

### Self-referral services in Haringey

Clinics	Useful information	Venues/contact
<b>Antenatal clinics</b>	<p><b>North Middlesex Hospital</b> You can attend the antenatal clinic at North Middlesex Hospital and self-refer at the door.</p> <p>For more information: visit the <a href="#">North Middlesex hospital antenatal website</a></p>	<p><b>North Middlesex Hospital</b> For your 1<sup>st</sup> hospital appointment- Complete the <a href="#">online antenatal self-referral form</a></p> <p>Booking line: 0208 887 3764 ( this is a voice mail service checked every 24 hours)</p> <p>For Parental educational classes email: <a href="mailto:nmu-tr.maternityreferral@northmid.nhs.net">nmu-tr.maternityreferral@northmid.nhs.net</a></p>
	<p><b>Whittington hospital</b> You can alternatively attend the antenatal clinic at Whittington hospital and self-refer at the door. For more information: visit the <a href="#">Whittington hospital's antenatal website</a></p>	<p>Fill in the referral form below and then email (<a href="mailto:whh-tr.MaternityReferrals@nhs.net">whh-tr.MaternityReferrals@nhs.net</a>) or fax (0207-288-5576) to the antenatal clinic. <a href="https://www.whittington.nhs.uk/mini-apps/default.asp?page=Maternity/Self_referral.aspx">https://www.whittington.nhs.uk/mini-apps/default.asp?page=Maternity/Self_referral.aspx</a> For more information you can telephone the department on 0207-288-5586.</p>
<b>BCG Vaccination</b>	<p><b>Children under 1 year of age</b> do not require a referral contact Laurels Healthy living centre BCG baby clinic Tel: 0203 224 4200.</p>	<p><b>Children over 1 need to be referred</b> Referrals to be sent to; Gwen Edwards, Immunisation Nurse specialist. Specialist Immunisation clinic Ward M2 Child Development Centre. St Ann's Hospital, St Ann's road. Tottenham, N15 3TH. Tel: 0208 442 6746</p>

<p><b>Hepatitis B Vaccination Clinic</b></p>	<p>Provides neonatal Hepatitis B Vaccination to babies in Haringey identified as needing the Hepatitis B vaccine as a result of antenatal screening.</p> <p>The service will also ensure that previously unvaccinated siblings are screened and vaccinated</p>	<p><b>To make a referral contact:</b>  Child Development Centre, St. Ann's Hospital, St Ann's Road, Tottenham, London, N15 3TH Tel: 0208 442 6746</p>
<p><b>Baby weighing Clinic</b></p>	<p>Your baby is routinely weighed during your 6-8 week check-up. However if you wish to monitor your baby's weight after this you can bring your child to a local baby weighing clinic held across Haringey. Please contact the centres for up to date details before attending for drop in checks</p>	<p><a href="#">Woodlands Children's Centre</a>  1st Thursday of the month: 1:00pm - 3:00pm  Woodlands Park Road, N15 3SD, Tel: 0208 802 0041</p> <p><a href="#">Broadwater Farm Children's Centre</a>  2nd Thursday of the month: 09:30am - 11:30am  Adams Road, N17 6HE, Tel: 0208 885 8800</p> <p><a href="#">Triangle Children's Centre</a>  3rd Thursday of the month: 09:30am - 11:30am  91-93 St Ann's Road, N15, Tel: 0208 802 8782</p> <p><a href="#">The Ladder Children's Centre</a>  1st Tuesday of the month: 10:00am - 12:00pm  Pemberton Road, N4 1BA, Tel: 0208 372 5008</p> <p>Hornsey Health centre- 151 Park road</p>
<p><b>Free Early Education</b></p>	<p><b>All three and four year olds and some two year olds are entitled to up to 15 hours per week of free early education.</b></p> <p>This is called Early Years Free Entitlement, or free early learning, and is paid for by the government through Haringey Council.</p> <p>Research shows that good quality early education helps children's development and learning at school</p> <p><b>More information</b></p> <p>For 2 year olds – <a href="http://www.haringey.gov.uk/children-and-">http://www.haringey.gov.uk/children-and-</a></p>	<p><b>Further Information</b></p> <p><b>Phone</b> 020 8489 1000  <b>Email</b> <a href="mailto:earlyeducation@haringey.gov.uk">earlyeducation@haringey.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-">http://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-</a></p>

