

# Elizabeth House is here for you this winter

If you're over 65, we can help you to stay warm, safe, active and connected.



## From January to April we can:

- Connect you to organisations who will help keep your home warm and safe, provide benefits and housing advice, and keep your bills low.
- Help you to access health services, information on where to get a flu jab and advice during the coronavirus pandemic.
- Introduce you to local groups/activities, like our Over 50's club with gentle exercise and Women's support group.
- Connect you with organisations to help with practical tasks.
- Arrange small grants and warm items for people in difficult circumstances.



**ELIZABETH  
HOUSE**  
Highbury Vale Blackstock Trust



**Camden**



**ISLINGTON**  
— For a more equal future

# The Elizabeth House programme

## Blue House Club

Every Wednesday, 11am – 1.30pm

Includes a relaxing chair yoga class, followed by a warm and delicious lunch and activities that change every week. For anyone over 50 looking to be a little more active and connect with others in a friendly environment.

## Women's Support Group

Every Monday, 11.30am – 12.45pm

An open and inclusive space for all women to come together, do fun activities and make friends.

## Support and Advice

We can connect you to vital services, including benefits, health and housing advice, practical support, and social activities all year round.

## Food Hub

For people experiencing food insecurity and living in our local community, we provide weekly food boxes.

From January to April, our Winter Wellness project will help you stay warm, safe, active and connected.

Elizabeth House is a thriving multi-purpose community centre in the heart of Highbury aiming to improve the lives of local residents and bring people together. We offer a range of services and activities for all, including over 50's exercise and social club, Women's support group, Children's activities, Youth Club, Women's only fitness classes, Youth IT training, Food Co-op and more!

 **07515 410 139 / 020 7690 1300**

 **[elizabeth-house.org.uk](http://elizabeth-house.org.uk)**

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