




Services Directory

A guide to local services

At Birth Companions we will try to support you with anything you need help with. But sometimes there are things we can't help with or that other organisations are better at. This booklet gives you a list of some other services in the area you might want to use.

We've just listed the ones we think are most useful but there are loads of other organisations and services in North London. So if there's something you'd like help with and you can't see it on the list, just ask someone from Birth Companions and they can direct you towards more specialist services.

Support listed in this booklet:

Advice (legal, immigration, welfare, housing etc.)	
Baby groups	
Baby items	
Books	
Children's activities	
Computer access	
Domestic abuse and sexual violence support	
Education	
Employment support	
English lessons	
Free food	
Healthcare	
Housing support	
WiFi access	

Hackney Children’s Centres

Area: Hackney

Support offered: Hackney has several children’s centres, open to any parent with a child under five years old.

You can go there to access these services:

- Free childcare
- Children’s activities
- Baby groups
- Employment support
- Training
- Health services
- Parenting support
- Support for children with disabilities and special needs.

How to access this service:

Anyone with a child under the age of five can register with a children’s centre. You can go online to do this:

learningtrust.co.uk/content/childrens-centre-services

Or you can go to your local children’s centre to fill in a paper form.

Contact details:

020 8820 7590

Email: fis@learningtrust.co.uk

Website: learningtrust.co.uk/content/childrens-centre-services



Haringey Children's Centres

Area: Haringey

Support offered: Haringey has several children's centres, open to any parent with a child under five years old.

You can go there to access these services:

- Free childcare
- Children's activities
- Baby groups
- Employment support
- Training
- Health services
- Parenting support
- Support for children with disabilities and special needs.

How to access this service:

Anyone with a child under the age of five can register with a children's centre. You can go online to do this:

haringey.gov.uk/children-and-families/childcare-and-early-years/childrens-centres

Or you can go to your local children's centre to fill in a paper form.

Contact details:

Each centre has different contact details. You can find them here:

haringey.gov.uk/children-and-families/childcare-and-early-years/childrens-centres



Bright Start Islington (children’s centres)

Area: Islington

Support offered: Islington has several children’s centres, open to any parent with a child under five years old.

You can go there to access these services:

- Free childcare
- Children’s activities
- Baby groups
- Employment support
- Training
- Health services
- Parenting support
- Support for children with disabilities and special needs.

How to access this service:

Anyone with a child under the age of five can register with a children’s centre. You can go online to do this:
islington.gov.uk/children-and-families/childrens-centres-and-under-5s

Or you can go to your local children’s centre to fill in a paper form.

Contact details

Family Information Service: 020 7527 5959

Website: islington.gov.uk/children-and-families/childrens-centres-and-under-5s



Hackney Libraries

Area: Hackney

There are eight libraries in Hackney. To find out which is closest to you, visit: hackney.gov.uk/libraries

Support offered:

- Books
- English lessons
- Computer access
- Wifi access
- Children's activities
- Baby groups

How to access this service:

Go to your local library to sign up to be a member for free. Ask a staff member about the services on offer.

Contact details:

020 8356 2539

Email: info@hackney.gov.uk

Website: hackney.gov.uk/libraries



Haringey Libraries

Area: Haringey

There are nine libraries in Haringey. To find out which is closest to you, visit: haringey.gov.uk/libraries-sport-and-leisure/libraries/find-library

Support offered:

- Books
- English lessons
- Computer access
- Wifi access
- Children’s activities
- Baby groups

How to access this service:

Go to your local library to sign up to be a member for free. Ask a staff member about the services on offer.

Contact details:

020 8489 4560

Website: haringey.gov.uk/libraries-sport-and-leisure/haringey-libraries



Islington Libraries

Area: Islington

There are 13 libraries or library centres in Islington. To find the one nearest to you, visit: islington.gov.uk/libraries-arts-and-heritage/libraries/your-local-libraries

Support offered:

- Books
- Computer access
- Wifi access
- English Lessons
- IT lessons
- Employment support
- Children's activities
- Baby groups

How to access this service:

Go to your local library to sign up to be a member for free. Ask a staff member about the services on offer.

Contact details:

Each library has different contact details. You'll need to visit the website to find them.

Website: islington.gov.uk/libraries-arts-and-heritage/libraries/your-local-libraries



Doctors of the World

Area: London (clinic is in Tower Hamlets)

Support offered:

Healthcare for people who are struggling to access NHS healthcare due to immigration status, homelessness or any other issue.

