**



For more information and nomination forms, please go to www.islington.gov.uk/civicaward

Students' success continues

League tables issued by the Department for Education in October showed that Islington students' GCSE results were far better than the national average.

In the table for the percentage of five or more A*-C grades including English and maths achieved this year, Islington students beat the national average and the inner London average too. In Islington 59.4 per cent of students achieved this measure. This compares to 52.6 per cent nationally and 58.4 per cent in inner London.

This moves Islington up the league table to joint fifth in inner London.

Islington Council's executive member for children and families, Cllr Joe Caluori, said:

"These results confirm what we already know about Islington schools – they are continuing to provide our students with a first class education. We set high standards for our schools and the fact that we are beating both the national and inner London results shows that this is paying off.

"All of Islington's secondary schools are rated good or outstanding by Ofsted, which puts them in the top ten per cent of all secondary schools nationally.

"What's great is that our schools want to learn from each other and help one another achieve great results for their students."



Pupils from Mount Carmel in August

Lights, camera, action!

When you're walking down a street in Islington, or through your local park, don't be surprised to see a camera crew – and even a famous face.

As a vibrant place with attractive locations and rich history, Islington is increasingly attracting film-makers who want to make films, TV shows and documentaries

Islington locations have appeared in recent productions such as Mr Selfridge, Lucan, Babylon and will be shortly on screens as part of the BBC's Christmas Day adaptation of Roald Dahl's Esio Trot starring Dame Judi Dench and Dustin Hoffman; the new Monty Python film Absolutely Anything starring Simon Pegg and the Krays film, Legend.

We've been working hard with professional agency Film Fixer to promote the borough, ensuring that Islington is at the forefront of the UK's booming filming industry. This includes working to minimise disruption and maximising benefits for residents and businesses. So keep your eyes peeled to see

your local area in the background of the latest big screen hit!








Dustin Hoffman on the set of Esio Trot



For more info on how to get involved with filming in the borough or to find out how filming can benefit your local area go to: <http://islingtonfilloffice.co.uk>

Stay warm and save money

Winter money-saving tips

- TIP 1**  **Plan** – Making a budget gives you a clear picture of where your money goes, and shows you where you might have a chance to save money.
- TIP 2**  **Pause** – Before buying think whether you really need the item. If it is a very large purchase give yourself 24 hours to decide whether this is the right choice for you.
- TIP 3**  **Close** – Your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.
- TIP 4**  **Get organised** – If you need something by a specific date, for example Christmas or a birthday, then it's important to think about last order dates to make sure you don't get caught out and forced to pay costly last-minute delivery charges.
- TIP 5**  **Always write 'it's a gift' on till receipts** – Legally, only the person who bought the gift has consumer rights if it's faulty, so the recipient can't exchange. Although some shops allow gift recipients to return faulty items for safety use a gift certificate or get the shop to write on both its copy of the receipt and yours that it is a gift. Consumer rights are then transferred.

This issue's budgeting tips have been provided by council partner FIT MONEY who are helping residents in council and housing association homes become more confident in dealing with money matters. www.fitmoney.org.uk



FreedomPass

Keeping in touch is always better in person.

LONDON COUNCILS

IS IT TIME TO RENEW YOUR OLDER PERSONS FREEDOM PASS?

FreedomPass
LONDON COUNCILS

31 MAR 2015
Renewal Pass
02080 1234 1234 1234
02080 1234 1234 1234

If your older persons Freedom Pass expires in March 2015 you need to renew it. To continue to enjoy free travel all over London visit www.freedompass.org

THE FREEDOM PASS - STAY CONNECTED

Freedom Pass is paid for by your local council

Don't forget to renew your Freedom Pass!

If your Freedom Pass expires at the end of March 2015 you should have received a letter with your unique renewal number, and advice on how to activate your new pass.

There is a London wide campaign alerting residents to the renewal process and posters will be up around the borough. You can only renew your pass online, you won't be able to do this at the Post office or over the phone.

Residents who don't have internet access can go to their local library where staff will be on hand to help them activate their pass using the online system. The Freedom Pass, which is paid for by London boroughs, entitles the holder to travel on all London transport for free and is a great way to stay connected with family and friends.



For more information visit www.freedompass.org

Stay safe from loan sharks

Loan Shark is the popular term for an illegal money lender. These people don't always look like the tough rough person you see in TV soap operas, they could be someone you know through work, someone from your estate or a friend of the family. But what they have in common is:

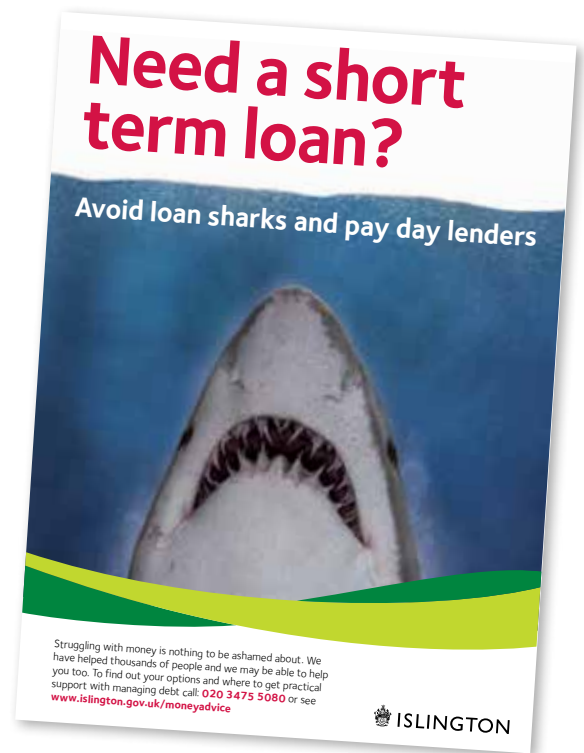
- they offer you loans and charge massive rates of interest
- they rarely give you any paperwork
- they prey on people who are desperate and in need
- they threaten innocent people with violence
- they are illegal and you don't have to pay them back.

You can report a loan shark anonymously by calling the Illegal money lending enforcement team now on **0300 555 2222**. If you think you have got a loan from a shark, it is not hopeless. We know all about loan sharks and can help and advise you. Borrowing from a loan shark is not a crime. They are the criminals, not you.

There is plenty of help and support in Islington.

- Islington Advice Line - **020 3475 5080**
- National Debtline - **0808 808 4000**

For an alternative to loan sharks please contact Islington's Credit Union - a community bank for local people - **020 7561 1786**, www.credit-union.coop, www.islington.gov.uk/advice



Adult social care is changing

Social care and support is something that many people will experience at some point in their lives. Even if you don't need care yourself, you will probably know a family member or friend who does, or you may care for someone.



The Care Act is a new piece of law that comes into effect in April 2015. It aims to make social care services more consistent across the country and give people more choice about their care and support.

There will be some changes to the way that social care services are provided. For example, if you are one of the 16,000 carers in Islington, you may be able to get further information and support to help you carry on caring. From April 2015, carers will be able to have a free needs assessment, even if the person they care for doesn't receive support from the council.

