**Services operating during the** **Christmas period**

To the residents of Haringey, we know this year Christmas will be a different experience. Many may not be able to connect with loved ones in person. However, this does not mean we are alone in these difficult times. This is a list of services and activities that will still be running over the Christmas period. We hope you enjoy the holidays while staying safe, together we will get through these difficult times.

**Activities and Virtual Classes**

* Fantastic for families has a list of events as well as online activities for children <https://fantasticforfamilies.com/>
* Santa HQ is offering one-to-one video calls with Santa for £30 <https://santahq.app/>
* Disney are offering free tickets to their Frozen takeover in Covent Garden <https://www.coventgarden.london/experience/things-to-do/frozen-in-covent-garden/>
* Skylight rooftop are offering NYE events: food must be purchased <https://www.skylightbars.com/events/nye-party-at-skylight-tobacco-dock/>

**Support with Christmas presents**

* The Selby Food Hub are providing support with Christmas presents for children in Haringey this year. Open Tuesday 2-4pm & Thursday 1.30-3.30pm, The Selby Centre, Selby Road, N17 8JL.
* Salvation Army are running their Christmas appeal from a few locations in the borough <https://www.salvationarmy.org.uk/wood-green> or 020 8888 9466 <https://www.salvationarmy.org.uk/north-london> or 020 76017057.
* Make a Wish Foundation <https://www.make-a-wish.org.uk/wishes/apply-for-a-wish/>
* Prison Fellowship is supporting prisoners in sending their children a Christmas present <https://prisonfellowship.org.uk/contact/>

**Christmas meals**

* Union Church and Community Centre are providing Christmas dinner for the community on the 25th of December, 11am-4pm. RSVP on 0208 341 3918 or email christmas@unionccc.org.uk.
* The Antwerp Arms are providing Christmas hampers. Tel: 0783 121 9032 or Email: mab.prospect@tiscali.co.uk.
* Crisis are hosting a Christmas Day service from the 24-28th of December. For more information visit [Join us for Christmas at a Crisis Day Centre | Crisis | Together we will end homelessness](https://www.crisis.org.uk/get-help/join-us-for-christmas/christmas-guest-invite-london/?utm_source=adestra&utm_medium=email&utm_campaign=christmasguests)
* Salvation army Wood Green are holding a seniors Christmas event on the 21st of December 12.30-2pm, 24 Lyminton Road, Wood Green, N22 6JA. Book your place before the 19th of December, Tel: 0208 8889466 Email: paula.knight@salvationarmy.org.uk.

**Rough sleeping over Christmas**

* Due to the Coronavirus Pandemic Streetlink is now making all referrals to homeless shelters, if you are rough sleeping or know somebody that is rough sleeping refer them to street link immediately on 0300 500 0914.
* Haringey council will be open to support people who are homeless during the Christmas period, use this link to complete a homelessness referral form <https://haringey-live01.rapid-is.co.uk/~?a=homelessrefhar>

IMPORTANT: These referral's are checked Monday-Friday. If you have nowhere to sleep tonight please call 020 8489 1000 if you have any difficulties filling out the form please call 020 8489 1000.

IMPORTANT: You can also get support in person at one of the following Customer Service Centres:

* Marcus Garvey Centre - Library and Customer Services

Tottenham Green Pools and Fitness

1 Philip Lane

Tottenham

N15 4JA

or

* Wood Green Library and Customer Services

187-197A High Road

Wood Green

N22 6XD

Opening times: Monday, Tuesday, Thursday and Friday: 9am to 5pm, Wednesday: 10am to 5pm

* Connected communities can also offer you support in resolving your housing needs if you need extra support. 020 8489 4431.