How to access this service:

You can phone the clinic advice line to book an appointment: 0808 1647 686 (free to phone)

This line is open from 10am to 12 midday, Monday to Friday.
Outside of this time please email: clinic@doctorsoftheworld.org.uk

Contact details:

Clinic advice line:

0808 1647 686 (freephone)

Email: clinic@doctorsoftheworld.org.uk

Website: doctorsoftheworld.org.uk



Citizens' Advice

Area: UK

Support offered:

Advice on employment, debt, family issues, housing, health, the law and immigration

How to access this service:

Most local advice centres have walk-in advice sessions and telephone advice sessions that anyone can use. Use the website to find out where your local centre is. citizensadvice.org.uk/about-us/how-we-provide-advice/advice

Contact details:

There are a number of ways to contact Citizens Advice, depending on what kind of support you need.

Use the website to find which one is best for you:
citizensadvice.org.uk/about-us/contact-us/



Hackney Community Law Centre

Area: Hackney

Support offered:

Advice on debt, housing, employment, welfare and immigration.

How to access this service:

There are different referral processes depending on what your issue is. You can use their website to find out which process you should use: hclh.org.uk

Or you can phone Hackney Law Centre on 020 8985 5236

Contact details:

020 8985 5236

Use their online form to email them: hclc.org.uk/contact

Website: hclc.org.uk



Haringey Law Centre

Area: Haringey

Support offered:

Advice on debt, housing, welfare and immigration.

How to access this service:

You can phone or email Haringey Law Centre to discuss your issue and book an appointment.

Contact details:

020 8808 5354

Email: info@haringeylawcentre.org

Website: haringeylawcentre.org.uk



Hackney Advice Service

Area: Hackney

Support offered:

A partnership of 5 charities providing advice, form filling, and casework on Welfare Benefits, Travel Concessions, Disability Rights, and Social Security Appeals.

How to access this service:

You can phone or email Hackney Advice Service to self-refer.

Contact details:

020 7001 1728

Email: HAS@deafplus.org



Islington Law Centre

Area: Islington

Support offered:

Advice on debt, housing, employment, education, welfare and immigration.

How to access this service:

You can phone or email Islington Law Centre to discuss your issue and book an appointment.

Contact details:

020 7288 7630

Email: info@islingtonlaw.org.uk

Website: islingtonlaw.org.uk



Shelter

Area: UK

Support offered:

Advice, support and legal services to people struggling with bad housing or homelessness.

How to access this service:

Anyone can phone Shelter for advice and support. They have local services and advice sessions but you will need to contact Shelter to find out about these.

Contact details:

To book an advice session

If you're under 25 years old: 0330 053 6091

If you're over 25 years old: 0344 515 1540

Free helpline: 0808 800 4444

(Open from 8am - 8pm on weekdays and 9am - 5pm on weekends)

Emergency helpline: 0808 1644 660



Healthy Start

Area: UK

Support offered:

Free food and vitamins.

How to access this service:

Healthy Start provides vouchers for any woman who is pregnant or had children under four to spend on milk, fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a children under four years old **and** you or your family get on or more of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take home pay of £408 or less per month)

Contact details:

0345 607 6823

Website: healthystart.nhs.uk



Hackney Foodbank

Area: Hackney

Support offered:

Free food.

How to access this service:

To use Hackney foodbank you will need some food vouchers from a local organisation. You can contact Hackney foodbank to find out more about this or speak to a member of staff at Birth Companions.

Contact details:

020 7254 2464

Email: info@hackney.foodbank.org.uk

Website: hackney.foodbank.org.uk



Haringey Foodbank

Area: Haringey

Support offered:

Free food.

How to access this service:

To use Haringey foodbank you will need some food vouchers from a local organisation. You can contact Hackney foodbank to find out more about this or speak to a member of staff at Birth Companions.

Contact details:

07460 519019

Email: info@haringey.foodbank.org.uk

Website: haringey.foodbank.org.uk



Islington Foodbank

Area: Islington

Support offered:

Free food.

How to access this service:

To use Islington Food Bank you will need to phone them to talk through your situation. You can then go to a local organisation to collect your food vouchers, which you can use at the foodbank.

Contact details:

07753 222755

Email: info@islington.foodbank.org.uk

Website: islington.foodbank.org.uk



Hackney Migrant Centre

Area: Hackney

Support offered:

Free practical help and social support to asylum seekers, refugees and recent migrants.