	<p><a href="#">families/childcare-and-early-years/childcare-costs/free-early-education/free-early-learning-two-year-olds</a></p> <p>For all 3 and 4 year olds – <a href="#">click her for more information</a></p>	<p><a href="#">early-education</a></p> <p><b>In person:</b> Drop into your nearest <a href="#">children's centre</a></p>
<p><b>Emergency Contraception</b></p>	<p>Local pharmacies are able to give emergency contraception without the need to see your GP.</p> <p>For over 25 years old - for Emergency Hormonal Contraception (EHC) and free condoms please visit haringey council's <a href="#">Healthy Living Pharmacy (HLP) page</a>.</p> <p>For under 25 years old - for Emergency Hormonal Contraception (EHC), free condoms (through the <a href="#">ComeCorrect scheme</a>,</p>	<p><a href="#">Pharmacy that offer Emergency contraception</a></p> <ul style="list-style-type: none"> <li>• Allcures Pharmacy 331 West Green Road, Tottenham, N15 3PB Tel 020 8888 3040. Monday to Friday 9am-7pm; Sunday closed</li> <li>• Boots Unit 2A Tottenham Retail Park, Tottenham, N15 4QD Tel 020 8801 7243. Monday to Saturday 9am-7pm. Sunday 11am-5pm</li> <li>• Mintons Chemist 5 High Road, Wood Green, N22 6DS Tel 020 8888 4288. Monday to Saturday 9am-6.30pm; Saturday 9am-6pm; Sunday closed</li> <li>• Safedale Pharmacy 491-493 Seven Sisters Road, Tottenham, N15 6EP Tel 020 8800 4876. Monday, Tuesday, Wednesday and Friday 9am-7pm; Thursday 9am-5.30pm; Saturday 9am-2pm; Sunday closed</li> <li>• Pharmacy Express 214 High Road, Wood Green, N22 8HH Tel 020 8888 1669. Monday to Friday 9am-6.30pm, Saturday 9am-1pm, Sunday closed</li> <li>• The Cadge Pharmacy 105 Phillip Lane, Tottenham, N15 4JR</li> </ul>

		<p>Tel 020 8808 2740. Monday to Friday 9am-6pm; Saturday 9am-1pm; Sunday closed</p> <ul style="list-style-type: none"> <li>• Avenue Pharmacy 115 Turnpike Lane, Hornsey, N8 0DU Tel 020 8340 1440. Monday to Friday, 9am-6.30pm, Saturday 9.30am - 1.30pm; Sunday closed</li> </ul>
<p><b>Sexual Health screening</b></p>	<p>Free sexual health screening is performed at a number of clinics across London. Services offered include:</p> <ul style="list-style-type: none"> <li>- Screening for sexually transmitted infections and treatment. HIV testing. HIV care and management.</li> <li>- 4YP clinic (dedicated young people clinic).</li> <li>- Turkish clinic for Turkish speaking clients. Zone 15 clinic (gay men's clinic).</li> <li>- Hazel Clinic (sexually assaulted clients). Psychosexual clinic.</li> <li>- Contraception clinic (provision and advice on most methods of contraception including LARC).</li> <li>- Emergency contraception and referral to TOP service.</li> </ul>	<p>Link for list of <a href="#">contraception and sexual health clinics in Haringey</a></p> <p><a href="#">St Ann's Hospital</a>, St Ann's Road, London, N15 3TH Telephone no: 020 8442 6005. Helpline: 020 8442 653</p>
	<p><b>Healthy Living Pharmacies</b> In Haringey, there are over 20 pharmacies offering a range of free services including under 25 years sexual health (STI testing, C-card Condom Scheme, Chlamydia treatment, Emergency Contraception) and over 25 years sexual health (STI testing, C-card Condom Scheme, Chlamydia treatment, Emergency Contraception and HIV Point of Care Testing at designated pharmacies).</p>	<p>For more information visit the <a href="#">Haringey council website</a></p> <p><a href="#">Find by nearest Healthy Living Pharmacy</a></p>

