

# A warm welcome to Camden, we are very happy that you are here.

We want to make sure you have the help and support you need. This pack gives you information about services and places in Camden for you and your family. If you need help, you can call:

- Camden Council on 0207 974 4444 or visit <u>www.camden.gov.uk</u>
- Migrant Help on 0808 8010 503 or visit https://www.migranthelpuk.org/contact

Here is a link to a map of Camden <a href="http://maps.camden.gov.uk/Nearest.aspx">http://maps.camden.gov.uk/Nearest.aspx</a>
You can use it to search for services and places near to your hotel.

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## Schools and education



Your child can apply to go to school, and you may be able to get help with school uniform and school meals. If you want a school place for your child, you can apply to the school.

#### Your nearest schools are:

#### **Primary Schools (4-11 year olds)**

#### **Kentish Town (Church of England)**

Islip Street, NW5 2TU Tel: 0207 485 1279

Email: admin@kentishtown.camden.sch.uk

#### St Patrick's (Catholic)

Holmes Road, NW5 3AH

Tel: 020 7267 1200

Email: admin@stpatricks.camden.sch.uk

#### **Rhyl Primary**

Rhyl Street, NW5 3HB

Tel: 020 7485 4899

Email: admin@rhylprim.camden.sch.uk

#### **Caraf Centre (Supplementary School)**

27-30 Cheriton Ave, Queens Cres, London NW5 4EZ Tel: 020 7284 0030

Email: admin@thecarafcentre.org.uk www.thecarafcentre.co.uk/what-we-do

#### Secondary Schools (11-18 year olds)

#### **Haverstock (Girls and Boys)**

24 Haverstock Hill, NW3 2BQ

Tel: 020 7267 0975

Email: office@haverstock.camden.sch.uk

#### William Ellis (Boys only)

Highgate Road, NW5 1RN

Tel: 0207 267 9346

Email: info@williamellise.camden.sch.uk

#### Parliament Hill (Girls only)

Highgate Rd, NW5 1RL

Tel: 020 7485 7077

Email: enquiries@parliamenthill.camden.sch.uk

#### **Acland Burghley (Girls and Boys)**

93 Burghley Road, NW5 1UJ

Tel: 020 7485 8515

Email: info@aclandburghley.camden.sch.uk

## School Uniform

If you need help with the cost of school uniform, ask the school if they would help you apply for a grant. These organisations might be able to help:

#### Glasspool

http://www.glasspool.org.uk/grants/grants

grants@glasspool.org.uk

Tel: 0203 141 3161

#### Ragamuffins

www.londonragamuffins.org.uk

#### **Free School Meals**

You might be able to get free school meals for your child. You need to apply online

https://www.camden.gov.uk/ free-school-meals

or call 0207 974 4444 for help



# Adult education and ESOL



# There are lots of free education courses for adults in Camden.

## **ESOL** (English for Speakers of Other Languages) courses

If you have never done ESOL classes before, or not for a long time contact the Camden ESOL Advice Service

Tel: 020 7974 1618

Email esol@camden.gov.uk

#### Other Adult Education courses:

Tel: 02079742148

https://www.webenrol.com/camden



# You can register with a GP and with a dentist. You might also need a hospital or an optician.

Some health services might need to be paid for, and you may be able to get help with the costs. Your nearest health services are:

#### **GP/Doctor**

### Prince Of Wales Medical Centre

52 Prince Of Wales Road, NW5 3LN Tel: 020 7267 0067 https://www.princeofwales grouppractice.nhs.uk

#### **Lawson Medical Centre**

85 Nuttall Street, N1 5HZ. Tel: 020 3538 6044 https://www.lawson practice.nhs.uk

#### **James Wigg Group Practice**

2 Bartholomew Road, NW5 2BX Tel: 020 7428 4555 https://jameswigg.co.uk/ contact



#### **Hospital (Accident and Emergency)**

Royal Free Hospital, Pond St, NW3 2QG Tel: 111 or 999 https://www.royalfree.nhs.uk