The way that people pay for care is also changing. From April 2016, the 'care cap' will come into effect. This will limit the amount anyone has to pay

for their care in their life time. The cap will only begin after someone has been assessed by the council as being eligible for adult social care support from 1st April 2016 and will not include any money spent before this date.

Please look out for the next issue of IslingtonLife in March 2015 for more information about the Care Act and how the changes might affect you or someone you care for.

If you want to find out more in the meantime, a series of factsheets are available at www.gov.uk/government/publications/care-act-2014-part-1-factsheets

Stay warm and save money

Top tips for staying well



With winter well and truly upon us, it's more important than ever to stay warm and healthy in your home. If you're worried about the health of yourself or someone close to you, or struggling with bills, there is help at hand...

The colder months can be difficult for older people, but there are ways you can help to keep warm and healthy this winter.



Stay active – try not to sit still for too long. Move around whenever you can.



Layer up – several thin layers of clothing trap the warmth so are more effective than fewer, thicker layers.



Eat healthily – eat hot meals and keep your intake of fruit and veg up.



Drink hot drinks – keep warm by drinking hot drinks – and have one before bed too.

Home improvements

Residential Environmental Health can help private and housing association tenants keep safe and warm in winter by requiring landlords to improve heating and insulation.

They can also help with other winter hazards such as damp and mould, slips, trips and falls. Some homes may also be eligible for grant funding for replacement boilers if they are old and inefficient.



To find out more, call the Residential Environmental Health team on **020 7527 3083** or email **Residential.Envh@islington.gov.uk**

Someone who cares

North London Cares is working with Islington Council to ensure that older residents get the help and support they need this winter.

Staff and volunteers will be knocking on doors throughout winter to make sure people are well, to give help and advice, and to offer those who need them warm clothing and blankets.



To find out more, or if you're interested in volunteering, go to **www.northlondoncares.org.uk** or call **07884 581671**.

Get the benefits

Are you receiving all the benefits you are entitled to? Make sure you are by calling Freephone **0800 731 8081**.

Get help in your home

If you're on certain benefits, you may be eligible for the Warm Home Discount which will give you £140 off your electricity bill this winter.



All electricity companies have different criteria but you could qualify if:

- you are receiving benefits because of a disability
 - you are receiving benefits and have a child under five.
- To find out if you qualify and to register, please call the council's Energy Advice Team on **0800 953 1221** or **020 7527 2121**.



You can also contact the council's Energy Advice Team for advice on fuel bills, draught proofing, heating controls and switching energy supplier. To find out more go to **www.islington.gov.uk/energy**, call **0800 923 1221** or **020 7527 2410**, or email **energy.advice@islington.gov.uk**.

Choose well this winter



To help reduce pressure on the NHS and ensure that everyone gets help as quickly as possible, please follow these simple tips to make sure you choose the right service this winter:

- a lot of common conditions can be treated at home. If you've got a cold or sore throat, take an over-the-counter medicine and get plenty of rest
- your local pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions
- urgent care centres treat most injuries or illnesses that are urgent but not life threatening, such as sprains and strains, minor burns and scalds, minor head and eye injuries, bites and stings
- if you need medical help, but it's not an emergency, call **NHS 111**. Expert information is also available at www.nhs.uk

Top tips to save money on your bills



Make sure your heating only comes on when you need it – and turn it down a bit! Turning your thermostat down by just 1 °C can save you as much as £60 per year.



Switching off appliances and not leaving them on standby could save you £45 or more per year. And unplug your chargers – they continue to use energy even when they aren't charging anything.



Set your washing machine to wash at 30°C.



Don't fill your kettle – just boil the amount of water you need.

Everybody needs good neighbours



If you have elderly neighbours, take a minute or two to drop in on them over the colder months to check how they are and to see if you can get them anything.

Independent lives

“I found that Links for Living is a fantastic tool and well thought out.”

George Topping, carer for his mother who has physical disabilities and is in receipt of services from Islington Adult Social Services.



Links for Living is a new website that offers information and advice to help you make choices about your care and support needs and lead an active, healthy, independent life. Whether you want to know how to get some support at home, find out more about services in your area or just want to find some social activities in your neighbourhood, Links for Living can help.

You can use Links for Living in two different ways. Use the directory to browse a huge range of local services and organisations including debt advice, housing, transport, carers, day centres and things to do.

Or you can use the 'options tool' if you think you might need some help and support, but aren't sure what to do. You'll be asked to answer a few simple questions and given some options based on your responses.



See more at www.islington.gov.uk/linksforliving

Employment

Working together to help people into jobs



New ways of helping residents into work – including more coaching and stronger links with business – are on their way in Islington.

The ideas come from the final report of the Islington Employment Commission, which spent this year looking at how to make sure more local people get jobs.

The Commission was supported by the council and co-chaired by Cllr Robert Khan and entrepreneur Maggie Semple OBE. Its report has made recommendations all aimed at helping more Islington residents get, keep and enjoy their jobs. These include:

- More one to one support, including coaching and mentoring, for longer term unemployed people than the current system offers. This will help tackle low self-

esteem and confidence issues that can often be the biggest barrier to getting a job. As one resident put it: "I'd like to be able to phone someone and say, I'm absolutely stumped here, what do you think I should do, where is the next point of action ...I think you need a mentor ... that can give you the ideas".

- Making it easier for local employers to recruit locally. The Commission heard that local employees were good for business because they had valuable local knowledge and fewer travel problems. It wants to see a new single point of contact for businesses.
- Stronger links between education and businesses to help improve career advice and develop apprenticeships, training and work experience so that young people are better prepared to move into fulfilling roles.

The council will now be working with voluntary sector agencies, national agencies like Job Centre Plus, education professionals and employers across the borough to make it happen.



Read the full report at: www.islington.gov.uk/employmentcommission

iWork: successful mentoring

The council's iWork' team is an example of the new-style employment support that is already up and running in Islington.

The team has recently been set up as part of a national pilot looking at how best to support people once Universal Credit is introduced next year. The pilot is providing a package of employment and budgeting advice, as well as training opportunities to help longer term unemployed people deal with the range of hurdles that can prevent them from getting back into work. Islington is one of just 11 councils chosen to take part.

iWork is providing mentoring and support to a group

of long-term unemployed Islington residents who are also affected by benefits cuts. The team, which includes staff from the council working alongside colleagues from Job Centre Plus, also provides training, volunteering or apprenticeship placements to help people prepare for work as well as helping to market their skills directly to employers.

Getting into work and off benefits can make a dramatic difference. One resident helped by the team has increased his income by over £260 a week by securing a part-time job.

If you or someone you know is interested in getting into work or training you can phone 020 7527 5782 email acl@islington.gov.uk or visit www.islington.gov.uk/acl

New year, new job

Are you 19-25, not in work and wanting to know more about the great opportunities on your doorstep? Aspire 2015 in February could be just what you need.

With a host of top employers including Arsenal in the Community, K&M Construction, Jamie Oliver and digital agency Launch Pad, we will be running a week of taster sessions to inform and inspire you. It is a unique opportunity to meet employers, learn about job and training opportunities

and put you at the front of the queue for vacancies. You may even land your dream job on the spot!

