



# Welcome to Camden

# Holborn



# 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 [www.camden.gov.uk](http://www.camden.gov.uk)
- Migrant Help on **0808 8010 503**  
or visit <https://www.migranthelpuk.org/contact>

Here is a link to a map of Camden

<http://maps.camden.gov.uk/Nearest.aspx>

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)	Secondary Schools (11-18 year olds)
<b>Christopher Hatton</b> 38 Laystall St, EC1R 4PQ Tel: 020 7278 4500 Email: <a href="mailto:admin@chrishatton.camden.sch.uk">admin@chrishatton.camden.sch.uk</a>	<b>Regent High School (Girls and Boys)</b> 136 Chalton St, NW1 1RX Tel: 020 7387 0126 Email: <a href="mailto:enquiries@regenthighschool.org.uk">enquiries@regenthighschool.org.uk</a>
<b>St Albans (Church of England)</b> Baldwin's Gardens, EC1N 7SD Tel: 020 7242 8585 Email: <a href="mailto:admin@stalbans.camden.sch.uk">admin@stalbans.camden.sch.uk</a>	<b>Elizabeth Garrett Anderson (in Islington and for Girls)</b> Donegal St, N1 9QG Tel: 020 7837 0739 Email: <a href="mailto:admin@egas.org.uk">admin@egas.org.uk</a>
<b>St Joseph's (Catholic)</b> Macklin St, WC2B 5NA Tel: 020 7242 7712 Email: <a href="mailto:admin@stjosephs.camden.sch.uk">admin@stjosephs.camden.sch.uk</a>	<b>Central Foundation (in Islington and for Boys)</b> Cowper St, EC2A 4SH Tel: 020 7253 3741 Email: <a href="mailto:info@cfbs.islington.sch.uk">info@cfbs.islington.sch.uk</a>

## 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](mailto:grants@glasspool.org.uk)

Tel: 0203 141 3161

### Ragamuffins

[www.londonragamuffins.org.uk](http://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](mailto:esol@camden.gov.uk).

## Other Adult Education courses:

Tel: 02079742148

<https://www.webenrol.com/camden>

## Health



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

#### Kings Cross Surgery

St. Pancras Hospital,  
4 St. Pancras Way, NW1 0PE  
Tel: 020 7278 9074  
<https://camdengp.co.uk>

#### Somers Town Medical Centre

77-83 Chalton St, NW1 1H  
Tel: 020 7387 6855  
<https://camdengp.co.uk>

#### Gower Street Practice

20 Gower Street. WC1E 6DP  
Tel: 0207 467 6800  
<https://www.gowerstreetpractice.org.uk/>



### Hospital (Accident and Emergency)

University College Hospital, 235 Euston Rd, NW1 2BU Tel: 111 or 999  
<https://www.uclh.nhs.uk/our-services/our-hospitals/university-college-hospital>

### Dentist

#### Raval Dental Surgery

86 Cromer Street, WC1H 8DG  
Tel: 020 7837 3478

#### Gandhi & Chan Dental Surgery

231 Gray's Inn Road, WC1X 8RH  
Tel: 020 7837 0903

### Optician

#### i-Optix Eye Care

96 Drummond Street, Euston, NW1 2HN  
Tel: 0207 388 1122

#### Drury Porter Eyecare

70 Brunswick Centre, Bloomsbury, WC1N 1AE  
Tel: 0207 837 3276

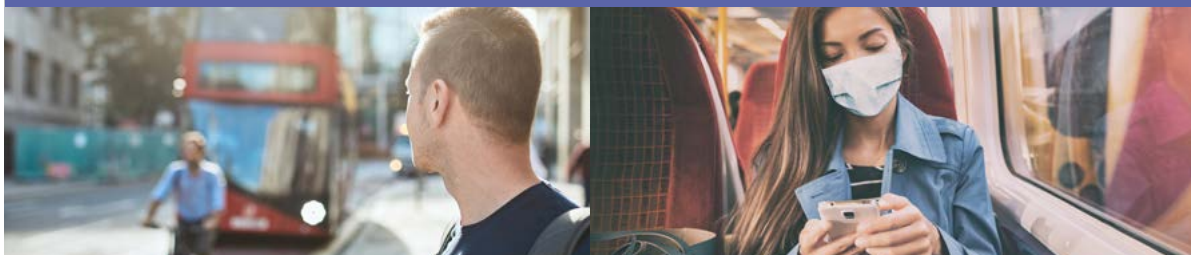
### Help with Medical Costs

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>



## Transport



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

#### Swinton Street

WC1X 8QB or

#### Kings Cross Station,

Euston Rd,  
N1 9AL

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-spider-maps?Query=Camden](https://tfl.gov.uk/maps/_bus-spider-maps?Query=Camden)