#### **Dentist**

#### A G Dentistry

333 Kentish Town Road, NW5 2TJ Tel: 020 7267 7653

#### **IS Dental Care**

158 Kentish Town Road, NW5 2AG Tel: 020 7485 3711

#### **Optician**

#### **Ronald Brown Opticians**

271 Kentish Town Road NW5 2JS Tel: 020 7485 2886

#### **Betterspecs**

210 Kentish Town Road, NW5 2AD Tel: 020 7482 3859

#### **Help with Medical Costs**

You might be able to get help with the cost of some medical services. You can use this checker to find out, or ask your GP for help

https://services.nhsbsa.nhs.uk/check-for-help-paying-nhs-costs/start







## There are lots of ways to get around Camden, including bus and tube.

Your children might also be able to get free or discounted transport. Your nearest transport services are:

#### **Nearest bus service**

**Kentish Town Post Office** 

251 Kentish Town Rd, NW5 2JT

Here is a link to planning a bus journey

https://tfl.gov.uk/maps/bus

and here is a link where you can look at a bus map

https://tfl.gov.uk/maps\_/bus-spidermaps?Query=Camden

#### **Nearest tube line:**

#### **Kentish Town**

(High Barnet Branch of the Northern Line)

#### Here is a link to a map of London Underground

https://tfl.gov.uk/maps/track/tube

You can use this link to plan a journey on London's public transport:

https://tfl.gov.uk/plan-a-journey

## Here is a link to information about free or discounted transport for children

https://tfl.gov.uk/fares/free-and-discounted-travel





# There are lots of supermarkets in Camden, and we have foodbanks who give food for free.

You can also use Camden's find food website here <a href="https://findfood.camden.gov.uk">https://findfood.camden.gov.uk</a>

#### Nearest supermarkets

#### Lidl

217-223 Kentish Town Rd, NW5 2JU

#### Co-op

250-254 Kentish Town Rd, NW5 2AB

## Nearest foodbanks

#### **Euston Foodbank**

1 Lancing St, NW1 1NA Tel: 07400 053838

#### Castlehaven Community Centre

23 Castlehaven Rd, NW1 8RU Tel: 020 7485 3386

See 'Community Centres' section for more food help.





# Help with babies and toddlers



Childrens Centres are for families with children aged 0-5 and for people expecting a baby.

## Your nearest Childrens Centres are:

#### **Harmood Children's Centre**

1 Forge Place NW1 8DQ Tel: 020 7974 8961

#### **Agar Children's Centre**

Lulworth, Wrotham Road NW1 9SU Tel: 020 7974 4789

#### They can help with:

- Midwifery, pregnancy and health visiting services
- Stay and play drop-ins and other activities for you and your child to enjoy together
- Childcare and childminders
- One-to-one support if you are feeling low, anxious or stressed by family life
- Information and support about breastfeeding, baby feeding and healthy eating
- Family support team if you need extra help
- Finding training, employment and benefits advice
- Advice and play activities to support your child's speech and language
- Local services for children with special educational needs and/or Disabilities, visit
- http://localoffer.camden.gov.uk/





The Camden Family Early Help Service can give practical and emotional support for you and your children.

Call 0207 974 3317 or email LBCMASHAdmin@camden.gov.uk

More information here <a href="https://www.camden.gov.uk/early-help-for-children-and-families">https://www.camden.gov.uk/early-help-for-children-and-families</a>







## There are lots of legal advice services in and around Camden who can help with immigration and asylum:

#### Camden Community Law Centre

Tel: 020 7284 6510

Website: https://cclc.org.uk

#### **Advocate**

Free legal assistance from volunteer barristers

Tel: (voicemail only) 020 7092 3960

#### Email:

enquiries@weareadvocate.org.uk
https://weareadvocate.org.uk

## CORAM Children's Legal Centre

One-off email advice from a specialist solicitor

Email:

mcpadvice@coramclc.org.uk

Website:

https://www.childrenslegalcentre.com/get-legal-advice/immigration-asylum-nationality/advice-line

#### **Crossroads Women**

For women who are seeking asylum, including those who may be separated from their children.

http://crossroadswomen.net/what-we-do

#### **Just for Kids Law**

For young people aged 10 to 25 who live in London, on a range of immigration issues.

Tel: 020 3174 2279

Email: info@justforkidslaw.org https://justforkidslaw.org/

## Joint Council for the Welfare of Immigrants (JCWI)

Tel: 020 7251 8708

Email: info@jcwi.org.uk

Website:

https://www.jcwi.org.uk

Tel: 020 7553 7470

#### **Rights of Women**

Advice lines on immigration and asylum law for women.