If you are 19-25, not in work or education and are interested in finding out more visit: www.islington.gov.uk/aspire

You can also read about where apprenticeships can take you in our Arsenal pages, 28-29.



Don't miss out – apply now for Islington primary schools

Everything you want from a school, right on your doorstep:

- ✓ highly skilled and enthusiastic teachers
- ✓ fun and inspiring classes
- ✓ excellent facilities

Apply **1 September – 15 January 2015** for the best chance of a reception place at your preferred school. Visit **www.islington.gov.uk/admissions**

Safer Islington

Hear from Islington's Police Borough Commander Gerry Campbell



On behalf of the police in Islington I wish you a happy, safe and enjoyable festive period.

Sadly whilst most of us will be celebrating and doing what we can for others, there are people in our communities who will be doing all they can to cause misery, distress and fear. My officers and I intend to do lots to tackle this. Your police officers will be on duty throughout the whole festive period.

To make the most of this period please consider the following advice:

Don't:

- drink & drive. Know your limits. Better still don't drink or don't drive. Don't have one for the road!
- accept drink from strangers, don't leave your drinks unattended, leave it with a trusted person
- use un-licensed mini-cabs they can be costly in more ways than one. See <http://www.tfl.gov.uk/campaign/be-cabwise> for further advice
- leave presents openly on display, as thieves will help themselves. You'll be buying presents for people you don't know and will never meet!
- leave your presents' boxes outside as this will advertise your new goodies to burglars.

Do:

- register your electronic and other identifiable property at www.immobilise.com and bikes at www.bikeregister.com
- look after your elderly neighbours. This can be a lonely and sad time
- know your alcohol limits.
See <http://www.drinkaware.co.uk>

Hear from Islington's Fire Commander Rhys Powell



One of the most precious things we have in life can be our family, so why not teach your children what to do if there is a fire?

Simple instructions can be easily remembered:

- if you see smoke or fire, raise the alarm and tell an adult immediately
- get out of the building as soon as possible. Go to the nearest home safely away from the fire and ask them to call 999
- if there is smoke in the room, crawl low along the floor
- never hide in a cupboard or under the bed. Do all you can to raise the alarm and get out
- if the way out is blocked, go into a room with a window. Put blankets or towels at the bottom of the door to stop smoke getting in. If there is a phone in the room, dial 999. If there isn't a phone, open the window and shout, help!
- never go back into the building, not even for pets.

Starting fires

If you think your child, or a child you know, is displaying firesetting tendencies or behaviour, you can contact the Juvenile Firesetters Intervention Scheme (JFIS).

JFIS has been set up to address these issues, and trained advisers are available to meet with the child or young person and their parents.

- Tel: **020 8555 1200 ext 30842**
- E-mail: firesetters@london-fire.gov.uk

Giving to street beggars isn't the best way to help

It's dark and cold so giving a beggar £1 towards a cup of coffee seems like the nice thing to do, but this not always the best way to help.

Instead, why not donate money to, or volunteer with, some of the local charities working with the street homeless in Islington or buy the Big Issue. These charities have helped many get their lives on track by addressing the things keeping them on the streets, like homelessness, mental health, alcohol or drug issues. If you see someone rough-sleeping and you

are concerned for their well-being, please call Streetlink on **0300 500 0914**. Most beggars you see will have been offered help and support by the council's outreach services or charities. If you see someone begging, please report it to our antisocial behaviour reporting line on **020 7527 7272**.



For more information about how we work with street people and some of the local charities that support them, please go to www.islington.gov.uk/begging

Don't bottle it up this Christmas!

'Tis the season to be merry and for a lot of people there is no better way to celebrate the festive season than with a drink or two, or more! In Britain we drink 41% more in December than in other months.

It can be hard to tell if you are drinking too much, especially when there are lots of parties and Christmas celebrations to attend. Drinking too much alcohol increases your risk of some cancers, high blood pressure and stroke. You can find out if your drinking is getting risky in just two minutes by visiting www.dontbottleitup.org.uk where you can take a short alcohol test to help you assess your drinking and get personalised advice at the end.

Drinking also increases your risk of being a victim of crime or having an accident. In 2013, 2,659 alcohol-related calls were made to the London Ambulance Service from Islington, that's more than 7 every day!



If you do decide to take a break from booze in the New Year, a "Dry January" might be just the tonic you need www.dryjanuary.org.uk



DRY JANUARY®

CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?

SIGN UP AT WWW.DRYJANUARY.ORG.UK

For more information, contact Alcohol Concern at dryjanuary@alcoholconcern.org.uk



Get information on alcohol, assess your own drinking and receive personalised advice at dontbottleitup.org.uk



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25 Corsham Street, London, N1 6DR



Alcohol Concern
Promoting health; improving lives

Supported by

 ISLINGTON

I ♥ Christmas shopping!

Sick of struggling with the crowds in the West End? Why not save yourself the hassle and the bus fare and shop locally in Islington this year?

Christmas is fast approaching, but there is still time to pick up last minute gifts, food, decorations and other essentials. With a wide range of markets, specialist food shops, independent gift shops and much more, there's no need to leave the borough. Plus, with such great transport links, there is really no excuse...



Angel and Upper Street

For special gifts, Upper Street is the ideal place for independent boutiques as well as clever, inventive things for the house.




For antiques and second-hand treasures, head to Camden Passage, where you can find everything from cowboy boots to diamonds and vintage furniture. For those looking for the latest fashions there's loads to choose from with *Diverse*, *Reiss*, *Whistle*, *Sefton* and many more all on the high street. For book lovers, there are three floors of literary classics old and new at *Waterstones* on Islington Green and for quirky gifts there is nowhere quite like *After Noah*, a shop full of delights, selling weird and wonderful toys, antique and vintage furniture and objects.

As if that wasn't enough there is also the N1 Centre which is filled with everything from home-wares to hosiery, and Chapel Market for wrapping paper, toys for your pets, beautiful fabrics, and much more.

With all that shopping done you'll need a break and will find yourself ideally located to put your feet up with a calming cup of tea and mince pie.

Angel AIM are putting on their Christmas Market at Islington Memorial Green for three days from 12-14 December.

At Angel, there really is something for everyone.

 **Nearest tube:** Angel



"Why would you go elsewhere to shop this Christmas, when it's all here on your doorstep?"

Matthew Crawford,
owner of After Noah




The Nag's Head

The Nag's Head has over 250 shops, selling everything from the latest high street fashion and footwear, specialist gifts from independent retailers, to fresh fish and meat from local family run shops. It is also home to Islington's only department store, *Selby's* which is packed full of top fashion brands, cosmetics and home furnishings.



If you are stuck for time, why not take advantage of late night shopping with most retailers open until 8pm in the lead up to Christmas? Or make a full day of it? Start by browsing for the perfect Christmas gifts, grab an early meal at one of the local restaurants *El Molino's*, *Indian Ocean*, or *Amici's* and then unwind in front of the big screen at the *Odeon Cinema*.

For more visit www.nagsheadlondon.com

 **Nearest tube:** Holloway Road






"Nag's Head has such a vibrant array of shops. We are so accessible, with lots of public transport linking us across the borough and beyond. There are lots of amenities here too, including some great coffee shops."