### Nearest tube line:

#### Kings Cross St Pancras

(Circle, Hammersmith and City,  
Metropolitan, Northern, Piccadily,  
Victoria Lines)

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>

## Food



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  
<https://findfood.camden.gov.uk>

### Nearest supermarkets

#### Coop

39-43 Grays Inn Rd,  
WC1X 8PR

#### The Peoples Supermarket

72-76 Lamb's Conduit St,  
WC1N 3LP

### Nearest foodbanks

#### Euston Foodbank

1 Lancing St, NW1 1NA  
Tel: 07400 053838

#### Camden Mobile Foodbank

2 Ossulton Street, NW1 1DF

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:

### 1a Children's Centre

1a Rosebery Avenue EC1R 4SR

Tel: 020 7974 7024

### Regents Park Children's Centre

Augustus Street NW1 3TJ

Tel: 020 7974 8934

### 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>



# Family support



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](mailto:LBCMASHAdmin@camden.gov.uk)

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



## Local legal advice



## Domestic violence



### 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](mailto: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](mailto: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](mailto:info@justforkidslaw.org)  
<https://justforkidslaw.org>

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

Tel: 020 7251 8708

Email: [info@jcwi.org.uk](mailto:info@jcwi.org.uk)

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

020 7553 7470

#### Rights of Women

Advice lines on immigration and asylum law for women.

Tel: 020 7490 7689

Email: [info@row.org.uk](mailto: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](mailto:info@casalatina.org.uk)

Website: <https://casalatina.org.uk/legal-social-advice/benefits-housing-employment/>

#### 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](mailto: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**

### **Wicklow Street**

400m – infant playground  
+ football

### **Joseph Grimaldi Park**

400m – children’s playground  
+ football / basketball

### **Judd Street open space**

400m – infant playground

## **Holborn Library**

32-38 Theobalds Rd,  
WC1X 8PA

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

### **Oasis Sports Centre**

32 Endell St, WC2H 9AG

Tel: 020 7831 1804

Swimming and adult activity classes

### **YMCA club**

112 Great Russell Street, WC1B 3NQ

Tel: 0330 311 4944

Swimming children + adults, gym,  
adult and children activities

### **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.

## **Free Activities**

### **9 Outdoor Gyms**

[Alf Barrett Playground](#)  
is closest

### **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/31-free-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:

#### **Somers Town Youth Centre**

134 Chalton Street, NW1 1RX

Tel: 020 7974 8256 or 020 7974 4957

Email: [anthony.edwards@camden.gov.uk](mailto:anthony.edwards@camden.gov.uk) or [joanne.peet@camden.gov.uk](mailto:joanne.peet@camden.gov.uk)

#### **Corams Fields Youth Centre**

93 Guilford St, WC1N 1DN

Tel: 020 7837 6138

Email: [info@coramsfields.org.uk](mailto:info@coramsfields.org.uk)

#### **Kings Cross Neighborhood Youth Centre**

51 Argyle Street, WC1H 8EF

Tel: 020 7278 5635

Email: [shofi.muhammod@kcbna.org.uk](mailto:shofi.muhammod@kcbna.org.uk)



## Community centres



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

### Your nearest community centres are:

#### **Calthorpe Community Garden**

258-274 Gray's Inn Road,  
London, WC1X 8LH  
Tel: 020 7837 8019

<https://www.calthorpecommunitygarden.org.uk>

Advice, food support and signposting

#### **Somers Town Community Association**

150 Ossulston St, NW1 1EE  
Tel: 020 7388 6088

<https://www.somerstown.org.uk>

Advice, food support and signposting

#### **Holborn Community Centre**

Holborn House,  
35 Emerald Street, WC1N 3QW  
Tel: 02074052370

<https://www.holborncommunity.co.uk>

advice, food support, activities and signposting

#### **Kings Cross and Brunswick Neighbourhood Association**

51 Argyle St, WC1H 8EF  
Tel: 020 7837 4025

[www.kcbna.org.uk](http://www.kcbna.org.uk)

Advice, food support, activities and signposting

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