	<p><b>Community CaSH clinics</b> Offer a confidential walk in and appointment service. Appointment lines are open Mon to Fri 9.30am - 4.30pm</p>	<p>Contact help line on 0208 442 6536 for information and to book an appointment for sexual health screening or contraception procedure. Visit their website <a href="http://www.shharingey.co.uk">www.shharingey.co.uk</a> for more information about all services.</p>
<p><b>Coil &amp; implant fitting</b></p>	<p>Community CaSH clinics They offer a confidential walk in and appointment service, contact help line on 0208 442 6536 for information and to book an appointment for sexual health screening or contraception procedure (implant, coil insertion or removal). Appointment line is open Mon to Fri 9.30am - 4.30pm or visits their website <a href="http://www.shharingey.co.uk">www.shharingey.co.uk</a> for more information about all services.</p>	<p>Some practices offer repeat prescriptions of the contraceptive pill as well as depo injections which is given by nurse.</p> <p>Coils and implants (implanon) are offered at certain sexual health centres across Haringey. <a href="#">Contraception and sexual health clinics in Haringey</a> St Ann's Sexual Health Centre St Ann's Hospital, St Ann's Road London N15 3TH Tel: 0208 442 6536 / 6605</p> <p>Lordship Lane Health Centre 239 Lordship Lane, London, N17 6AA Tel: 0208 442 6536 / 0203 224 4150</p> <p>Hornsey Central Neighbourhood Health Centre 151 Park Road London N8 8JD Tel: 0208 442 6536 / 0203 074 2520</p> <p>Tynemouth Road Health Centre 24 Tynemouth Road, London N15 4RH Tel: 0208 442 6535 / 0203 224 4302</p>
<p><b>Breast screening</b></p>	<p>You should be contacted shortly after turning 50yrs of age. However, if you are not yet 50 but have a family history of breast cancer or any new suspicious features, then we will assess you and refer you appropriately.</p> <p>The breast screening website allows patients to access further information about screening and check when their GP practice is</p>	<p>Screening and mammography for breast cancer is part of the NHS screening practice for women aged between 50 and 70yrs. For more details please check <a href="http://www.nlbss.org.uk/UserHome.aspx">http://www.nlbss.org.uk/UserHome.aspx</a></p> <p>Women are sent an appointment with the option to telephone and re-arrange the time if necessary.</p>



	<p>next due to be screened. There is also general information about screening, frequently asked question. <a href="http://www.nlbss.org.uk">www.nlbss.org.uk</a></p>	<p>Women over 70 can still be screened but only if they telephone to arrange an appointment. Tel: 020 8951 4045 or email: <a href="mailto:breastscreening.appointments@bcf.nhs.co.uk">breastscreening.appointments@bcf.nhs.co.uk</a></p>
<b>Physiotherapy</b>	<p>Services offered include advice and information, soft tissue mobilisation, teaching of exercises, joint injections and chronic back pain service. They also offer group rehabilitation for knee and back as well as general exercise classes.</p>	<p>You can self-refer yourself to Haringey's <a href="#">Whittington Health physiotherapy</a>. Patient Self-Referral to Musculoskeletal Physiotherapy Tel: 020 3316 1111</p> <p>You can access the service if you are a registered patient in Haringey. For patient leaflets for <a href="#">common MSK conditions</a> including in the turkish language. Please complete the <a href="#">Whittington Physiotherapy Self-Referral Form</a> and email to <a href="mailto:arti.centralbooking@nhs.net">arti.centralbooking@nhs.net</a></p>
<b>Drug support (DASH)</b>	<p>The Drug Advisory Service Haringey (DASH) is the main provider for substance misusers in Haringey. They support patients through drug rehabilitation and offer a confidential service. They offer advice about drugs and side effects. They also offer substitute prescribing for people who have an opiate addiction (heroin) to reduce harm to the patient. They also work closely with the housing department and run employment and training schemes</p>	<p>For more information visit the <a href="#">DASH website</a>. Alternatively you can visit <a href="#">COSMIC</a> who help and support children and families affected by alcohol and drugs or <a href="#">Talk to FRANK</a> - the National Drug Helpline</p> <p><b>Venue:</b> 9 Bruce Grove, Tottenham, N17 6RA Opening hours: Monday-Friday 9:30am-4:30pm, Wednesday open to 7:30pm Telephone no: 020 8702 6220</p>
<b>Alcohol support (HAGA)</b>	<p>More information, click on the links below</p> <ul style="list-style-type: none"> <li>• <a href="#">Alcoholics Anonymous</a></li> <li>• <a href="#">Know the Score:</a></li> <li>• <a href="http://www.talktofrank.com">http://www.talktofrank.com</a></li> <li>• <a href="http://www.addaction.org.uk/">http://www.addaction.org.uk/</a></li> <li>• <a href="#">Narcotics Anonymous UK</a></li> <li>• <a href="http://www.priorygroup.com/addictions">http://www.priorygroup.com/addictions</a></li> </ul> <p>They have hubs across the community and will visit people in</p>	<p>You can contact HAGA directly. First appointments are held Monday to Thursday 10am to 1pm. Evening and weekend appointments are available by arrangement.</p> <p>If you wish a health-check up on your liver or advice regarding your alcohol habits you can talk to your GP or speak to Haringey <a href="http://www.haga.co.uk/">http://www.haga.co.uk/</a> on 020 8800 6999. HAGA is also located in GP practices.</p>