Sharon Black, General Store Manager
of Selby's department store



Nag's Head facts

-  The Nag's Head is named after a pub that used to be on the corner of Holloway Road and Seven Sisters Road
-  The name Seven Sisters is derived from seven elm trees. They were planted in a circle with a walnut tree in the centre.
-  Celebrities Shirley Bassey and John Lydon from the Sex Pistols once lived in Holloway.





Archway

There has never been a better time to visit Archway, with lots of new retailers popping up in the area, it offers the perfect location for Christmas shoppers.



As well as established independent retailers like gift shops *MAP* and *Basecamp*, there are some new additions to the area, including cycling shop *BikeZTube* and *Fresh Fish and Seafood*. Also, with local conveniences such as *Archway Leisure Centre* and *Archway Library* just around the corner, you can fit it into your normal routine.

The area has an abundance of food stores and supermarkets, so as well as gifts, you can grab those Christmas food essentials. There is plenty to cater for all cuisines, preferences and dietary needs – there is something to please even the fussiest of Christmas guests! If that isn't enough, on Thursdays and Saturday's, Archway's market makes an appearance. Packed full of stalls with everything from books, vintage and modern hand-crafted jewellery and an array of street food! You can find out more at www.archwaymarket.org

For more visit www.archwaylondon.com or follow  [@archwaylondon](https://twitter.com/archwaylondon). Get yourself the Archway Card to get special offers in Archway's best loved stores. Pick up a card in any participating shop, or register online.
 **Nearest tube:** Archway



Finsbury Park

Finsbury Park is the ideal place to grab a bargain to wear to your Christmas party. Head to Fonthill Road to browse the numerous independent clothing stores, selling everything from ex warehouse reductions to made to measure suits. Then afterwards move on to Stroud Green Road for hair and beauty accessories, before taking a well-deserved break in one of the cafes on Blackstock Road.
 **Nearest tube:** Finsbury Park

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 **“It's the season for giving”**

Lady's & Gent's Minicabs Ltd would like to offer IslingtonLife readers **10% discount** on all bookings over £10 with the code **dis19**.

At home

Bringing estate spaces back into public use

Archway residents are celebrating the opening of a new and improved play area for children on the Girdlestone Estate, N19.



Children get into the swing in Archway

The Annesley Walk playground features traditional play equipment such as swings and a roundabout – but also outdoor exercise equipment for the over 12s, including adults.

The “Islington Open Spaces” scheme is a three-year, £1.5m programme aimed at bringing unused spaces on estates back into public use. Our estates have seen upgrades to play spaces, sports equipment, new wildlife gardens and gardening clubs. Bringing unused spaces back into public use is important for residents who don’t have private gardens, and is seen as a priority for many people on our estates.

Residents and young people on the Girdlestone estate helped to design the new playground. The old one had been unusable for many years due to anti-social behaviour. Exercise equipment for adults includes a full body gym with leg press, cross trainer, pull up and bench press.

Providing more open space on estates was one of the recommendations of the 2010 Islington Fairness Commission, which looked at how to help close the gap between rich and poor.

Replacement waste facility for north London

The North London Heat and Power Project is how we think the waste that isn’t recycled should be dealt with in the future.

What’s the plan?

- A replacement Energy Recovery Facility in 2025
- To generate electricity and heat for homes and businesses
- To avoid sending waste to landfill
- To use the best of today’s technologies
- To build the replacement Energy Recovery Facility, we will apply for a Development Consent Order

Who are we?

We are North London Waste Authority. We arrange the disposal of waste collected by seven London boroughs: Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest. We also promote waste minimisation and recycling.



How can I find out more?

Visit: www.northlondonheatandpower.london

Call: 020 8489 3940

Twitter: @NLHPP

Facebook: North London Heat and Power Project

Have your say

We will be consulting on the project proposal from 28 November 2014 to 27 January 2015. As this is your waste, we want your feedback. You can learn more by visiting one of our exhibitions in Edmonton during December and January.

For further details on the exhibitions and how to submit your views to us, please visit our website.

Local residents prepare to move into award winning council flats for Christmas

Local families are preparing to move to their new homes in one of Islington's most ambitious council house-building schemes at Vaudeville Court.

The new build scheme, which won a housing design award, has turned a site that previously attracted anti-social behaviour into a safe and attractive area with new council homes.

There are two bed flats and three bed maisonettes, including one wheelchair-friendly home, and one four bed maisonette. They have open plan kitchen and living areas, bedrooms, bathroom, lots of handy storage and private gardens and /or balconies. The new flats have been designed and built to the highest quality with better insulation, ventilation and other features which make the homes cheaper to run.

The flats are the result of a design competition run by Islington Council, the Homes and Communities Agency (HCA) and Design for London. The competition received 59 entries from architects across the UK, with a huge range of ideas. There was extensive consultation with local residents and other groups.



Artist's impression of Vaudeville Court

Under the council's local lettings policy, priority for the flats has been given to people living in the area in overcrowded homes, and those that needed to downsize or whose mobility problems meant they needed to move to homes that are easier for them to access and get around.

Let us help with lettings

In spring 2015 Islington will be launching a new lettings agency. The service will be open to owners, landlords and letting agents looking to let their property in Islington.

The agency will offer a safe, secure and hassle-free letting and management service – as well as guaranteed rent at competitive rates.

The agency will then match these homes to people on its housing waiting list and will waive the fees and deposits that usually prevent them from renting privately.

As well as providing more affordable homes to families in need, we will also avoid having to place tenants in expensive temporary accommodation too.

We are keen to sign up landlords ready for our launch, so if you have a property in Islington and want to find out more about what we can offer you, see our webpage www.islington.gov.uk/islingtonlets or contact Ian Tagg in our housing team on **0207 527 6078** or email ian.tagg@islington.gov.uk today.

An advertisement for Parkhurst Apartments. It features the Islington logo at the top right with the tagline 'Working in partnership'. Below it is a stylized 'P' logo for Parkhurst Apartments. The text reads 'COMING SOON: A limited number of 2 bedroom apartments available for Private Sale and Shared Ownership. Priority will be given to residents of the Borough of Islington'. There is a computer-generated image of the building at Parkhurst Road, Islington, N7. At the bottom, it provides the phone number 0844 800 1639, the website www.site-sales.co.uk, and logos for site sales and FIRST STEPS to home ownership in London.

Young Islington

Under pressure?



Young Mayor Hiba Warsame

It is estimated that one in four people experience mental health issues at some point in their lives. Islington's Young Mayor Hiba Warsame tells IslingtonLife why this is such an important issue for young people

"Exams, relationships, family problems – there are a lot of things that can cause stress and anxiety to young people. We know from experience that a lot of young people have these stresses and pressures in everyday life and when we agreed the Youth Council's priorities earlier this year we were keen to include health and wellbeing. We want to make sure that people can access help and advice when they need it.

"To find out what services are available for young people, we attended the Islington Children and Young People health planning meeting. We ran a workshop to see what young people think of health services in Islington, and what could be improved. We've shared these findings with Islington's Public Health team and hope to help them use this information to write the new health plan".

