

September 2020

## Briefing on Social Connectedness for Partners Working and Volunteering in Islington

### Introduction from Councillors Janet Burgess and Una O'Halloran

We are so pleased to introduce this Social Connectedness briefing for our fantastic partners working and volunteering in Islington's mutual aid groups, voluntary and community sector (VCS), health services and other organisations. It outlines what we are all doing, together, to ensure that **everyone in Islington feels socially connected** and can access the support they need.

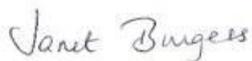
Many more of us have felt socially disconnected as our lives have been unprecedentedly disrupted by the Covid-19 pandemic – **daily interactions with friends, family, colleagues, and acquaintances declined or stopped entirely**, with millions of us missing the simple joys of hugging or holding hands. Everyone has felt anxious and uncertain about the future.

**Social connections are so important for our wellbeing and quality of life** – and even more so during this challenging time. Being socially connected brings us joy, purpose, helps foster our sense of belonging, and improves our health and productivity.

Although lockdown measures and socially distancing will lessen with time, many people in Islington will remain lonely and feel left behind by the societal shifts we've seen over the course of the pandemic.

Tackling loneliness and social isolation is therefore one of the top priorities to emerge from COVID-19. Although this has been a challenging time for us all, we have been so heartened by the vibrancy, agility, and innovation shown by the VCS, mutual aid groups and others: we are confident that, **as partners working together, we can ensure everyone in Islington is socially connected.**

Councillor Janet Burgess, Deputy Leader of the Council and Executive Member for Health & Adult Social Care



Councillor Una O'Halloran, Executive Member for Community Development



This briefing will tell you more about:

- **Social Connectedness** – what it is, and what impact it has

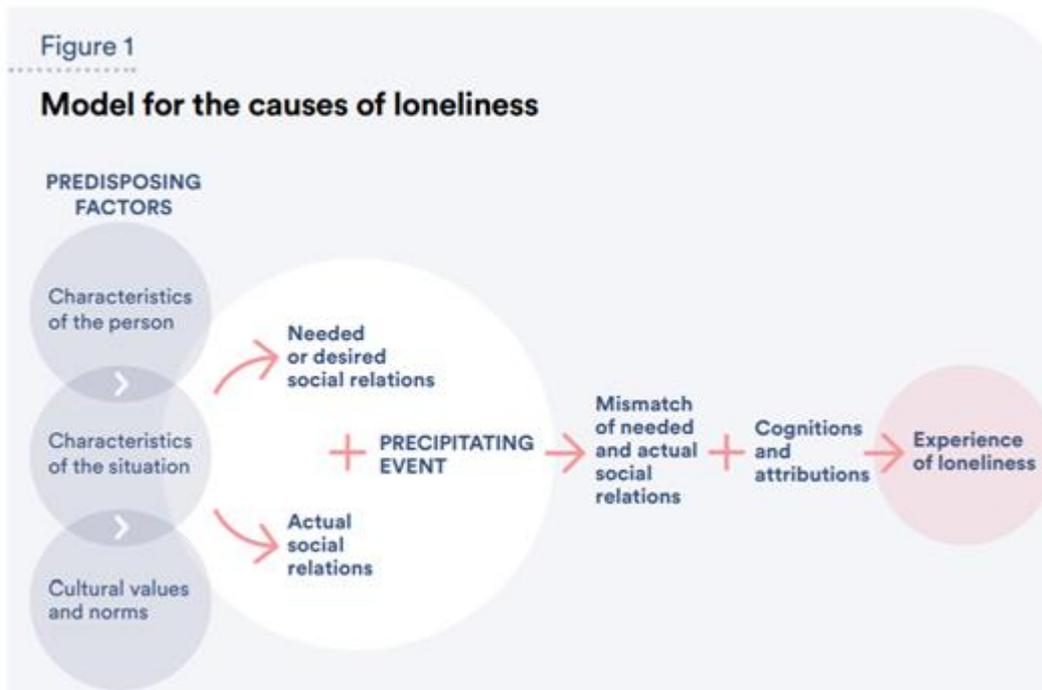
- **Accessibility** – resources to make your service more accessible
- **Islington Social Connectedness Network:** Join the conversation to increase social connectedness in Islington
- **Contacting the We Are Islington Helpline**
- **Improving your Awareness of and Skills around Social Connectedness and Wellbeing**
- **Activities and Services for Residents**

## Introduction to Social Connectedness

'Social isolation' and 'loneliness' are used widely within the health, social care, and VCS sectors. However, we are mindful that these terms may sometimes be associated with stigmatising or negative connotations and have different resonance in different communities. We aspire to be as inclusive as possible, ensuring that residents are not put off. Going forward, we therefore propose using the term '**social connectedness**' where possible – it refers to the same issues around social isolation and loneliness, but, we hope, with more **positive and inclusive connotations**.