**Crisis Services open on Christmas Day**

* CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) or <https://www.thecalmzone.net/>
* Samaritans are a confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) [www.samaritans.org.uk](http://www.samaritans.org.uk/)
* Refuge offer advice on dealing with domestic violence. Phone: 0808 2000 247 (24-hour helpline) or [www.refuge.org.uk](http://www.refuge.org.uk/)
* Alcoholics Anonymous is a free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups (covid restrictions apply) Phone: 0800 917 7650 (24-hour helpline) or [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)
* Barnet, Enfield and Haringey have set up a 24/7 helpline for residents who are experiencing a mental health crisis Phone: 0800 151 0023
* PAPYRUS (Prevention of Young Suicide) helpline is open from 9-12am. Phone: 0800 068 4141 or Text: 07860039967.
* SHOUT offer support via text, they are open 24/7. Text SHOUT to 85258.
* Kooth offer online mental health support to younger people, to join visit <https://www.kooth.com/signup/where-do-you-live>
* If you are experiencing a mental health crisis and are worried you or somebody you know is a risk to themselves or others call 999 immediately

**Bellow we have a list of support service’s please do check what services will be operating reduced hour’s due to Christmas**

**Online Learning**

• HALS – Haringey Adult Learning Service

<https://www.webenrol.com/hals/?page=courses>

• Online library offer

<https://www.haringey.gov.uk/libraries-sport-and-leisure/libraries/library-online-services>

• Coursera – Free online Courses- career/skills/hobbies

<https://www.coursera.org/>

• Edex – Free online Courses- career/skills/hobbies

<https://www.edx.org/>

• Future Learn- Free online Courses- career/skills/hobbies

<https://www.futurelearn.com/>

• Citylit Skills for Work courses - Free online Courses- career <https://www.citylit.ac.uk/courses>

• DailyOm- online courses for £12-

<https://dailyom.com/>

• Youtube - Search free Podcasts and audiobooks

[https://youtube.com](https://youtube.com/)

**Social Connections/Networks**

• Mutual Aid Groups- Community projects/support

 Local area Mutual Aid What's App groups e.g. Tottenham

<https://www.mutual-aid.co.uk/area/greater-london>

 Haringey Mutual Aid Facebook group

<https://www.mutual-aid.co.uk/group/haringey-covid-19-mutual-aid>

• Meetup – North London - local online events

<https://www.meetup.com/topics/north-london/gb/17/london/>

• Eventbrite – local events, e.g. Bruce Castle Museum online talks

[https://www.eventbrite.co.uk](https://www.eventbrite.co.uk/)

• Wise Thoughts- A Pioneering LGBTQI+ & BAME Arts Charity based in Haringey, London

<https://wisethoughts.org/>

• Haringey Circle Activities to help over 50s in Haringey to connect, get active, keep learning, and stay independent. Help with access to services, e.g.: handymen. 020 3196 1894

<https://www.haringeycircle.com/>

• ‘The Reader’- Online adult reading groups

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

• HOL- Haringey Online

<https://harringayonline.com/>

• Thinking Space, a place to talk, listen, reflect, learn about yourself, give and receive support and help develop community well-being.

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/haringey-thinking-space/>

Contact: jcampbell@tavi-port.nhs.uk

• Aphasia ReConnect - peer support network of people living with aphasia

<https://aphasiareconnect.org/find-peer-support/support-at-home/virtual-groups/>

• The Sofa Singers- online choir

<https://www.thesofasingers.com/>

• Reach and connect- service providing information, support and friendship to local people over 50

<https://reachandconnect.net/get-support>

• Golden Lives- Online activities, free to people over 55

<https://ho50s.org.uk/golden-lives/>

**Physical Health**

• Yoga with Adrienne - Free Online Yoga [https://yogawithadriene.com](https://yogawithadriene.com/)

• Dailyom courses for £12

<https://dailyom.com/>

• The Good Gym - Contact and connect isolated and lonely older people, ensure the safety of runners and older people, provide and maintain infrastructure for connecting physical activity with volunteering. <https://www.goodgym.org/>

• Joe Wicks- The Body Coach, <https://www.youtube.com/c/TheBodyCoachTV>

• Social Prescribers- offers members practical support for managing their own mental health problems. Can refer members to local and non-clinical services, support in a holistic way.