Get help

If you're stressed or worried about yourself or someone else, please visit a doctor or go online – here are some websites you can check out:



izzy-info.com – the information directory especially for young people in Islington, with lots of help and advice on mental health and much more.



docrady.org – this great website helps young people feel more confident about going to their GP about a mental health issue.



findgetgive.com – helps you find out where to get advice and support in your local area



moodbug.me – this tells you about a really cool app for iPhones. I have this app myself and I've found it really useful, so I'd definitely recommend it.

Happy holidays!

Finally, the Youth Council would like to take this opportunity to thank everyone for their support this year and to wish everyone a safe, healthy and happy Christmas and New Year.

Speak to us!

We're always keen to hear your views, ideas and concerns, and it's easy to get in touch with us.

 @islingtonYC

 IslingtonYC

 020 7527 2552

 youthcouncil@islington.gov.uk

Young people help keep the peace



More than 100 teenagers from across Islington took part in this year's Peace Cup football tournament, the final activity in celebration of a month of peace.

The 'Supreme Young Voices' team won the inter-community football tournament 2-0 in an exciting penalty shootout

at Market Road football pitches, against a rival team from Muslim Welfare House.

The cup aims to bring together teenagers from various backgrounds and along side the tournament there is health advice as well as support and information on jobs and apprenticeships.

The tournament was arranged by Islington Faiths Forum, with the support of Islington Council, the Access to Sports Project, Arsenal in the Community and the Community Kitchens Project. It was also sponsored by local business Absolute Print Ltd.

Other activities during the month of peace, included 18 peace assemblies delivered in Islington schools with the theme faith and war, linked to the centenary of the First World War.

Disability at the heart of anti-bullying conference



Over 100 children from ten Islington schools attended an anti-bullying conference at Emirates Stadium last month as part of National Anti-Bullying Week.

It focused on special educational needs and disability, and why it is important for all children and young people to feel safe and confident at school regardless of any physical, learning or mental health disability.

If you're worried that your child is being bullied, there are some signs you can look out for such as:

- reluctance to go to school
- acting withdrawn or agitated at home
- changes in eating habits
- problems sleeping.

You should always report any concerns to your child's school and arrange a meeting with them. You can also get advice from the following agencies:

- Victim Support Islington – email **vs.islington@vslondon.org** or call **020 7336 1770**
- Mencap – email **help@mencap.org.uk**, call **0808 808 1111** or go to **www.mencap.org.uk**
- Contact a Family – go to **www.cafamily.org.uk**, call **0808 808 3555** or email **helpline@cafamily.org.uk**
- Kidscape – go to **www.kidscape.org.uk**, call **020 7730 3300** or email **contact@kidscape.org.uk**
- Anti-Bullying Alliance – go to **www.anti-bullyingalliance.org.uk**
- Family Lives – free helpline for parents – call **0808 800 2222**.

Islington's young people have their say



Jobs and wages have emerged as the biggest concerns for young people in Islington in a poll organised by the Youth Council.

Nearly 600 young people in Islington had their say on the issues that matter to them as part of the UK Youth Parliament Make Your Mark ballot. The Youth Councillors gave out ballot papers and encouraged young people to make their mark. Jobs and wages were by far the most important issues to local young people, and these were in the top five nationally too.



Find out more as www.ukyouthparliament.org.uk

Playful Science wins award



Fun science sessions for children and families in Islington have won a top national award.

Kate Greenaway Nursery School and Children's Centre's Playful Science project saw young people whisking bubbles, pond-dipping, mud-painting and much more. Playful Science aimed to give young people and their parents an imaginative and interesting introduction to the world of science.

The scheme beat competition from more than 2,000 other entries to win the Rolls-Royce Science Award, which was presented at the Science Museum.



Your child could be eligible for free part-time early learning. Find out if you qualify!

See the website or visit your local children's centre for further information
www.islington.gov.uk/freearlylearning2

Or contact the Family Information Service on 020 7527 5959.

Get on course for 2015

Whether your goal is improving your computer skills in Word or Excel, building a website or preparing for a career in catering or care work, taking our courses can help you achieve it.

This is just a glimpse of the courses on offer, but there are hundreds more to choose from! You can check out which courses suit your needs and if you qualify by visiting www.islington.gov.uk/acl

To chat to someone about the best course for you or to sign up, come along to an enrolment day on 6 or 7 January at your local learning centre or call **020 7527 5782**.

SUPPORT CHARITY NOT CRIME

GIVING WITH CONFIDENCE

Most of us give to charity and when we do, it is important to expect that our donations will go to the people who need it most, not into the pockets of criminals.

Most collections and appeals are legitimate, but some are scams.

Six simple steps to supporting charity not crime:

- 1 Genuine fundraising materials should feature the charity's name, registered name and a landline contact number.
- 2 Check the charity's name and registration number. You can verify this at the Charity Commission's website: www.charitycommission.gov.uk
- 3 Look for the FRSB logo indicating that the charity is signed up to fundraising regulation
- 4 When approached by collectors, check whether they have proper ID and that any collection tin is sealed.
- 5 Fundraisers require a licence from the local authority (or the Police in London) to collect in a public place. Check that they have this.
- 6 If in doubt, ask the collector for more information - a genuine fundraiser will always be happy to answer questions and explain more about the work of the charity.

If you think that a collection or appeal is not legitimate, report it to **Action Fraud** on **0300 123 2040** and inform the Charity Commission. <http://www.actionfraud.police.uk>

But the most important message of all is please don't stop supporting charities.

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Healthy Living

Keeping teeth healthy from an early age

Did you know that nearly a third of Islington's five year-olds have had tooth decay?



Good habits will protect children's teeth now and later on as adults, so it's really important that they understand how to look after them from an early age.

Camden and Islington Public Health Team have produced

a fun video called Shiny and Bright to get across the most important things that children and parents should know.

Go to the Oral Health Promotion page on www.whittington.nhs.uk to watch the video with your children.



Top tips for healthy teeth!

- brush twice a day with fluoride toothpaste
- spit out, but don't rinse!
- avoid sugary snacks
- visit a dentist regularly once the first tooth appears
- have fluoride varnish application – it's painless and protects teeth! Contact your dentist to find out more.

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Islington leisure gets Better!

Islington's leisure centres are getting even better, with big investment from the council and its leisure centre provider GLL, which runs the centres under the Better brand.



Work has just finished at Cally Pool and Gym, where the gym has been extended and brand new equipment has been installed. You can find out more at www.better.org.uk/leisure/cally

Archway Leisure Centre is also set to undergo a revamp, with a much improved gym and new reception area.

Next year will also see a £2.5m investment in Highbury Pool and Fitness Centre. Improvements will include an expanded gym with new state-of-the-art equipment that will allow members to access their favourite online content, such as

websites, TV and social networking sites while working out. Plans for the leisure centre also include a new sauna and steam room, new studios and a refurbished reception with fast track entry points.

You can experience some of these great improvements for yourself by taking advantage of Better's free day pass – see advert opposite for more details.



Find out more about Islington's leisure centres at www.better.org.uk/islington

Go Team Islington!

Team Islington, made up of 38 older residents, recently took part in the Better Club Games tournament.

