



Try Something New 2024



Free Trial with BMF

You don't have to be a super-star athlete to join BMF, you just need to want to give it a go

Locations: Clissold Park, Finsbury Park, Hampstead Heath, Alexandra Palace & Hyde Park



A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

Every Saturday at 9:00am.

Highbury Fields, Islington

Website: <https://www.parkrun.org.uk/highburyfields/>

NEW TAI CHI BEGINNERS CLASS

Starting 9.30am, :

Wednesdays 17th January 2023 at Caxton House. Free for the first month.

Join us for a new Chen style Tai Chi class for beginners. Learn the slow graceful 'silk reeling' movements that coordinate mind, body and breath, with controlled footwork, helping to build strength, agility and balance.

For more info contact tutor Steph: fowler.steph@gmail.com
Website: www.syner-chi.co.uk

Or the Main Office on 02072633151

ACTION FOR HAPPINESS

Happier January

We are a movement of people taking action to create a happier and kinder world, together.

Calendar

<https://actionforhappiness.org/calendar>

Upcoming Talks

Motivation and Self Worth with Dr Lora Park

Tuesday, 23 January 2024

19:00-20:00

<https://actionforhappiness.org/talks>

Find a Group Near You

<https://actionforhappiness.org/groups>

Website: <https://actionforhappiness.org/>



BRIT Kids will launch at Westminster Kingsway College's King's Cross Centre.

From January 2024, the Saturday morning sessions will offer Creative and Performing Arts Classes to budding performers from the ages of 7-18.

This is a new branch with The BRIT School collaborating with Westminster Kingsway to bring you Creative and Performing Arts Classes to 7-18 year olds on a Saturday. It is an exciting partnership using Westminster Kingsway's specialist studios and equipment and The BRIT Schools world famous, highly specialised teaching methods and ethos. There are fee paying courses with bursaries for low income families.

Website: king-scross@britkids.org

ISLINGTON

Sports activity for all

Information on all the sport and activity on offer in Islington.

Website: <https://www.islington.gov.uk/physical-activity-parks-and-trees/sport-and-physical-activity/sports-activity-for-all>

Veganuary 2024



Try Vegan This January

Try vegan with Veganuary and you will receive a celebrity cookbook, meal plans, recipes and lots more all for free!

Website: <https://veganuary.com/>



iCope provides a confidential psychological therapy service for people over the age of 18 registered with a Camden, Islington or Kingston GP. Online workshop videos to support families

Moodbooster

https://www.youtube.com/watch?v=0-_X4fwGKOk&t=486s

Stress and Relaxation

<https://www.youtube.com/watch?v=IF5FSKDRR-8&t=5s>

Coping with Low Self Esteem and Assertiveness

https://www.youtube.com/watch?time_continue=1&v=wGSJZtEXBRI&feature=emb_logo

Perfectionism

https://www.youtube.com/watch?time_continue=6&v=J8zQiMqZ2SM&feature=emb_logo

iCope referral

<https://www.icope.nhs.uk/pre-referral/>

iCope appointment

<https://www.icope.nhs.uk/request-an-appointment/>

Website: <https://www.icope.nhs.uk/>



Mind aim to improve the quality of life of all Islington residents who experience mental distress or are concerned about friends and/or relatives experiencing distress. Promote the preservation of mental health and the recovery of people suffering from mental health problems. Provide flexible community mental health services which meet local need. Encourage and actively promote service user involvement in all aspects of the delivery and development of our services.

Tel: 020 3301 9850 **Email:** min.wilkinson@islingtonmind.org.uk

Website: <https://www.islingtonmind.org.uk/our-services/mhrp/>.

Islington Mental Health Information Directory: <http://directory.islingtonmind.org.uk/Pages/Subjects.aspx>



Fitness Studio exercise videos

23 instructor-led videos covering:

- aerobic exercises
- strength and resistance
- pilates and yoga

Website: <https://www.nhs.uk/conditions/nhs-fitness-studio/>



NHS Couch to 5K

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

What is Couch to 5K?

Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, Josh Clark, who wanted to help his 50-something mum get off the couch and start running, too. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks.

Website: Get running with Couch to 5K - NHS (www.nhs.uk)



Free Wellbeing Workshops Wednesday

Afternoons All Islington
Parents Welcome

We will guide you through
calming, soothing and
tranquil sessions that will

help you to find some balance and peace in your life. Learning simple mindfulness techniques that can help in moments of high stress. Meeting others and share ideas

Dates: Wednesdays afternoons through
January, February & March 2024

- ◆ 17th, 24th & 31st of January
- ◆ 7th, 21st & 28th of February
- ◆ 6th, 13th & 20th of March

Time: 1pm to 2.00pm

Place: The Parent House, Calshot Street, N1 9AS

To Book: Contact 0207 837 1383

Anita@theparenthouse.co.uk

Parent House Courses - below is a list of recently offered courses and some courses which are happening this term.

Outreach and Presentation Skills

This course supports parents in becoming Parent House Outreach Volunteers. Parents have the chance to gain an accredited certificate level 1 in Presentation.

SEND Friends Workshops

This is a group for parents of children with additional needs. We meet on Tuesdays between 10am and 12pm.

The Parent House Mentoring Project

Are you interested in becoming a Mentor and supporting another parent? We recruit throughout the year, please call and ask for Aki, who will be able to give you more information.

Outreach Project- Volunteer training Level 1

This is a 6 weeks accredited course that leads to volunteering. Please come and be a part of our team and help us spread the word about Islington services including The Parent House.

Website: <https://www.theparenthouse.org>.



Growing Hope King's Cross

Growing Hope King's Cross is a charity offering free therapy for children and young people (0-18) with additional needs. We also

provide support for parents, carers and siblings through our groups and courses. Our clinic is open to everyone in the Camden and Islington area.

Free Therapy in King's Cross

We accept referrals for children and young people with diagnosed or undiagnosed additional needs who live in Camden or Islington. Parents, carers or professionals can make a referral on a child's behalf. Growing Hope is open to all regardless of belief.

Lots of children with additional needs don't have access to the therapy they need to reach their full potential. Growing Hope King's Cross runs in partnership with King's Cross Church (KXC) with a vision to see all children and families thrive. Therapy includes Occupational Therapy, Speech and Language, Music Therapy & Children's Therapy.

To make a referral: <https://growinghope.org.uk/make-a-referral/>

Website: <https://growinghope.org.uk/kings-cross/>



We work every day with children, families, and those who support them to improve children's chances in life.

Creative therapies - If you are a parent and your child is attending school, we will normally liaise with the school directly to discuss your request for creative therapy. For further information, please contact creativetherapyadmin@coram.org.uk

We provide free legal information, advice and representation to children and young people, families, carers and professionals. **Legal Advice:** <https://childlawadvice.org.uk/clas/contact-child-law-advice/>

Website: <https://www.coram.org.uk/>