<https://www.mindinharingey.org.uk/our-services/haringey-wellbeing-network/advocacy-and-social-prescribing/>

**Mental Health**

• NHS GO - <https://nhsgo.uk/>

• BEH Mental Health Trust - 0300 0200 500

• Samaritans - Tel: 116123 (24hr) <https://www.samaritans.org/>

• Mindline - Tel: 0300 330 5464

• Safe Haven - a mental health crisis support line, open 7 days a week, 5pm-8pm, Tel: 0800 953 0223

• Hopeline (PAPYRUS) – suicide prevention. Tel: 0800 068 4141 <https://www.papyrus-uk.org/>

• SHOUT - Text 85258

<https://giveusashout.org/>

 • Reach and Connect - Telephone befriending <https://reachandconnect.net/get-support>

• IAPT - Adult improving access to psychological therapies

<https://www.england.nhs.uk/mental-health/adults/iapt/>

• Kooth 11-18 year olds mental health – text based counsellor chat

<https://www.kooth.com/>

• Thinking Space, a place to talk, listen, reflect, learn about yourself, give and receive support and help develop community well-being.

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/haringey-thinking-space/>

Contact: jcampbell@tavi-port.nhs.uk

**Spiritual support**

• Atheist

<https://www.sundayassembly.com/>

• Buddhism

<https://www.northlondonbuddhistcentre.com/>

• Judaism (Orthodox)

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

• Judaism (liberal)

<https://www.crouchendchavurah.org/>

• Roman Catholic

<https://parish.rcdow.org.uk/stamfordhill/>

• Church of England

<https://www.churchofengland.org/news-and-media/church-online>

• Islam

<http://www.londonislamicculturalsociety.org/>

**Food**

• National supermarket priority delivery slots & Food Boxes

• Local food delivery – Shops offering

<https://www.google.com/maps/d/viewer?mid=14rOeGmLHPU6NSivtmNrgSKfnD3rxg5SH&ll=51.59005762864418%2C-0.09033324672852316&z=5>

• Food Banks

<https://www.haringey.gov.uk/covid-19/foodbanks>

• Selby Centre, Selby Road, N17 8LJ. Tuesday 2-4pm & Thursday 1.30-3.30pm. No voucher/referral needed.

• The Community Food Hub, Tottenham Town Hall. N15 4RY. Monday, Wednesday, Friday 5-6pm & Saturday 4-5pm. No voucher/referral needed.

• Antwerp Arms - hot meals/food bags

Tel: 0783 121 9032 or Email: mab.prospect@tiscali.co.uk

• Bags of Taste - online cooking classes

<https://www.bagsoftaste.org/>

• Connected Communities - Direct Local Area delivery by exception. Tel: 0208 489 4431

**Digital Support Services**

• Coffee and Computers - offer 1:1s on the phone to help residents use technology

<http://coffeecomputers.org/>

• Generation Exchange - give device, teach how to use, have 85 volunteers, need grants

<https://generationexchange.org.uk/>

**Finance and Legal**

• Citizens Advice – Tel: 0300 3301 187

• Haringey Law Centre

<https://haringeylawcentre.org.uk/>

• Shine - free energy advice service for Londoners

<https://shine-london.org.uk/>

• Discretionary Housing Scheme

<https://www.haringey.gov.uk/council-tax-and-benefits/housing-benefit-and-council-tax-reductions/discretionary-housing-payments-dhp>

• Connected Communities – support. Tel: 0208 489 4431

**Employment**

• Haringey Works – Employment support

<https://www.haringey.gov.uk/jobs-and-training/haringey-works>

• Project 2020- Homes for Haringey- Employment support

<https://www.homesforharingey.org/you/project-2020/employment-and-training-advice>