**Spending a lot of time alone doesn't necessarily mean that you feel lonely.** You can feel content being on your own but lonely in a crowded room, surrounded by people. It is important to distinguish between the two: bringing people together to increase the quantity of social contacts won't combat loneliness if the **quality of those relationships** is not considered.

Perlman and Peplau describe a model of loneliness (Fig. 1) which involves predisposing factors, a precipitating event (e.g. bereavement), and a mismatch of needed compared to actual social relations, along with psychological factors (cognitions and attributions) which lead to the subjective experience of loneliness. Each person's experience of loneliness is therefore complex, and is, as the model explains, the product of interacting internal and external factors.





	and outreach to isolated and housebound women.	
Nafsiyat	Psychological support and therapy from therapists who work across different cultures and languages, delivering therapy in <b>more than 20 languages</b> .	Website: <a href="https://www.nafsiyat.org.uk/">https://www.nafsiyat.org.uk/</a> Tel: 020 7263 6947 Email: <a href="mailto:admin@nafsiyat.org.uk">admin@nafsiyat.org.uk</a>
Covid-19 Infographics	Free resource of infographics summarising key points about COVID-19 in <b>over 40 different languages</b> - includes myth busting posters, self-care and general advice in a range of languages. There is also a link to <b>local mental health services delivered in community languages</b> .	Website: <a href="https://covid19graphics.info/index.html">https://covid19graphics.info/index.html</a> Email: <a href="mailto:covid19infographics@gmail.com">covid19infographics@gmail.com</a>
Islington Sign Language Interpreting Services	Access to <b>services for deaf residents</b> such as British Sign Language interpreting, videophone interpreting, and advice about getting help in the borough.	Website: <a href="https://www.islington.gov.uk/accessibility/sign-language-interpreting-services">https://www.islington.gov.uk/accessibility/sign-language-interpreting-services</a> Tel: 020 7527 3962 Minicom: 020 7527 6067 SMS: 07860 025 025 <a href="mailto:interpreter.signlanguage@islington.gov.uk">Facetime: interpreter.signlanguage@islington.gov.uk</a> (Apple devices only) <a href="#">Skype</a> : Search for 'Islington Sign Language' Sign Language Interpreting Service FB group <a href="https://www.facebook.com/groups/115228765198681/">https://www.facebook.com/groups/115228765198681/</a>

## The Right Choice of Words

Using the best choice of words when having conversations with residents and service-users might be the difference between them engaging or not.

Key learnings on language in comms	
Common mistakes	What to do
Consumer language and provider language often differ	Check comms with end users. Use their language
Selling the problem or the process more than the end benefit	Sell the 'end benefit' E.g. ' <b>Feel more connected</b> ','Build your emotional wellbeing'
Risk of off-putting language e.g. mental illness, loneliness	NORMALISE the problem e.g. "Loneliness is <b>0</b> to be ashamed of. It's a sign you need connection like hunger is a sign you need food"
Off-putting images	Pics tell a thousand words
Assuming people know when you've said it once	Repetition

Image by Talk for Health, August 2020

An example of a non-stigmatising approach is set out in the image below left, advertising a support group. The contrast between the two posters shows the difference it can make to use appropriate language, imagery and terminology that will resonate with service users.