	<p>their own homes if you are unable to get to them. You can contact them by Fax (020 8802 0081) or email (<a href="mailto:hello@haga.co.uk">hello@haga.co.uk</a>)</p> <p>You can also visit their website <a href="http://www.dontbottleitup.org.uk">www.dontbottleitup.org.uk</a>, answer some questions (will only take 2minutes) to get confidential, personalised advice about your drinking 24/7.</p>	<ol style="list-style-type: none"> <li>1. <b>Dukes Avenue Practice</b>, 1 Dukes Avenue, Muswell Hill, N10 2PS. Monday 5.00pm/6.00pm/7.00pm</li> <li>2. <b>Rutland House</b>, 40 Colney Hatch Lane Muswell Hill, N10 1DU Tuesday - 13.00-14.00-15.00-16.00</li> <li>3. <b>Queenswood Medical Centre</b>, 151 Park Road, London, N8 8JD. Wednesday 5:00pm/6:00pm/7:00pm</li> <li>4. <b>Lawrence House Surgery</b>, 107 Philip Lane, Tottenham, N15 4JR. Thursday 4:00pm/5:00pm/6:00pm</li> <li>5. <b>Tynemouth Medical Practice</b>, Tynemouth Road, Tottenham, N15 4RH. Friday 1:00pm/2:00pm/3:00pm/4:00pm</li> </ol>
<p><b>The Grove Drug Treatment Service - Haringey</b></p>	<p>The Grove Drug Treatment Service is a free and confidential service in Haringey. The service is run by Barnet, Enfield and Haringey Mental Health Trust in partnership with Blenheim</p> <p>The Grove offers you a range of recovery focused services including:</p> <ul style="list-style-type: none"> <li>▪ 1:1 support and groups</li> <li>▪ Substitute prescribing</li> <li>▪ Needle Exchange - list of local needle exchange pharmacies</li> <li>▪ Support for people involved in the Criminal Justice System;</li> <li>▪ Support in accessing funded treatment for detox, residential rehab or structured day programmes;</li> <li>▪ BBV testing and vaccinations;</li> <li>▪ Club Drug Clinic (GBL, Mephedrone, Crystal Meth, Ketamine and Legal Highs);</li> <li>▪ Fellowship meetings;</li> </ul>	<p><a href="http://www.beh-mht.nhs.uk/mental-health-service/mh-services/the_grove_drug_treatment_service_haringey.htm">http://www.beh-mht.nhs.uk/mental-health-service/mh-services/the_grove_drug_treatment_service_haringey.htm</a></p> <p><b>Contact details</b></p> <p>The Grove Drug Treatment Service 9 Bruce Grove, London N17 6RA Tel: 020 8702 6220 or 020 8365 9032</p> <p><b>Opening Hours:</b></p> <p>Monday 9.30am–5.30pm Tuesday 9.30am–5.30pm Wednesday 9.30am–8pm Thursday 9.30am–5.30pm Friday 9.30am–5.30pm</p>

	<ul style="list-style-type: none"> <li>▪ Employment, training and education, benefits and welfare support;</li> <li>▪ Support for carers, families and friends;</li> <li>▪ Complementary therapies</li> </ul> <p>The Grove also works closely with other Haringey agencies, including the Alcohol Treatment Service and the Recovery Service, so can refer to these agencies for further support.</p>	Saturday 10am–3pm
<b>Counselling IAPT</b>	<p>Patients who are registered with a Haringey GP or living in Haringey, &gt;=16 years old or experiencing depression and/or anxiety or related problems can access the service.</p> <p>To self-refer to a counsellor without having to see a GP complete their <a href="#">online self-referral form</a> and they should contact you within 2-4 weeks. Please click on self-referral and complete the details</p> <p><b>Big White Wall</b> The <a href="#">Big White wall</a> offers a peer to peer community support tool (support network) that allows patients to anonymously post within a safe environment their feels, emotions or anything they wish and receive support and feedback from their peers. It is <b>free</b> for Haringey patients without login. Access the service by putting your postcode into it and start expressing yourself.</p>	<p>If you are feeling low and down or just anxious you can now self-refer to speak to an IAPT counsellor under the NHS. Simply click on <a href="https://lets-talk.co">lets-talk.co</a> and choose self-referral and complete the online form. This is as fast as if you were to see your GP who would then refer you to IAPT. For more information visit <a href="https://lets-talk.co">lets-talk.co</a> or <a href="#">Haringey IAPT</a> or read their <a href="#">leaflet</a></p> <p>Visit <a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a> to begin.</p>