Tel: 020 7490 7689

Email: info@row.org.uk

Website:

https://rightsofwomen.org.uk

#### **Latin American House**

Immigration, asylum, nationality, detention, advice and casework, mainly (but not exclusively) for Latin Americans, Spanish and Portuguese speakers

Tel: 020 7372 8653

Email: info@casalatina.org.uk

Website:

https://casalatina.org.uk/legalsocial-advice/benefits-housingemployment



#### **Camden Safety Net**

Here to help survivors of domestic violence and their children. If you are in immediate danger, call the police on 999

Tel: 020 7974 2526

Email: camdensafetynet@camden.gov.uk

https://www.camden.gov.uk/domestic-violence

#### Hopscotch

Specialist support for Asian women experiencing violence or abuse

Tel: 020 8961 6549/ 5701

http://www.hopscotchawc.org.uk

#### **National Domestic Abuse Helpline**

Tel: 08082000247

#### Women's Aid Live Chat

If it's unsafe or you're unable to speak on the phone

https://chat.womensaid.org.uk

#### Men's Advice Line

Support for Male Victims and Survivors 08088010327

**GALOP LGBT+ Domestic Abuse Helpline** 

02077042040 or 08009995428





## Places to play and things to do



## Camden has lots of things to do and places to go with children. Your nearest facilities are:

#### **Playgrounds**

#### **Talacre Gardens**

300m – young children's playground + climbing frame for older kids.

#### **Lismore Circus**

1km – infant playground + children's playground + football / basketball

## **Kentish Town Library**

262-266 Kentish Town Rd, NW5 2AA

Tel: 020 7974 8765

Book borrowing for adults, young adults and children, free bookable computers, Study Space and free online Digital Resources.

#### **Talacre Community Sports Centre**

Dalby St, NW5 3AF

Tel: 020 7974 8765

Playground, multi-sport activities, children soft play and, adult activity sessions incl gym

#### **Kentish Town Sports Centre**

Grafton Rd, NW5 3DU

Tel: 020 7974 7000

Swimming sessions both children + adults, gym and adult activity sessions

#### **Cantelowes Gardens Sports Pitch**

Cantelowes Gardens, Camden Road, NW5 2AP

#### **Camden Activity Map**

Find free and low-cost activities around Camden from; youth clubs, outdoor gyms, sports clubs and more.

#### Ways to Move Resource

and local information package on fun ways to stay active in Camden

## Accessible Camden Disability Activity Finder (Wiki Links)

Find social and fun activities around Camden.

## Young Women and Girls Football Programme

Weekly training sessions created exclusively for girls aged 5-15 years old and we always welcome new participants.

#### **Free Activities**

#### 9 Outdoor Gyms

**Lismore Circus** 

#### **Camden Health Walks**

Free health walk through Camden throughout the week assisted by qualified walk leaders.

## Free things to do in London

https://www.visitlondon.com/ things-to-do/family-activities/31free-things-to-do-with-kids





# Places for young people



There are lots of centres for young people aged 11+ in Camden, who offer free things to do and enjoy.

#### Your nearest youth centres are:

Fresh Youth Academy @ Ingestre Road and Maitland Park Youth Project

Ingestre Road Community Centre, Ingestre Road, NW5 1UX Tel: 020 7974 2723 / 2079

Email: mukith.miah@camden.gov.uk or

cat.phillips@camden.gov.uk

#### **Kentish Town Youth Centre**

17 Busby PI, London NW5 2SP Tel: 07392983368

Email: youth@ktcc.org.uk

#### **Queens Crescent Community Centre- Youth Project**

45 Ashdown Crescent, NW5 4QE

Tel: 020 7267 6635

Email: youth@qcca.org.uk

Lots more ideas for things for young people to do here https://www.camdenrise.co.uk/things-to-do



Camden has lots of community centres who help residents and have lots of activities and support.

#### Your nearest community centres are:

#### **Kentish Town Community Centre**

17 Busby PI, London NW5 2SP

Tel: 020 7482 3212

https://www.ktcc.org.uk

Advice, food support, activities and signposting

#### **Queens Crescent Community Association**

45 Ashdown Cres, Belsize Park, London NW5 4QE

Tel: 020 7267 6635

https://www.qcca.org.uk

advice, food support and signposting



## Camden

Kentish Town