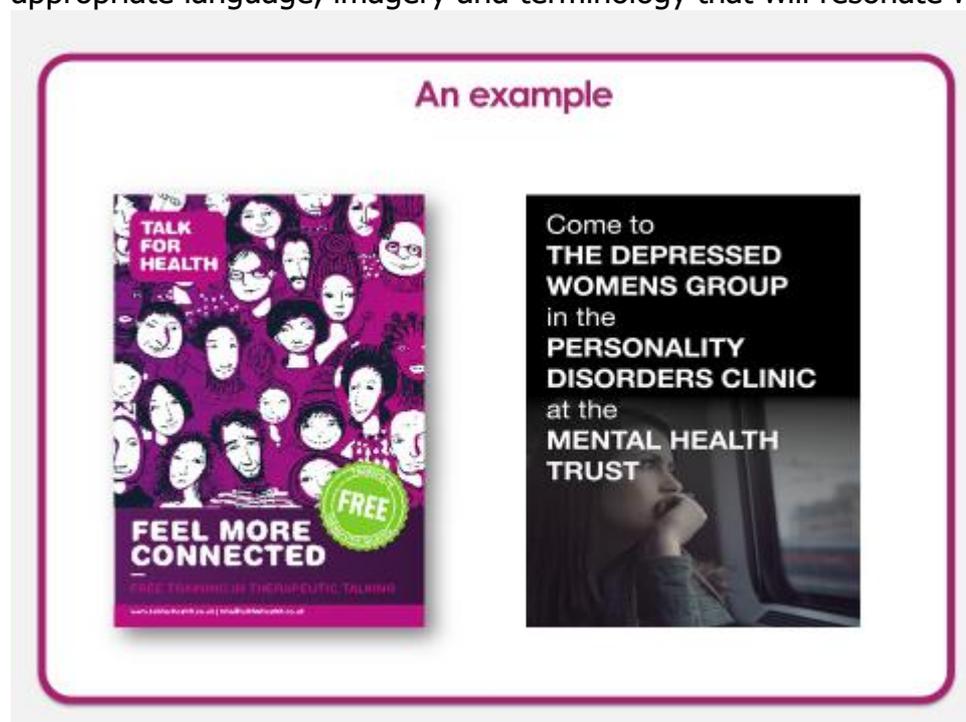


Image by Talk for Health, August 2020

## Support for Improving Digital Confidence

Do your service users sometimes find it difficult to navigate technology, or lack confidence connecting with friends and family online? There's lots of support available in Islington to help boost confidence and feel comfortable using a laptop, tablet, or phone. Take a look at the information below for more details and how to get in contact.

Healthy Generations	Helping people stay healthy, independent and fully involved in their community, gentle exercise classes. Online digital class for older people	Phone: Sam Tomlinson on 07981142376 Email: <a href="mailto:healthgensorg@gmail.com">healthgensorg@gmail.com</a>
St. Luke's Community Centre	PC Pals for over 55s - one-to-one IT mentoring programme available in English and Spanish	Phone: 020 7549 8178 Email: <a href="mailto:businessengagement@slpt.org.uk">businessengagement@slpt.org.uk</a>
First Steps Learning Centre – Central Library	One-to-one 30-minute computer training session	Phone: 020 7527 7002 Email: <a href="mailto:firststeps@isonline.org">firststeps@isonline.org</a>
Islington Computer Skills Centre – Finsbury Library	One-to-one 30-minute computer training session	Phone: 020 7527 7002 Email: <a href="mailto:info@icskills.co.uk">info@icskills.co.uk</a>
Healthwatch	3 x 1-hour phone support with a digital champion and virtual drop ins via Zoom	Contact Philippa Russell on 07538 764436 or <a href="mailto:philippa.russell@healthwatchislington.co.uk">philippa.russell@healthwatchislington.co.uk</a>
City Lit	Online digital courses specifically for Deaf people	<a href="https://www.citylit.ac.uk/courses/specialist-learning/centre-for-deaf-education/computing-and-digital-skills-for-deaf-people">https://www.citylit.ac.uk/courses/specialist-learning/centre-for-deaf-education/computing-and-digital-skills-for-deaf-people</a>

## Islington Social Connectedness Network: Join the conversation to increase social connectedness in Islington

We ran a survey of organisations in Islington about the work they are doing to increase resident's social connections, and it showed that there was strong (93%) interest in establishing an **Islington Social Connectedness Network** for partners across the **Council, VCS, and the NHS who are interested in or working on social isolation and loneliness.**

The network is a friendly open space to share good practice, build professional relationships, create partnership opportunities, and identify and tackle challenges collectively. Meetings will focus on key priority themes relevant to social connectedness, as identified by network partners. The forward plan of topics and date of meetings is as follows, these meetings will be held via zoom and meeting details will be emailed out:

Date	Topic
Thursday 27 <sup>th</sup> August 10-11.15am	Language: stigma and ESOL (English as a second or foreign language)
Wednesday 9 <sup>th</sup> September 2.30-3.45pm	Race, ethnicity and faith: the impact of COVID-19
Monday 28 <sup>th</sup> September 10-11.15am	Digital inclusion
Monday 5 <sup>th</sup> October 2-3.15pm	Exploring joint funding opportunities
Thursday 22 <sup>nd</sup> October 12-1.15pm	Support for, and management of, staff/volunteers
Wednesday 4 <sup>th</sup> November 2.30-3.45pm	Support for friends/family/carers
Monday 16 <sup>th</sup> November 11am-12.15pm	Children and Young People
Thursday 3 <sup>rd</sup> December 11am-12.15pm	Mental health
Wednesday 16 <sup>th</sup> December 2.30-3.45pm	Disability & long-term illness

It would be great if you could join us. If you are interested, **please email Dr Lena Al-Shammari: [Lena.Al-Shammari@islington.gov.uk](mailto:Lena.Al-Shammari@islington.gov.uk)**

## Improving your Awareness of and Skills around Social Connectedness and Wellbeing

Islington Councils Public Health team has several exciting free training opportunities: find out more and register at [tiny.cc/IslingtonTraining](https://tiny.cc/IslingtonTraining). The training aims to increase awareness, knowledge and skills across Islington around the issues of social connection, mental health and wellbeing, suicide prevention and bereavement support. Anyone who works, studies or lives in Islington can benefit from this training. *A BSL interpreter can be provided upon request.*

- **Mental Health Awareness:** Anyone can attend
- **Mental Health in the Workplace for Managers:** Staff with people management responsibilities

- **Mental Health First Aid (adult):** Anyone can attend
- **Managing Suicidal Conversations:** Anyone whose role might bring them in direct contact with people who have suicidal feelings
- **Suicide Let's Talk:** Staff and volunteers who come into contact with residents
- **Bereavement Awareness:** Staff and volunteers who come into contact with residents
- **Making Every Contact Count:** Anyone can attend
- **Psychological First Aid:** Staff and volunteers who come into contact with residents

## We Are Islington Helpline



The council's [We Are Islington helpline](#) helps residents who are experiencing difficulties and feeling lonely or isolated to access a broad range of support. Professionals who need to refer residents for support can also use the We Are Islington helpline.

We Are Islington staff are ready and able to talk to residents about social isolation and loneliness, and some of the risk factors related to it such as suicide prevention, and bereavement. They use a **strengths-based approach** to empower residents. In practice, this means that staff take time to talk to the caller, asking open questions to find out what they are interested in and how they might be able to help themselves. Callers are then linked into local VCS organisations, mutual aid groups, and local community centres.

We Are Islington is open every day, 7 days a week, from 9am to 5pm.  
 Contact details for We Are Islington: 020 7527 8222 or [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk) or  
 Minicom: 020 7527 1900 or Website: <https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/need-help>

For British Sign Language (BSL), use Signvideo: <https://main.signvideo.me/app/8/10901> Lines are open Monday - Friday from 9am to 5pm, Saturday from 9am to 1pm, Sunday closed.  
 BSL Users: This is the link to the full video: <http://orlo.uk/7U5Ep>. This is the shorter clip on 'We are Islington', posted on Facebook: <https://www.facebook.com/IslingtonBC/videos/260919365298804/>

## Activities and Services for Residents

There is a wealth of organisations in Islington working to provide activities/services that improve our residents' social connectedness and wellbeing. The tables below list the names, brief description of offer, and contact details of some of these organisations – the information

is intended to help you understand the local provision and signpost residents to the support that suits them.

Social connectedness is a broad issue – social isolation and loneliness are interconnected with a range of other factors, such as deteriorating mental health and digital exclusion preventing online communication with friends and family. Some people may also prefer to be socially connected to activities/services relevant to their specific culture, language, faith, gender identity or sexuality. These are free activities/services, we have detailed if a low cost applies.