You can go there for:

- Immigration support
- Foodbank vouchers
- Grants
- Free food
- Housing support
- Mental health support

How to access this service:

Anyone who is a migrant can attend. Arrive at 8.30am and register for the drop in session from 10.30am – 4pm. The centre only takes the first 20 people each week.

Contact details:

07504332706

Email: info@hackneymigrantcentre.org.uk

Website: hackneymigrantcentre.org.uk



Haringey Migrant Centre

Area: Haringey

Support offered:

Haringey Migrant Support Centre is a drop-in centre where migrants can get specialist advice on immigration, welfare and healthcare; a hot meal; and a space to socialise.

You can go there for:

- Immigration support
- Advice
- Social activities
- Free food

How to access this service:

Anyone who is a migrant can go along to the drop-in centre every Monday between 11am and 1pm. The session is very busy so it's important to get there early. The staff will prioritise people based on their needs and sometimes have to turn people away if it is busy.

Contact details:

07544 078332

Email: info@haringeymsc.org

Website: haringeymsc.org



Islington Centre for Refugees and Migrants

Area: Islington

Support offered:

The Islington Centre supports over 150 asylum seekers, refugees, and vulnerable migrants every year to overcome their problems and rebuild their lives in the heart of the community.

You can go there for:

- English lessons
- Housing support
- Mental health support
- Immigration support
- Healthcare support
- Social activities
- Arts activities
- Support for domestic violence and sexual violence

How to access this service:

The Islington Centre for Refugees and Migrants aims to work with all asylum seekers, refugees, and migrants that need help in some way.

To access support, you will need to fill in their online form before attending the centre: islingtoncentre.co.uk/our-services/accessing-our-services

Contact details:

You can only contact the centre using this online form: islingtoncentre.co.uk/contact/



Project 17

Area: London

Support offered: Project 17 works to end destitution among migrant children. They work with families experiencing exceptional poverty to improve their access to local authority support. If you are a migrant, they may be able to help you with access to housing and other basic needs.

How to access this service: You can phone or email them to arrange an appointment. If you don't feel confident contacting them yourself, you can ask someone from Birth Companions or another organisation to do this for you.

Contact details:

07963 509 044

Email: info@project17.org.uk

Website: project17.org.uk



Solace Women's Aid

Area: UK

Support offered:

Support for women who have experienced or are experiencing domestic violence and sexual violence.

How to access this service:

You can phone one of their helplines to talk about any abuse or violence you are experiencing or have experienced and to find out what help is available.

Contact details:

Advice helpline: 0808 802 5565

Rape Crisis helpline: 0808 801 0305

24hr National Domestic Violence Helpline: 0808 2000 247



Refuge

Area: UK

Support offered:

Support for women who have experienced or are experiencing domestic violence and sexual violence.

How to access this service:

You can phone the Refuge National Helpline to talk about any abuse you are experiencing and to find out what help is available.

Contact details:

National Helpline: 0808 2000 247



PramDepot

Area: North London

Support offered: Free Baby Boxes containing all the essentials a woman and her baby needs for the first three months of the baby's life. The boxes contain items such as nappies, wipes, cream, soap, maternity and breast pads, a mattress, sheets, blankets, muslins, sling and breast pump, steriliser and recycled baby clothes and equipment, as well as toiletries for mums.

How to access this service: You will need another organisation to refer you to PramDepot. If you don't have another organisation who can refer you, you can contact Birth Companions who may be able to do this.

Contact details:

Email: pramdepot@mail.com

Website: pramdepot.com



Little Village

Area: London

Support offered: Free baby and children's items such as clothes, toys, buggies, slings, feeding equipment and sleeping equipment.

How to access this service: You have to be referred by another organisation and you can only access the service every three months. If you don't have another organisation to refer you, you can contact someone at Birth Companions to do this.

Contact details:

Email: hello@littlevillagehq.org

Website: littlevillagehq.org



Baby Buddy

Area: UK

Support offered:

Baby Buddy is an app that you can download on your smartphone, giving you advice and information about parenting and baby development. They also have a free text message service, so you can text a trained volunteer for advice during moments of crisis.

How to access this service:

You can download the Baby Buddy app for free on Google Play, App Store or from their website onto a computer.

Contact details:

Website: bestbeginnings.org.uk/baby-buddy

Crisis messenger service: Text BABYBUDDY to 85258 for free 24/7 confidential text support from a trained volunteer when you're in emotional pain or a crisis.