	<p><b>Emergency</b>          If you are worried about acting on suicidal thoughts, please contact your GP or the Crisis Resolution and Home Treatment Team (CRHT) service on 0208 702 6700. If you are worried about hearing voices or other psychotic symptoms, please contact your GP or specialist mental health services via HPCMHT on 0208 442 6706.</p>	<p>If you are experiencing problems with drug or alcohol misuse, please contact your GP or DASH (Drug Advisory Service Haringey) on 0208 489 4011 or HAGA (Haringey Advisory Group on Alcohol) on 0208 800 6999.</p>
<p><b>Health Trainer Service</b></p>	<p>Health Trainers provide <b>free</b> confidential one-to-one support and guidance to people over the age of 18 years who want to make a lifestyle change. They are local people who have been extensively trained to help people wanting to improve their general health/help people to make healthy choices.</p> <p><b>Health Trainers can help you to:</b></p> <ul style="list-style-type: none"> <li>▪ give up smoking</li> <li>▪ lose weight</li> <li>▪ increase your physical activity levels</li> <li>▪ eat a healthier diet</li> <li>▪ drink sensibly</li> </ul>	<p>You can call the Health Trainer Service and book an appointment - Tel: 020 8379 5269.</p> <p>Referrals can be made by GPs and other health professionals by submitting a <a href="#">Haringey Health Trainer Referral Form (PDF, 100KB)</a>.</p> <p><b>List of Health trainers in Haringey</b> <a href="#">Health trainer across Haringey</a></p>
<p><b>Smoke free life Haringey</b></p>	<p>People have busy lives and booking an appointment for things such as stopping smoking isn't easy. That's why, we do not offer appointments. You can drop in and see one of our approachable, fully trained advisors whenever you want, at many of our clinics across Haringey. We also have a selection of clinics that operate by appointment only; please call us on 0800 772 0066 or 0208 1665690 for more information</p> <p>We offer free, weekly one to one or group sessions over 12 weeks, and a range of nicotine replacement products to help you stay smoke free.</p> <p><a href="http://www.smokefreelifeharingey.co.uk/">http://www.smokefreelifeharingey.co.uk/</a></p>	<p>The clinics are within local community settings, in pharmacies, supermarkets, libraries, community centres, dental surgeries and many other venues.</p> <p>If you have mobility problems, are of ill health or are house bound, you can get free face-to-face online video chat support or even a home visit.</p> <p>For more information or simply an informal chat about stopping smoking, please call our team of advisors on 0800 772 0066 or 0208 1665690 or send a SMS QUIT to 66777</p>

<p><b>Local pharmacies – providing minor ailment services</b></p>	<p>The Minor Ailment Service allow people who don't pay prescription charges to obtain advice and treatment for common conditions from local pharmacies for free without needing to visit a GP</p> <p><b>Some of the services offered are:</b></p> <table border="0"> <tr> <td>Athlete's foot</td> <td>Dyspepsia and indigestion</td> </tr> <tr> <td>Back pain</td> <td>Earache</td> </tr> <tr> <td>Cold sores</td> <td>Haemorrhoids</td> </tr> <tr> <td>Conjunctivitis</td> <td>Hay fever and allergies</td> </tr> <tr> <td>Constipation</td> <td>Head lice</td> </tr> <tr> <td>Contact dermatitis</td> <td>Headache and fever</td> </tr> <tr> <td>Cough, colds and sore throat</td> <td>Insect bites and stings</td> </tr> <tr> <td>Cystitis</td> <td>Minor injuries</td> </tr> <tr> <td>Diarrhoea</td> <td>Nappy rash</td> </tr> <tr> <td>Ringworm</td> <td>Threadworm</td> </tr> <tr> <td>Sprains and strains</td> <td>Vaginal thrush</td> </tr> <tr> <td>Teething</td> <td>Warts and verrucas</td> </tr> </table>	Athlete's foot	Dyspepsia and indigestion	Back pain	Earache	Cold sores	Haemorrhoids	Conjunctivitis	Hay fever and allergies	Constipation	Head lice	Contact dermatitis	Headache and fever	Cough, colds and sore throat	Insect bites and stings	Cystitis	Minor injuries	Diarrhoea	Nappy rash	Ringworm	Threadworm	Sprains and strains	Vaginal thrush	Teething	Warts and verrucas	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Haringey Minor Ailment Scheme Leaflet</p> </div> <div style="text-align: center;">  <p>Pharmacies Delivering the Minor Ailment Service</p> </div> </div>
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<p><b>Welfare hubs/ Citizens Advice bureau</b></p>	<p>Welfare advice hubs have been set up to save GP time in dealing with welfare issues and enable patients to access expert welfare advice. These services are held at five GP Practices in Haringey.</p> <p><b><u>Monday</u></b>  <b>9.30am to 12.30pm</b> at <b>Broadwater Farm</b> Health Centre, 2A Willan Road, N17 6BF, Off Lordship Lane near Bruce Castle Park, served by W4 bus.</p> <p><b>1pm to 4pm</b> At <b>Laurels Healthy Living Centre</b>, 256 St Ann's Road, N15 5AZ. Near St Ann's Hospital and served by bus route 67</p> <p><b><u>Tuesday</u></b>  <b>9.30am to 12.30pm</b> at <b>Tynemouth Road Health Centre</b>, Tynemouth Road, N15 4RH. Behind Tesco Stores – Tottenham</p>	<p><b>Citizens Advice Bureau:</b> 020 8347 3106 or visit <a href="http://www.haringeycabx.org.uk">www.haringeycabx.org.uk</a></p> <p><b>Benefits of using welfare hubs</b></p> <ul style="list-style-type: none"> <li>▪ Reduces pressure for non-medical advice within medical health consultations</li> <li>▪ Reduction in the number of visits to GPs which can be the result of stress and anxiety about debt</li> <li>▪ Patients receiving benefit and welfare advice have shown improved physical and mental health and quality of life</li> </ul> <p><b>Turnpike Lane</b>  <b>7 Willoughby Road, N8 0HR</b>  <b>020 8341 2800</b></p>																								