To account for these factors, we have structured the tables into 9 themes:

- **Activities**
- **Support for Parents, Families, Young People and Children**
- **Chat and Befriending**
- **Identity - Faith, Culture, Community Languages, Gender & Sexuality**
- **Bereavement Services**
- **Psychological Support and Therapy**
- **Community Centre Hubs** - local community centres which offer a range of physical, social and befriending activities/services for residents who live in the locality
- **Mutual Aid Groups** - to connect with and provide voluntary support for neighbours and local people in your area
- **Navigator Services** – can't find what you're looking for? These organisations can help



*Do you have Deaf BSL service-users who are interested in a service or activity? Please email or text Islington Sign Language Interpreting Services to ask about BSL access (see page 4 for details). The Sensory Team can also signpost to specifically Deaf-related activities and services in Islington – please contact the Sensory Team on 0207 527 2299. See <https://www.islington.gov.uk/accessibility/sensory-team> for more information.*

## Activities

Organisation	About the organisation and what it offers	Contact
Claremont Project	<p><b>Based in Angel, White Lion St, this centre runs many projects and activities for older people where they can build quality relationships</b></p> <p><b>For people aged over 55 only</b></p> <p><b>Exercise:</b> Tai chi, yoga,  <b>Music:</b> gospel choir  <b>Social:</b> coffee morning</p>	<p>020 7837 3402  <a href="mailto:amanda.b@claremont-project.org">amanda.b@claremont-project.org</a></p>
Manor Gardens Welfare Trust	<p><b>Based near Archway this health and wellbeing charity based in Upper Holloway helps people take action to change their lives for the better. Their services promote mental and physical health and wellbeing and increase social inclusion.</b></p> <p><b>1:1 and group activities</b></p>	<p>07538 562 128  <a href="mailto:MGassistance@manorgardenscentre.org">MGassistance@manorgardenscentre.org</a></p>

Healthy generations	<p><b>Projects reducing isolation for vulnerable people. Helping people stay healthy, independent and fully involved in their community, gentle exercise classes.</b></p> <p><b>Physical:</b> online exercise classes  <b>Music:</b> to restart soon</p>	<p>Sam Tomlinson 07981142376  <a href="mailto:healthgensorg@gmail.com">healthgensorg@gmail.com</a></p>
Help on Your Doorstep	<p><b>They aim to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.</b></p> <p><i>Activities available as part of their Good Neighbours scheme</i></p> <p><b>Physical:</b> yoga, zuma, chair-based exercise, meditation, kids' indoor football  <b>Social:</b> bingo, street dance, coffee morning</p>	<p>020 3931 6080  <a href="mailto:connect@helponyourdoorstep.com">connect@helponyourdoorstep.com</a></p>
London Irish Centre	<p><b>Relieve and combat poverty, distress, financial hardship and sickness to those in need by reason of youth, age, ill health, disability, unemployment or other disadvantage. To promote Irish art, culture and heritage for the public benefit. To advance education for the public benefit in Irish culture and language</b></p> <p><b>Physical:</b> Irish dancing, chair-based exercises  <b>Social:</b> social groups, virtual book club, talks &amp; events  (note: events / book club are related to Irish culture)</p>	<p>0207 916 2222  <a href="mailto:info@londonirishcentre.org">info@londonirishcentre.org</a></p>
Stuart Low	<p><b>Based in the Claremont Project in Angel. For people with mental health needs, they provide safe spaces and community activities focusing on arts, nature and wellbeing, including out of hours. They connect and support people for better health and wellbeing.</b></p> <p><b>Social:</b> virtual art programmes, virtual nature programmes, virtual Sunday Philosophy Forum</p>	<p>020 7713 9304  <a href="mailto:info@slt.org.uk">info@slt.org.uk</a></p>
Elthorne Pride	<p><b>Based in Archway, they inspire and motivate people to get involved and lead change in their communities</b></p> <p><b>Social:</b> online quiz nights, free socially distanced Sunday lunches</p>	<p>020 8017 2205  <a href="mailto:info@elthornepride.org.uk">info@elthornepride.org.uk</a></p>
Age UK Islington	<p><b>Get Togethers</b> offer a wide range of community based and online activities for fitness, creativity, learning a new skill and making friends</p>	<p>020 7281 6018  <a href="mailto:gethelp@ageukislington.org.uk">gethelp@ageukislington.org.uk</a></p>
Gardening Groups	<p>Islington's estate-based gardening groups are open to <b>estate residents and leaseholders</b>. No skills or tools required.</p>	<p><a href="mailto:HCDT@islington.gov.uk">HCDT@islington.gov.uk</a></p>
Islington Council's Community Centres	<p>Over 40 estate-based community centres providing a range of activities including art classes, activities to improve digital confidence, and physical activities including Zumba. <b>Available to the whole community.</b></p>	<p><a href="mailto:HCDT@islington.gov.uk">HCDT@islington.gov.uk</a></p>