The team took part in swimming, badminton and bowls contests as well as dominoes and more! There are plans for an even bigger and better tournament for Islington's older people next year. Speak to a member of staff at your local Better leisure centre to find out how you can take part.

Did you know discounted membership is available for over 60s in Islington? Go to your local Better leisure centre or visit www.better.org.uk to find out more.

Recycle more over Christmas

Residents who have a green recycling box are getting extra help to recycle this Christmas. We'll be distributing free recycling bags in the lead up to Christmas to help you recycle all your extra Christmas waste, including wrapping paper, Christmas cards, bottles, cans and plastic.

The recycling bags can be used along with your box to help you recycle more. Many of us have extra food waste over Christmas as well. You can get compostable food waste bags from your local libraries and if you need an extra food waste box or kitchen caddy, please get in touch.

The recycling bags have been paid for through a grant from the government. They are made from recycle plastic and will be recycled.



www.islington.gov.uk/recyclingbags
www.facebook.com/RecyclingIslington

Did you know?



You can now register the birth of your child at Archway Children's Centre.

You don't even need an appointment – just drop in from 9.30am–1pm every Monday.

Find out more at www.islington.gov.uk/birth

Noticeboard

Carers' handyman service

Need help putting up that shelf, plumbing in a washing machine or changing a light fitting? Or maybe you know a carer who does?

A subsidised handyman service is currently available in the borough for older and vulnerable residents. This service has now been extended to unpaid carers* caring for an Islington resident. This new service for carers is available until 31 March 2015.

Charges: £4 per half hour for handyman/ home maintenance/ carpentry and security, or £7 per half hour for plumbing, appliances, gas, electrics and other high skill repairs and adaptations. People using the service will also need to pay for any parts or materials supplied.

Contact details: 0330 380 1013 (weekdays 9.30-1.00, 2.00-4.30),

services@mobilerepairservice.org.uk,

fax:0845 094 1612 or in writing/ in person to

MRS Independent Living, Caxton House 129 St

John's Way N19 3RQ

*criteria applies
Full details will be on the website soon at www.mrsindependentliving.org.



Look good, feel good in 2015

Look good and feel good in style at an event for women and girls in January.

There are a range of activities to try – all for free! Try out a keep fit class, get pampered, decorate a cup cake, have a go at a new sport, or pick up health advice. The event is at Sobell leisure centre, Hornsey Road, N7 7NP on Sunday 11 January, 11am-3pm. Come along and bring a friend!

Go to www.islington.gov.uk/activewomenandgirls for more information.

Camden and Islington NHS Foundation Trust (C&I) is your local NHS mental health and drug and alcohol misuse service.

One in four people suffer from a mental health problem during their lifetime, so it is possible that either you or one of your family, friends or work colleagues may end up needing treatment. And while we do treat serious issues like bipolar or schizophrenia, we are also here to care for people who are suffering from OCD, phobias, anxiety, and even worry.

Recovery is our business. We're here 24/7, ready to help when you need us most.
(www.candi.nhs.uk)

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Calling all kids, new mums and mums to be! Are you getting enough vitamin D?

Free Healthy Start vitamins are available to all pregnant women, breastfeeding mums and children under four who live in Islington. We all need vitamin D for healthy bones and teeth. We can get it from sunshine and a very small amount from food. But this is not always enough for children, pregnant women and breastfeeding mums. That is why taking extra vitamin D is important.

So if you are pregnant, breastfeeding or have children under four look out for the D sticker and collect your vitamins! If you receive Healthy Start vitamin vouchers anyway, please hand this over when you collect the vitamins.

Contact healthystart@islington.gov.uk or speak to your midwife or health visitor for more information. Find out where you can pick up Healthy Start vitamins at www.islington.gov.uk/healthystart



Your chance to win a Lee Valley adventure

IslingtonLife has teamed up with Lee Valley Regional Park Authority to offer a lucky reader plus one guest the chance to try one of the four cycling disciplines at the world class Lee Valley VeloPark or experience the thrills of the white water at Lee Valley White Water Centre.

For your chance to win one of the experiences, simply answer this question:

How many cycling disciplines can you experience at Lee Valley VeloPark?

A. One B. Three C. Four

www.visitleevalley.org.uk/competition

IslingtonLife Competition, Marketing Department, Lee Valley Regional Park Authority, Myddelton House, Bulls Cross, Enfield EN2 9HG

Closing date: Friday 30 January 2015
www.visitleevalley.org.uk or call 08456 770 600

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Upper Holloway & Highbury Bridge replacements



To find out the latest information on TfL's A1 Holloway Road Bridge replacement programme please visit www.tfl.gov.uk/upper-holloway-bridge Travel information is available at www.tfl.gov.uk/traffic

To find out the latest information on TfL's Highbury Corner Bridge replacement programme please visit www.tfl.gov.uk/travel-information/improvements-and-projects/highbury-and-islington

Consultation on Archway Gyratory



TfL are consulting on the future of Archway Gyratory. To find out more and have your say visit www.tfl.gov.uk/archway-gyratory Consultation ends 14 December 2014.

Old Street roundabout consultation



TfL are consulting on plans on changes to Old Street roundabout until 11 January 2015.

Please visit www.tfl.gov.uk/old-street-roundabout

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Arsenal defender visits Islington primary school



Bellerin with Sacred Heart Pupils

Hector Bellerin recently visited Sacred Heart Catholic Primary School in Holloway to meet children studying Spanish to celebrate European Day of Languages with the youngsters.

Bellerin helped pupils practice their Spanish in the classroom, before getting stuck into a football session using Spanish vocabulary in the playground.

The day was made possible by the Arsenal Double Club Languages programme, which uses football to encourage and inspire children to learn additional languages. Sessions are split into two halves, with 45 minutes of classroom time – in which children are taught new languages using football related resources – followed by a 45 minute football sessions during which pupils are encouraged to use key vocabulary in the target language to reinforce the knowledge gained in the classroom.

Bellerin said of his visit: “I came to England from Barcelona in 2011 and learning English was so important to helping me settle on and off the pitch. It’s great to see the work that Arsenal do to help children learn a second language.”

Since being setup in 2006 the Arsenal Double Club Languages programme has been rolled out to some 600 schools, with more than 12,000 pupils having used the Club’s materials to learn an additional language.

The Arsenal Double Club also offers education programmes in numeracy, literacy, science, geography and business studies.

For more information on the modern foreign languages programme, please visit www.arsenaldoubleclub.co.uk



Bellerin helping pupils with Spanish vocabulary



Arsenal Football Club celebrates equality and diversity at Premier League home game



Zacariah from Arsenal’s Positive Futures on the Harvist Estate

Arsenal’s Premier League home game against Hull City on Saturday 18 October focused on the Club’s Arsenal for Everyone initiative, an on-going scheme which embraces the diversity and equality of the Club and its fan base.

A cross-section of local Arsenal supporters were special guests of the Club and were invited to the game to welcome players on to the pitch with a flag display of the native countries of the Club’s players.

Arsenal in the Community welcomes new young coaches

Arsenal in the Community has welcomed 20 BTEC students and 21 gap year students to the Club.

The groups will all undergo training programmes in the coming weeks to become FA qualified coaches, and will go on to coach young people in local schools.