	<p>High Road, served by 41 buses.</p> <p><b>2pm to 5pm</b> at <b>Queenswood Medical Practice</b>, 151 Park Road, N8 8JD Near Crouch End Broadway served by 41 and W7 bus.</p> <p><b>Thursday</b> <b>9:30am- 12:30pm</b> at <b>Bounds Green Group Practice</b>, Gordon Road, N11 2PF, Near Bounds Green Tube Station.</p>	<p><b>Monday</b> 10am - 12pm ;2pm - 4pm</p> <p><b>Friday</b> 10am-12pm Tottenham (551B High Road, N17 6SB)</p> <p><b>Tuesday</b> 10am - 12pm; 2pm - 4pm</p> <p><b>Thursday</b> 10am - 12pm</p>
<b>Weight management</b>	<p><b>Services for young children</b></p> <p><b>HENRY (Health, Exercise, and Nutrition for the Really Young)</b> is a charity aimed at promoting healthy lifestyles for families with children under 5. The 3 key features of HENRY are: information on food and physical activity, parenting skills and behaviour change. <a href="http://www.henry.org.uk/homepage/">http://www.henry.org.uk/homepage/</a></p>	<p>Let's Get Healthy with HENRY (LGHH) is a <b>FREE 8 week course</b> for parents and carers of babies and young children. It offers them the chance to share ideas and gain new skills and tools to address lifestyle issues in a supportive and fun environment</p> <p><b>For more information</b>, contact HENRY Project Coordinator <a href="mailto:claire.wass@nhs.net">claire.wass@nhs.net</a> or 0208 489 1031</p>
	<p><b>Tottenham Active at Tottenham Leisure Centre</b> <b>£1 a session*</b> (*£10 for ten sessions must be paid in advance)</p> <p><b>Yoga</b> - Wednesday 2pm <b>Get Fit</b> - Wednesday 3pm <b>Tai Chi</b> - Thursday 2.30pm <b>Must live on the East side of Haringey to participate</b></p>	<p>Please contact Dave or James on 02083402474 or <a href="mailto:dave.forrest@mih.org.uk">dave.forrest@mih.org.uk</a> for more information and to sign up.</p>
<b>NHS Health Check programme</b>	<p>A mandatory programme that aims to prevent heart disease, stroke, kidney disease and diabetes by inviting those between the ages of 40-74 for a check and provide support in reducing the level of risk by altering health behaviours, currently provided by GPs. The checks are offered for residents who have no pre-existing diagnosis/history of diabetes, heart disease, hypertension, atrial fibrillation, heart failure, familial hypercholesterolemia, chronic kidney disease, stroke, peripheral</p>	<p>General practices will be responsible for sending out invitation letters and make appointments for the health checks. If you are yet to receive an invite, contact your GP practice directly.</p> <p><a href="#">Link to GP Practices in Haringey</a></p>