## Support for Parents, Families, Young People and Children

The Parent House	<b>Based in the south of the borough, they support parents to help them reach their goals and aspirations</b> Telephone support	020 7837 1383 <a href="mailto: jyoti@theparenthouse.co.uk">jyoti@theparenthouse.co.uk</a>
Brandon Centre	<b>16-21 years old</b> – counselling and psychotherapy incl. with “feeling isolated”	020 7267 4792 <a href="mailto: counselling@brandoncentre.org.uk">counselling@brandoncentre.org.uk</a> 07520 633477 (text number)
Body and Soul	Support for children and young people ( <b>age 13-21</b> ) living with or closely affected by HIV	020 7923 6880 <a href="mailto: enquiries@bodyandsoulcharity.org">enquiries@bodyandsoulcharity.org</a>
Prospex (Caledonian Road)	Multiple services and activities for young people <b>aged 8-21</b>	020 7607 7626 <a href="mailto: info@prospex.org">info@prospex.org</a>
Lift Youth Hub (Central Islington)	Youth hub with gym, kitchen, dance classes, parkour and free running, archery, boxing, table tennis and fitness classes, music/singing, home cooking classes, employment support & talking therapy, IT / coding workshops - <b>ages 12-25</b>	Judith on 07825 098689 <a href="mailto: lift@isledon.co.uk">lift@isledon.co.uk</a>
Platform Youth Hub (North Islington)	Creative hub for young people – creative activities incl. Music and theatre, alongside arts and crafts, games and quizzes, and one-to-one support – <b>ages 12-25</b>	call/text Anna on 07884 007588 <a href="mailto: platform@isledon.co.uk">platform@isledon.co.uk</a>

## Chat and Befriending

Manor Gardens Welfare Trust	Telephone befriending	07538 562 128 <a href="mailto: MGassistance@manorgardenscentre.org">MGassistance@manorgardenscentre.org</a>
Help on Your Doorstep	Befriending and group telephone chats	020 3931 6080 <a href="mailto: connect@helponyourdoorstep.com">connect@helponyourdoorstep.com</a>
London Irish Centre	Telephone Befriending & Health and Wellbeing Advice Line	0207 916 2222 <a href="mailto: info@londonirishcentre.org">info@londonirishcentre.org</a>
Age UK	Wellbeing checks - proactive wellbeing checks, of varying depth and scope, personalised and tailored to a person’s wellbeing situation	0207 281 6018 <a href="mailto: gethelp@ageukislington.org.uk">gethelp@ageukislington.org.uk</a>
FCV Dorcas	Supports isolated <b>older people</b> living in <b>Central and South Islington</b> . Range of support services including befriending visits, telephone befriending, assisted shopping trips and outings, a twice-weekly Lunch Club and help with practical tasks.	020 7689 1574 Website: <a href="http://fcv-dorcas.org.uk">http://fcv-dorcas.org.uk</a>

