



# MILDMAY COMMUNITY CENTRE



## Wellbeing & Cost of Living Support Event

Come along and speak directly to Islington services

**Thursday 26<sup>th</sup> February – 1pm to 4pm**

### MILDMAY COMMUNITY CENTRE

#### SEE WHAT'S ON OFFER AT YOUR LOCAL COMMUNITY CENTRE

Find out more about our weekly food hub services, events, projects, social groups and classes.

#### MEET NEW FRIENDS!

Come and get involved in many of  
our  
**FREE or low cost activities**

### ISLINGTON HELP & ADVISORY SERVICES

- Islington Mildmay Councillors
- Help on your Doorstep
- Manor Gardens
- Shine Energy Advice
- Bright Futures
- Bright Start
- The Parent House
- Islington SENDIASS

#### GRANDMAS SOUP CLUB !!

FREE delicious home made soup to eat in or take away on the day!!



As well as unlimited hot drinks and free wifi!

#### SALE ITEMS

£5.00 & under  
Brand new low cost items for sale!



#### PET FOOD BANK

Support for pet owners.

Sign up for our weekly pet food bank. Pick up free pet accessories on the day!



#### WARM PACK GIVEAWAYS

Free warm packs of winter garments  
Limited availability  
First Come - First Served



- Better Lives Family Service
- NHS Screening service
- Age UK Islington
- NHS Stop Smoking Service
- Islington People's Rights
- Islington Council Income Maximisation Team (iMAX)
- Met Police
- Bags of Taste

**MILDMAY COMMUNITY CENTRE, WOODVILLE ROAD, N16 8NA**