	<p>arterial disease or Transient Ischaemic Attack (TIA). Haringey NHS health checks are currently being offered in the east of the borough</p> <p>Health checks are not provided in the West.</p>	
<b>Local Food banks</b>	Local food banks in Haringey	<p><b>RCCG, LIVING SPRING CENTRE</b> Selby Centre, Selby road, office White Hart lane. N17 8JN Opening times: Wednesdays: 12.00 - 17.00 Thursdays: 12.00 - 17.00 Telephone: 07460 519019 Email: <a href="mailto:info@haringey.foodbank.org.uk">info@haringey.foodbank.org.uk</a></p> <p><b>The Gospel Centre</b> Wightman Road (corner Raleigh Road) London N8 0LT Tue 6.30 pm to 9.00 pm Sun 11.30 am to 1.00 pm</p> <p><b>HOLY TRINITY (CoE) Church (Stroud Green)</b> Granville road, London N4 4EL Opening time: Sunday 13.30-16.00</p>
<b>Registrar</b>	<p><b>Births, deaths, marriages and civil partnerships are handled by Islington Council on behalf of the City of London. Certificates can be ordered from the <a href="#">General Register Office</a>.</b></p> <p><b>Website:</b> <a href="#">Birth and death certificates website</a></p> <p><b>Find out</b> – click on this link: <a href="#">how to register a birth</a> <b>Find out-</b> click on this link: <a href="#">how to register a death</a></p>	<p>The Islington Registrar for births, deaths and marriages is located at: Islington Town Hall <a href="#">Upper Street London N1 2UD</a> T 020 7527 6350/6351 F 020 7527 6308 <b>Opening hours</b> Monday to Friday: 9am to 4.30pm. <b>Appointments</b> Call 020 7527 6350 to make an appointment to</p>

		register a birth or death.
<p><b>Domestic violence</b></p>	<p>See the - <a href="#">Domestic violence in Haringey page</a></p> <p>If you are worried about violence or abuse from your partner, ex-partner or a member of your family, you can get help and advice to stay safe.</p> <p><b>If you are in immediate danger, you should always phone the police on 999</b></p> <p><b>Call Haringey Police's non-emergency number on 101</b></p> <p><b>North London Rape Crisis Service –</b> For women and girls over the age of 14 who have experienced any form of sexual violence at any time in their lives Tel: 020 7619 1369 Email: <a href="mailto:rapecrisis@solacewomensaid.org">rapecrisis@solacewomensaid.org</a> For male victims</p> <p><b>Men's Advice Line</b> Tel: 0808 801 0327 (Monday to Friday 10am-1pm and 2pm-5pm)</p> <p><b>Haringey Council out of hours emergencies</b> Tel: 020 8489 0000 (evenings and weekends)</p> <p><b>Safeguarding Adults</b> Tel: 020 8489 1400 (office hours)</p> <p><b>Child Protection</b> Tel: 020 8489 4592 / 5652 / 5762 / 4582 (Office Hours) - Out of hours: 020 8489 0000</p> <p><b>Forced Marriage Unit</b> Tel: 020 7008 0151</p>	<p>The following will also offer you advice, help, and refer you to additional support.</p> <p><b>Hearthstone</b> (Haringey Domestic Violence Advice and Support Centre) Tel: 020 8888 5362 (Monday to Friday 10am-4pm; closed on Christmas and New Year Bank Holidays) See the <a href="#">Hearthstone page</a> for more information</p> <p><b>Haringey Police Community Safety Unit</b> Tel: 020 8345 1939 (Monday to Friday 8am-6pm; weekends 8am-4pm)</p> <p><b>Victim Support: national Support line</b> Tel: 0845 30 30 900 (Monday to Friday 9am-9pm; weekends 9am-7pm; Bank Holidays 9am-5pm)</p> <p><b>Victim Support Haringey</b> Tel: 020 7336 1777 (Monday to Friday 9am-5pm)</p> <p><b>For female victims:</b></p> <p><b>National Domestic Violence Helpline</b> Tel: 0808 2000 247 (24hrs)</p> <p><b>Solace Women's Aid Floating Support Service</b> - for women and girls over the age of 14 who have experienced any form of abuse Tel: 0808 802 5565 Email: <a href="mailto:counselling@solacewomensaid.org">counselling@solacewomensaid.org</a></p> <p><b>Solace Women's Aid</b> Freephone: 020 8920 1477</p>