## Identity - Faith, Culture, Community Languages, Gender & Sexuality

Forum +	Forum+ is an independent charity working to improve the lives of <b>LGBTQ+ people</b> in Camden, Islington and the surrounding boroughs. Online activities changing monthly	10.00am - 5.30pm Monday to Friday: 020 7388 5720 or <a href="mailto:info@forumplus.org.uk">info@forumplus.org.uk</a>
KMEWO- Kurdish and Middle Eastern Women's Organisation in Britain	KMEWO is a specialist organisation that works with <b>women from Kurdish, Middle Eastern and North African backgrounds.</b> <ul style="list-style-type: none"> <li>• One-to-one information, advice and advocacy support</li> <li>• Bilingual counselling in Kurdish, Arabic, Farsi, Tigrinya and English</li> <li>• A wide range of confidence building, education training and volunteering opportunities for women</li> <li>• Online yoga and exercise classes</li> </ul>	020 7263 1027 <a href="mailto:info@kmewo.com">info@kmewo.com</a>
Maa Shanti	<b>Asian Women who have experienced domestic violence.</b> Exercise: online activities include yoga, Craft and skills: arts & crafts, ESOL and cooking club. Support: support groups. We are also providing group support via WhatsApp	07340 990119/ 07904 034 278, Mon to Fri 9 –3pm <a href="mailto:director@maashanti.org">director@maashanti.org</a> , <a href="mailto:admin@maashanti.org">admin@maashanti.org</a>
Islington Bangladesh Association	We provide advice on welfare benefits, employment and housing for <b>Bangladeshi and other Black and minority ethnic (BME) people.</b> IBA is a grass root led registered charitable organisation based in South Islington. It is the only specific Bangladesh led organisation surviving in the borough of Islington and is now the main point of contact for the Bangladeshi community there.	020 7833 2608 020 7833 0591 <a href="mailto:asad@ibal.org.uk">asad@ibal.org.uk</a>

## Bereavement Services

Names of Organisation	Description of offer	Contact
CARIS Islington Bereavement Service (Christian Action, and Response In Society)	The CARIS Bereavement Service helps children, young people and adults in Islington who are experiencing bereavement. We will help anyone in Islington who has been bereaved, regardless of disability, ethnicity, gender, race, religion, race, or sexuality, or whether the bereavement was recent or a long time ago.	02072815200 <a href="mailto:info@carisislington.org">info@carisislington.org</a>
Islington Bereavement Service	The service is for people who have experienced the death of a family member, relative or another important person in their life. Run by St Joseph's Hospice and a team	020 7317 5774 <a href="mailto:islingtonbereavement@stjh.org.uk">islingtonbereavement@stjh.org.uk</a>

	of trained volunteers, this service can offer practical, social and emotional bereavement support.	
SLOW (Surviving the Loss of Our World)	SLOW is a bereavement charity by <b>parents who have lost a child</b> . They provide an informal, quiet place for bereaved parents.	07532 423 674 <a href="mailto:info@slowgroup.co.uk">info@slowgroup.co.uk</a>

## Psychological Support and Therapy

Nafsiyat	Psychological support and therapy from therapists who work across different cultures and languages, delivering therapy in more than 20 languages.	Referrals are open and there is an online referral form. 020 7263 6947 <a href="http://www.accept-consortium.org.uk/Referral">http://www.accept-consortium.org.uk/Referral</a>
Maya Centre	Offers culturally sensitive, low cost counselling and talking therapies for <b>women</b> .  Only taking self-referrals	<a href="tel:02072812970">020 7281 2970</a> <a href="https://www.mayacentre.org.uk/self-agency-referral/">https://www.mayacentre.org.uk/self-agency-referral/</a>
Manor Gardens Welfare Trust	Wellbeing support and potential counselling after assessment	07538 562 128 <a href="mailto:MGassistance@manorgardenscentre.org">MGassistance@manorgardenscentre.org</a>
Claremont Project	<b>For people aged over 55</b> Low cost psychotherapy service	call Rebecca on 020 7689 8091 or email her at <a href="mailto:rebecca@claremont-project.org">rebecca@claremont-project.org</a>

## Community Centre Hubs – local multi use community centres which can advise, signpost and offer activities within their centres.

Ward	Name of Centre	Contact
Hillrise	Caxton House Community Centre	0207 263 3151 <a href="mailto:admin@caxtonhouse.org">admin@caxtonhouse.org</a>
Hillrise	Hornsey Lane Estate Community Association	0207 272 5938 <a href="mailto:admin@hleca.org.uk">admin@hleca.org.uk</a>
Tollington	Brickworks Community Centre-Hanley Crouch Community Association Ltd	020 7263 1067, Mon to Fri 9 –3pm <a href="mailto:admin@hanleycrouch.org.uk">admin@hanleycrouch.org.uk</a>
Highbury East/West	Highbury Roundhouse	020 7359 5916, Mon to Fri 10 –5pm <a href="mailto:admin@highbury-roundhouse.org.uk">admin@highbury-roundhouse.org.uk</a>
Highbury East/West	Elizabeth House Community Centre-Highbury Vale Blackstock Trust	020 7690 1300 <a href="mailto:info@elizabeth-house.org.uk">info@elizabeth-house.org.uk</a>
St George's	Hilldrop Community Centre –Hilldrop Area Community Association	020 7607 9453 <a href="mailto:office@hilldrop.org.uk">office@hilldrop.org.uk</a>
Finsbury Park	The Old Fire Station-Holloway Neighbourhood Group	02076079794 <a href="mailto:firestation@hng.org.uk">firestation@hng.org.uk</a>
Caledonian	Light Project International	020 7833 4009