Arsenal supporting young people of Islington



Through a variety of sport, education and training projects Arsenal in the Community has the power to reach young people in a unique way and support them through challenging times.



Dillon pictured second from left rewarded for his leadership

During any given week, more than 5,000 individuals are engaged in Arsenal in the Community initiatives across more than 40 different projects over 55 different venues.

19 year-old Dillon White is just one individual which Arsenal in the Community has helped throughout his teenage years.

Dillon has been involved in Arsenal in the Community projects since 2007. From the Arsenal Double Club which uses football resources and training to improve literacy and numeracy skills to Arsenal in the Community's social

inclusion programme, Kicks, which takes place in Rosemary Gardens amongst other venues in the Borough.

Whilst attending Kicks sessions with Arsenal in the Community coaches, Dillon had a number of opportunities including playing in tournaments, including one overseas. In 2011 Dillon joined Arsenal's government-funded National Citizen Service programme. The programme gives young people the opportunity to meet new people, take part in outdoor activities and give back to their community.

As part of the scheme Dillon attended two week-long residential trips where he showed great leadership and team work qualities. He also took part in two volunteering projects: assisting London Borough of Islington Greenspace team and visiting a care home to socialise with the older people whilst carrying out chores.

Arsenal in the Community continued to support Dillon over the following year however he found himself lacking direction and focus. He struggled to understand the opportunities available to him once he had left school. He was attracted to a negative peer group and was arrested by the police for petty crime.

But Arsenal in the Community remained in Dillon's life and in early 2013 he completed his FA Level 1 coaching badge and Gym Instructors Level 2 qualification. Whilst on the latter he was informed of a new exciting opportunity called 'Youth Health Trainers.' Dillon interviewed for the programme successfully and enrolled in August last year. Staff were impressed with his enthusiasm, punctuality and attitude.

At the beginning of the year Dillon was accepted on to the Youth Health Trainers apprenticeship scheme which is a paid job with Islington Council. Dillon spends four days a week seconded to Arsenal in the Community where he assists and works across a variety of sessions and attends college one day a week to complete the apprenticeship which is an NVQ Level 2 in Health and Social Care.

The Arsenal Kicks project has engaged over 900 young people across Islington, Camden, Hackney and Westminster with 46 of these participants being supported into employment and 159 gaining accredited qualifications through the programme.

MATCHES AT EMIRATES STADIUM

Barclays Premier League

Arsenal v Newcastle United

Saturday 13 December
Kick-off 5.30pm

Arsenal v Queens Park Rangers

Friday 26 December
Kick-off 5.30pm

Arsenal v Stoke City

Sunday 11 January
Kick-off 1.30pm

Arsenal v Aston Villa

Sunday 1 February
Kick-off 1.30pm

Arsenal v Leicester City

Tuesday 10 February
Kick-off 7.45pm

Arsenal v Everton

Saturday 28 February
Kick-off 3pm

Arsenal v West Ham United

Saturday 14 March
Kick-off 3pm

All fixtures in 2015 are subject to change. Please note subject to progression in the UEFA Champions League and FA Cup draws, Arsenal may play additional home games at Emirates Stadium in January, February and March 2015. All updates can be found on www.arsenal.com.

Arsenal is also offering local residents a dedicated email service to communicate fixture changes, road closures, events at Emirates Stadium and important tube/travel information. To register, send a blank email to localresidents@arsenal.co.uk and you will immediately be added to the Club's Residents email list.

Information concerning events at Emirates Stadium can also be found on the new Arsenal FC match day and event information line on 0844 931 22 11. Calls cost 3p per minute from a landline. Mobile and other providers' charges may vary.

Follow @arsenalmatchday on Twitter for the latest travel and operational news from Emirates Stadium.

What's on

Concerts at Islington Assembly Hall

A great way to warm up the winter nights is to head to a gig at Islington Assembly Hall on Upper Street. Here are a few highlights but check out Twitter [@islington_ah](#) for the latest news as there'll be more new shows announced soon! For the full listing of events, visit www.islingtonassemblyhall.co.uk or email assemblyhall@islington.gov.uk

Kokomo

The original proponents of British soul have recently reformed.

When: 11 December, 7pm

JD McPherson

Bringing a retro sound with an irresistible mix of 1940s RnB, rock and roll and rockabilly.

When: 22 January, 7pm

Charlie Simpson

Expect an intimate acoustic gig from the ex-Busted man in this, his first solo tour.

When: 10 February, 7pm



Kokomo



JD McPherson



Charlie Simpson

From East to West: Chinese life in London since 1900

Visit the Islington Museum and explore the life experiences of Chinese people in London from 1900 to the present day in this new and fascinating exhibition.

'From East to West' takes you on a journey of discovery and reveals how the Chinese community and Chinese culture in the capital has developed and prospered throughout the 20th century and beyond.

Where: Islington Museum, 245 St John Street, London, EC1V 4NB

When: 5 December - 26 February; Monday to Saturday 10am-5pm (closed Wednesdays and Sundays)

www.islington.gov.uk/heritage

Free hire of Islington Assembly Hall

If you're a community organisation or charity based in Islington, check out www.islington.gov.uk/islingtonassemblyhall for details of how to apply to hire the prestigious venue for a maximum of five hours free of charge on selected dates. Applications must be submitted by Sunday 25 January 2015.

'Tis the season to get engaged!

Congratulations if you're one of the many happy couples to get engaged during this festive period! It's now time for the fun to really get going as you plan your big day, including finding that special place to celebrate with your family and friends.

Right next door to the grand surroundings of Islington Town Hall, the grade II listed Islington Assembly Hall provides the perfect backdrop to your stylish urban wedding reception. Our wedding package give you the flexibility to create a day that's personal and special to you, and our experienced and friendly team are here to help every step of the way.

Visit www.islingtonassemblyhall.co.uk or contact us for a brochure or to arrange a viewing at assemblyhall@islington.gov.uk or 020 7527 8900.

<p>Free all day parking voucher valid on: Saturday 27 December 2014</p> <p>Valid all zones</p> <p>Valid all day in resident permit holder on-street parking places only</p> <p>ISLINGTON</p>	<p>Free all day parking voucher valid on: Monday 29 December 2014</p> <p>Valid all zones</p> <p>Valid all day in resident permit holder on-street parking places only</p> <p>ISLINGTON</p>	<p>Free all day parking voucher valid on: Tuesday 30 December 2014</p> <p>Valid all zones</p> <p>Valid all day in resident permit holder on-street parking places only</p> <p>ISLINGTON</p>	<p>Free all day parking voucher valid on: Wednesday 31 December 2014</p> <p>Valid all zones</p> <p>Valid all day in resident permit holder on-street parking places only</p> <p>ISLINGTON</p>
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Christmas opening hours

Anti-social behaviour and noise patrol service

The anti-social behaviour (ASB) reporting line will operate as normal over the Christmas/New Year period.

You can report ASB at any time on **020 7527 7272** or at www.islington.gov.uk/reportasb

The ASB response team will operate the following hours:

24 December - 12noon – 8pm

25 December - no service

26 December - 5pm – 4am

27 December - 5pm – 4am

28 December - 4pm – 2am

29 December - 4pm – 2am

30 December - 4pm – 2am

31 December - 12 noon – 8pm

1 January - 4pm – 2am

The Noise Patrol will be available as usual apart from xmas eve, xmas day and new years eve, although the ASB team will be available for noise complaints.