		Email: <a href="mailto:haringeyfloatingsupport@solacewomensaid.org">haringeyfloatingsupport@solacewomensaid.org</a>
<b>Samaritans</b>	<b>North London Samaritans</b> (incorporating Enfield, Haringey and Barnet Samaritans) <i>Samaritans London 191a Bowes Road London N11 2HN</i> <a href="#">North London Samaritans</a>	<b>If something's troubling you, get in touch:</b> 020 8368 6789 <b>Email Samaritans:</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (UK and ROI)
<b>Key support</b>	This is a <b>free and confidential</b> service for 16- 59 year olds, single people and couples.  <b>Problems and issues we can help you with</b> <ul style="list-style-type: none"> <li>• Money, benefits, debts and rent arrears</li> <li>• Health - emotional, physical, substance misuse, sexual</li> <li>• Employment and education</li> <li>• Housing; Are you receiving eviction warnings or facing eviction</li> <li>• Loneliness and isolation</li> </ul> <p>Information you provide will only be given to third parties with your written permission.</p> <p><a href="#">Website for Key Support</a></p>	<b>Key Support</b> Room 304 Third Floor Parma House Clarendon Road London N22 6UL  <b>Tel</b> 020 7428 8500 ( <b>Key Support</b> ) <b>Fax</b> 020 8889 6339 <b>Email</b> <a href="mailto:keysupport2@onehousinggroup.co.uk">keysupport2@onehousinggroup.co.uk</a>  <b>If you are a single person or a couple without children, please call:</b>  020 7428 8500 ( <b>Key Support</b> )
<b>Haringey Family Support Service</b>	<b>If you have children, visit <a href="#">the HARTS for Families page</a></b>  Haringey Family Support Service is a <b>free</b> service which can <b>advise and support</b> you with: <ul style="list-style-type: none"> <li>• in a crisis and to settle into your new home</li> <li>• with benefits claims, develop social contacts and activities</li> <li>• Access training and employment opportunities.</li> <li>• immigration issues</li> </ul>	<b>Haringey Family Support Service</b> HFSS Office 3 Northumberland Park Resource Centre 177 Park Lane Tottenham London N17 0HJ  <b>Tel</b> 0203 478 9904

	<ul style="list-style-type: none"> <li>• schooling issues and accessing childcare</li> <li>• family difficulties</li> <li>• your rights as a tenant</li> <li>• Debt problems and making use of other community support services</li> </ul> <p>They can provide <b>emotional support</b> if you or your family are experiencing:</p> <ul style="list-style-type: none"> <li>• mental health difficulties</li> <li>• domestic violence</li> <li>• harassment</li> <li>• difficulties with children's behaviour</li> <li>• drug or alcohol issues</li> <li>• bereavement</li> <li>• relationship breakdown</li> <li>• health problems</li> </ul> <p>They also provide <b>interpreting</b> services</p>	<p><b>Email</b> <a href="mailto:hfss@familymosaic.co.uk">hfss@familymosaic.co.uk</a></p>
<p><b>Leisure Activities for Younger People</b></p>	<p>There are range of sports; football, netball, boxing and basketball. There are also regular news and events items about many sporting activities taking place in the borough.</p> <p>You can also use a range of tools to help you search for sports activities by clicking the link below</p> <p><a href="#">Leisure activities for younger people page</a></p>	<p>For more information on Activities for Younger People contact Andrea Keeble on 020 8489 5712 or email <a href="mailto:get.active@haringey.gov.uk">get.active@haringey.gov.uk</a></p>

<p><b>Disability Sport</b></p>	<p>Sports M.A.T.E are a <b>free mentoring and referral scheme for young disabled people</b>. It is managed by Tottenham Hotspur Foundation. Sports M.A.T.E introduces young people to a sport, exercise or physical activity of their choice offering support for a series of weeks. It is run from various locations and at varying times (dependent on the person's needs).</p> <p>If you would like more information about this program contact Gareth Jones:</p> <p>Email: <a href="mailto:gareth.jones@tottenhamhotspur.com">gareth.jones@tottenhamhotspur.com</a></p>	<p><b>The following pages may also be helpful:</b></p> <p><a href="#">Activities for people with disabilities</a></p> <p><a href="#">Sports and leisure for people with learning disabilities</a></p>
<p><b>Learning Disabilities</b></p>	<p><a href="#">Disability page – Haringey</a></p> <p>They can support you to do things that you like during the day and the evening such as</p> <p><a href="#">Day Opportunities</a>  <a href="#">Sports and Leisure</a>  <a href="#">Learning</a>  <a href="#">Work</a>  <a href="#">Health Services</a>  <a href="#">Health Action Plans</a>  <a href="#">Going to the Doctor</a>  <a href="#">Adult Placement Scheme</a>  <a href="#">Community Support Work Team</a>  <a href="#">Travel Training</a>  <a href="#">Group Work</a>  <a href="#">Person Centred Plans</a>  <a href="#">Advocacy</a> external website</p>	<p><b>Office address:</b>  Haringey Learning Disabilities Partnership  River Park House  225 High Road  Wood Green  London  N22 8HQ</p> <p>020 8489 1384</p> <p><b>Email</b> <a href="mailto:hldp@haringey.gov.uk">hldp@haringey.gov.uk</a></p> <p>If you would like to refer yourself, or someone you know, to our team please call the Integrated Access Team (centralised referral office for the council) on 020 8489 1400.</p>