		<a href="mailto:info@lppi.org.uk">info@lppi.org.uk</a>
Mildmay	Mildmay Community Partnership	020 7249 8286 <a href="mailto:Mildmaycp@gmail.com">Mildmaycp@gmail.com</a>
Finsbury Park	Muslim Welfare House	02072633071, Mon to Fri 8 –6.30pm <a href="mailto:info@mwht.org.uk">info@mwht.org.uk</a>
Clerkenwell	Peel Institute	020 7837 6082 <a href="mailto:admin@peelinstitute.org.uk">admin@peelinstitute.org.uk</a>
Bunhill	St Luke's Parochial Trust	Monday-Friday 9am-9pm Saturday & Sunday 9am-4pm  020 7549 8181  <a href="mailto:info@slpt.org.uk">info@slpt.org.uk</a>
Junction	Whittington Park Community Association	<a href="tel:02072721847">020 7272 1847</a> <a href="mailto:hallhire@whittingtonpca.org.uk">hallhire@whittingtonpca.org.uk</a>

## Mutual Aid Groups - to connect with and provide voluntary support for neighbours and local people in your area

Ward	Contact
Finsbury Park	<a href="mailto:fpmutualaid@gmail.com">fpmutualaid@gmail.com</a>
Hillrise and Tollington	<a href="mailto:hillrisetollington@gmail.com">hillrisetollington@gmail.com</a>
Holloway	<a href="mailto:hollowaymutualaid@gmail.com">hollowaymutualaid@gmail.com</a>
Junction	<a href="mailto:junctionislingtonmutualaid@gmail.com">junctionislingtonmutualaid@gmail.com</a>
St Georges	<a href="mailto:sgislingtonmutualaid@gmail.com">sgislingtonmutualaid@gmail.com</a>
Highbury East and West	<a href="mailto:highburymutualaid@gmail.com">highburymutualaid@gmail.com</a>
Mildmay	<a href="mailto:mildmaymutualaid@gmail.com">mildmaymutualaid@gmail.com</a>
St Mary's	<a href="mailto:stmarysmutualaid@gmail.com">stmarysmutualaid@gmail.com</a>
St Peter's	<a href="mailto:StPetersmutualaid@gmail.com">StPetersmutualaid@gmail.com</a>
Canonbury	<a href="mailto:hello@canonburymutualaid.com">hello@canonburymutualaid.com</a>
Barnsbury & Caledonian	<a href="mailto:callybarnsmutualaid@gmail.com">callybarnsmutualaid@gmail.com</a>
Clerkenwell & Bunhill	<a href="mailto:clerkenwellmutualaid@gmail.com">clerkenwellmutualaid@gmail.com</a>

## Navigator Services – Can't find what you're looking for? These organisations can help.

Names of Organisation	Description of offer	Contact
Manor Gardens Welfare Trust	Volunteer befriending to all ages, and more specialist counselling	020 7527 8222, Mon to Fri 9 – 5pm <a href="mailto:MGassistance@manorgardenscentre.org">MGassistance@manorgardenscentre.org</a>
Age UK Islington	Helpline and case support, including social prescribing and navigation	020 7281 6018, Mon to Fri 9 – 5pm <a href="mailto:gethelp@ageukislington.org.uk">gethelp@ageukislington.org.uk</a> / <a href="mailto:info@islingtoncarershub.org">info@islingtoncarershub.org</a>

Help on your Doorstep (HOYD)	Helpline and case support, including social prescribing and navigation	020 3931 6080, Mon to Fri 10-4pm <a href="mailto:Connect@helponyourdoorstep.com">Connect@helponyourdoorstep.com</a>
Healthwatch Islington	Helpline and signposting to VCS offer across Islington	07538 764436, Mon to Fri 10-4.30pm <a href="mailto:Info@healthwatchislington.co.uk">Info@healthwatchislington.co.uk</a>