• Haringey Council - Starting your own business

<https://www.haringey.gov.uk/business/advice-and-support/starting-new-business>

• OIF - Opportunity Investment Fund- Starting your own business, Tottenham

<https://tottenham.london/OIF>

• Online English teaching platforms - Google search: Italki, Preply, Langu.. (teaching qualifications not necessary)

**Medication**

• Emergency volunteer delivery through Connected Communities, Reach and Connect, The Good Gym and Haringey Circle

**Recovery and Rehab**

• Alcoholics Anonymous online meetings

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>

 • HAGA Alcohol online services support for Haringey residents

<https://humankindcharity.org.uk/service/haga-alcohol-service>

• Cocaine Anonymous online meetings

<https://meetings.cocaineanonymous.org.uk/meetings/?tsml-type=ONLINE>

• Bubic support for drug users, ex-drug users, family and friends.

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

• The Grove- Haringey - support for Haringey residents

<https://www.humankindcharity.org.uk/service/the-grove>

• Adfam- national charity tackling the effects of alcohol, drug use or gambling on family members, friends, carers <https://adfam.org.uk/>

**Social Care and Carer Support**

• Dementia services - i.e. Admiral Nurses

<https://www.dementiauk.org/get-support/admiral-nursing/>

• Home from Hospital Service - free practical commonsense support for up to six weeks after discharge from hospital

<https://www.home-from-hospital-care.org.uk/>

• 'Direct Dial' between North Mid Hospital and Connected Communities Tel: 0208 489 4431

**Homelessness**

• Haringey Housing Options- <https://www.haringey.gov.uk/housing/housing-options/renting-home-private-landlord>

• Thames Reach - Outreach team

<https://thamesreach.org.uk/what-we-do/response/outreach-services/>

• St Mungo’s

[https://www.mungos.org](https://www.mungos.org/)

• St Ignatius Housing Association- Providing accommodation based supported housing to single homeless people who are assessed as vulnerable by the Haringey Council.

<http://haringeyadvice.org.uk/advice/providers/st-ignatius-housing-association>

• YMCA

[https://www.ymca.org.uk](https://www.ymca.org.uk/)

• Streetlink- Connecting rough sleepers to local services

<https://www.streetlink.london/Streetlink_London_HomePage>

**Domestic Abuse**

• Hearthstone (all genders). 020 8888 5362

Hearthstone.domesticviolence@homesforharingey.org

• Nia (women only). 0300 012 0213

HaringeyIDVA@niaendingviolence.org.uk

• Solace (women only). 020 8885 3557

Email: Haringey.fs@solacewomensaid.org

• Imece (specialist support for BAMER women, particularly Turkish, Kurdish, and Turkish Cypriot). 0207 354 1359

Email: vawgreferral@imece.org.uk

• Latin American Women’s Rights Service (LAWRS). 0207 336 0888

Email: referrals@lawrs.org.uk

• Kurdish and Middle Eastern Women’s Organisation (KMEWO) 020 7263 1027. Email: Info@kmewo.com

• Galop (specialist support for all genders who identify as LGBT+). 0207 704 2040. Email: referrals@galop.org.uk

• National Domestic Abuse Helpline (24/7 Support). 0808 2000 247

Sexual Violence and Abuse

• North London Rape Crisis (support for women and girls aged 13+ who have experienced any form of sexual violence at any time in their lives)

0808 801 0305

rapecrisis@solacewomensaid.org

Stalking

• Paladin

020 3866 4107 Info@paladinservice.co.uk

Modern Slavery and Human Trafficking

• Haringey Modern Slavery Coordinator

020 8489 1802 modernslavery@haringey.gov.uk

Harmful Practices

Female Genital Mutilation

• FORWARD

020 8960 4000 forward@forwarduk.org.uk

• LAWRS (specialist support for first and second generation Latin American women)

0207 336 0888 referrals@lawrs.org.uk