Contact Islington

There will be normal service hours for Contact Islington and the Customer Centre at 222 Upper Street from now until 24 December and after 2 January. Festive opening times as follows:

24 December - 9am – 4pm

25 - 18 December - closed

29 December - 9am – 5pm

30 December - 9am – 5pm

31 December - 9am – 4pm

1 January - closed

2 January - 9am – 5pm

Normal hours will resume on 5 January. Contact Islington will remain open for out of hours emergency housing repairs over this period. **020 7527 2000.**

Children's centres

All children's centres will be closed from 24 December until 5 January. Individual centres' hours will vary, please check the website for the latest updates.

Housing offices and the Housing Aid Team

Wednesday 24 December will be a normal working day, with all area office receptions and buildings closing at 4pm. All offices will reopen on Friday 2 January 2014.

Your repairs service, Housing Direct will be open on:

24 December - 8am – 8pm

25 December - closed

26 December - closed

27 December - 8am – 12 noon

28 December - closed

29 December - 8am – 8pm

30 December - 8am – 8pm

31 December - 8am – 8pm

1 January - closed

2 January - 8am – 8pm

Outside of these hours only emergency repairs can be reported.

Repairs should be reported to Housing Direct on **0800 694 3344 (020 7527 5400** from a mobile) or email repairs@islington.gov.uk (non-emergency repairs).

The Housing Aid Team will be closed from 4pm on Tuesday 24 December, re-opening at 9am on Monday 29 December and will be closed from 4pm on 31 December, reopening at 9am on Friday 2 January 2015. For emergency housing services call **020 7527 2000** during this period.

Leisure centres

Leisure centres will have different opening hours from usual over the Christmas period. The information is available on the GLL website www.better.org.uk/islington

Libraries

All libraries will be open as usual except on 25 and December and 1 January. On 24 December they will close at 1pm and on 31 December they will close at 5pm. Normal hours will commence on 2 January.

Parks

The gates on all of our parks will not be locked on:

- 24 December – they will remain open until 5pm 27 December
- 31 December - they will remain open until 5pm on 2 January.

There will be no park keepers from 3pm on 24 December until 2 January. All park sports areas will be open for free use during this period. Parks are open as normal at all other times.

Recycling

Rubbish and recycling collections that are usually on a Thursday, Friday or Saturday, will be made one day later over Christmas and New Year. Friday collections will be made on Saturdays on 27 December and 3 January.

Registry office

The registry office will be closed on 25, 26, 27, 28 December and 1 January. It will be open from 9am – 3pm on 24 and 31 December, and from 9am – 4.30pm on 29 and 30 December, returning to normal hours on 2 January.

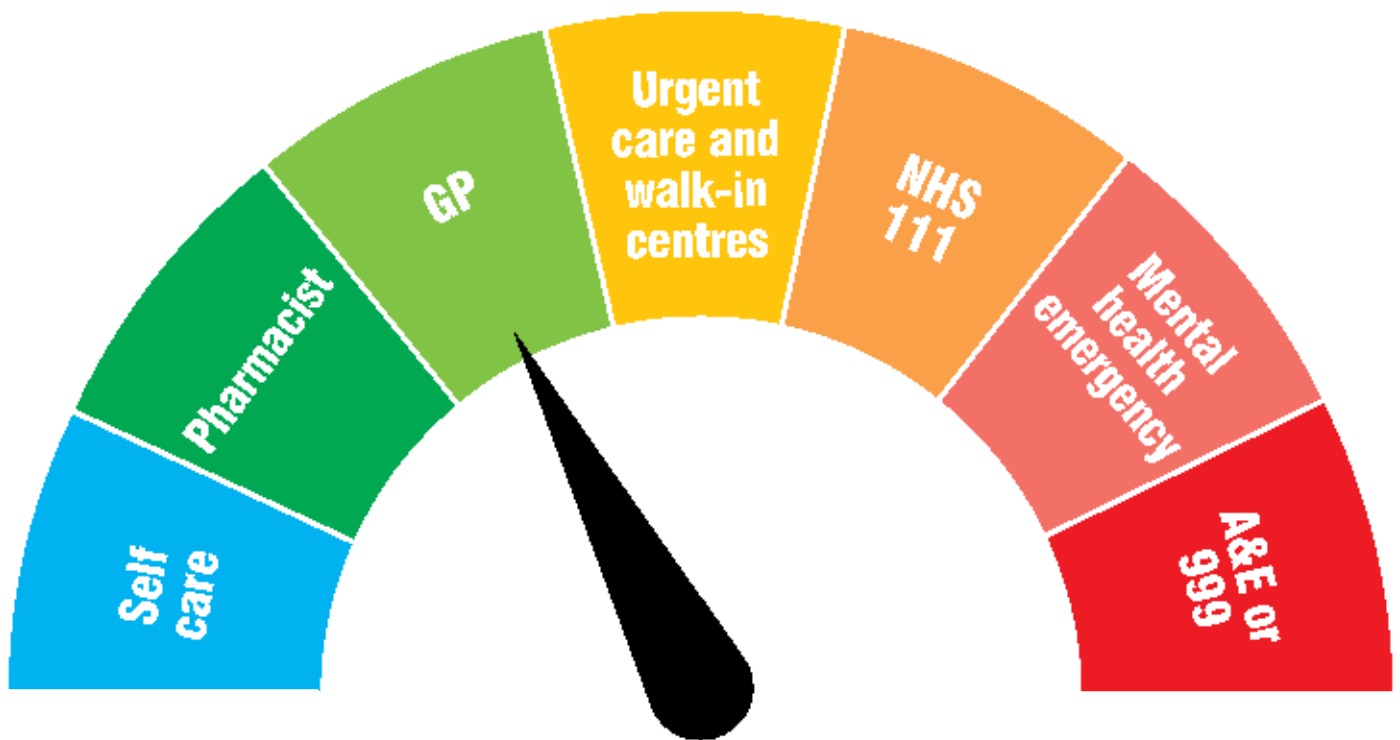
Schools

Schools will be closed for the Christmas holidays from 20 December until 4 January. Term ends on 19 December and starts on 5 January.

Street parking

On bank holidays, when there is not a match or event at Emirates Stadium, motorists can park in any resident parking bay, short stay parking bay (pay and display), or single yellow line in Islington for free. You cannot park on double yellow lines or in dedicated disabled bays at any time. Restrictions will be as normal except on 25 December, when only parking obstructions and dangerously parked vehicles will be enforced. On 26 December, restrictions apply in the match day zone for the Arsenal home game but there will be minimal enforcement elsewhere

Choose the right treatment.



If you become ill or pick up an injury, the NHS provides a range of services to help you get well. By choosing the NHS service most appropriate for your symptoms you will get the best possible treatment. This will help us reduce the pressure on services like A&E so they can help those people in most need.

Visit www.IslingtonCCG.nhs.uk for more information.

Download the free Choose Well North London app from the App Store and Google Play.