

CLEAN BREAK



Some things to do over the holidays

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Volunteering Opportunities



Crisis at Christmas (Various Locations)

There are a variety of roles available across several locations in London. This Christmas they have volunteering opportunities in hotels, day centres and call centres. And, if you'd prefer to volunteer remotely, they have opportunities for that too!

Here is a link to see what roles are available: <https://www.crisis.org.uk/get-involved/christmas-volunteering-london/>

- **FareShare volunteering to fight hunger!**

Did you know that 1 in 8 people in the UK regularly go hungry, yet thousands of tonnes of food is wasted every year? We know we can dramatically increase the amount of food we deliver to charities feeding vulnerable people, but to achieve our goal we need your help.

Use this link to find the right volunteering position for you!

<https://fareshare.org.uk/volunteer/>

- **Streets Kitchen (Various Locations)**

Streets Kitchen operate soup kitchens in locations across London. They are likely to have lots of opportunities over the Christmas period.

<https://www.streetskitchen.org/volunteeringhere>

if anything is unclear and/or you can't access the Eventbrite or Zoom (for volunteer induction) please email: getinvolved@streetskitchen.org

- **The Felix Project – Volunteer in London to fight food waste and hunger!**

They have five different London locations to choose from and a number of different roles you can get involved with - from sorting food to admin work, cooking in the kitchen, or driving their vans.

Take a look: <https://thefelixproject.org/help-us/volunteer-london>



Take a look at this amazing article for even more ideas for places to volunteer in London this holiday:

<https://londonist.com/london/christmas-in-london/where-to-volunteer-in-london-at-christmas>

And for additional volunteering opportunities check out:

Team London: <https://www.london.gov.uk/what-we-do/volunteering/search/#s>

Time bank: <https://timebank.org.uk/our-projects/>

Do It: <https://doit.life/discover>





Things To Do



The Top Secret Comedy Club

**The Top Secret Comedy Club, 170 Drury Lane,
London, WC2B 5PD**

If you are looking for an evening full of belly laugh. The Top Secret Comedy Club is for you. If you book tickets during the week, you can often go in for FREE. On other nights tickets cost just £1. Weekends are a little more expensive.

Website: <https://thetopsecretcomedyclub.co.uk>

See here for their COVID guidelines:

<https://thetopsecretcomedyclub.co.uk/covid-19/>

TODAYTIX

Today Tix

Today Tix is a great website/phone app to get great deals on tickets!

Not only can you browse shows by price, when things are open, they often have “rush” and “lottery” tickets available for last minute, cheaper and better seats for shows!

Definitely worth keeping an eye on:

<https://www.todaytix.com/x/london/shows>

Under 25s: National Theatre

If you are under 25, you can apply for a national theatre entry pass. This means that you can get into some shows at the National Theatre for £5-£10 if you book in advance and discounted prices for some of their courses.

<http://www.nationaltheatre.org.uk/discover-more/entry-pass>



Museums, Art Galleries and Exhibitions

British Museum

www.britishmuseum.org
Great Russell Street
London, WC1B 3DG



National Gallery

Closed 24-26th December and 1st January

www.nationalgallery.org.uk
Trafalgar Square
London, WC2N 5DN

BFI National Archive:

<http://www.bfi.org.uk/archive-collections>

BFI Southbank
Belvedere Road
South Bank
London, SE1 8XT



Tate Modern

www.tate.org.uk
Bankside
London, SE1 9TG



Tate Britain

www.tate.org.uk
Millbank
London, SW1P 4RG



Imperial War Museum

Closed 24-26th December

<https://www.iwm.org.uk/visits/iwm-london>

Lambeth Road
London, SE1 6HZ

RAF Museum

www.rafmuseum.org.uk/london
Grahame Park Way
London, NW9 5LL



Victoria and Albert Museum

www.vam.ac.uk
Cromwell Road
London, SW7 2RL

Natural History Museum

www.nhm.ac.uk
Cromwell Road
London, SW7 5BD

Science Museum

Open Wednesday- Sunday
www.sciencemuseum.org.uk
Exhibition Road
South Kensington
London, SW7 2DD



Horniman Museum

Museum and Butterfly House closed on Wednesdays.

Gardens open daily
www.horniman.ac.uk
100 London Road
Forest Hill,
London, SE23 3PQ



Museum of London

Open Wednesday-Sunday
www.museumoflondon.org.uk
150 London Wall
Barbican
London, EC2Y 5HN

Welcome Collection

<http://www.welcomecollection.org/>
183 Euston Road
London, NW1 2BE



Serpentine Gallery

Closed 24th December- 4th January

<https://www.serpentinegalleries.org>
Kensington Gardens
London, W2 3XA



Libraries

Local Libraries are a great place to borrow books, films and music, to use the computers and get some peace and quiet. There are many located around London. Speak to the reception to get a free library card.

To find your local library, search by your postcode here:
<https://www.gov.uk/local-library-services>

The British Library

<http://www.bl.uk/whatson/index.html>

96 Euston Rd

London, NW1 2DB

Nearest Tube: Kings Cross St. Pancras, Euston, Euston Square

Opening Times Vary: <https://www.bl.uk/visit/opening-hours>

The British library is a beautiful building with a free permanent exhibition of important books and manuscripts and drawings from people like Shakespeare, Da Vinci and The Beatles.

The British Library holds various free workshops and events that are catered for all ages.
Find out more by visiting <http://www.bl.uk/events>

Women's Art Library

<https://www.gold.ac.uk/make/>

Women's Art Library, Special Collections
Library

Goldsmiths, University of London,
New Cross, SE14 6NW

Nearest Tube: New Cross (Overground)

Visiting Information: Access for visitors is by appointment only.
Contact here: +44 (0)20 7717 2295, special.collections@gold.ac.uk

The Women's Art Library began as an artists' initiative that developed into an arts organization publishing catalogues and books as well as magazines from the early 1980s to 2002. The main purpose however was to provide a place for women artists to deposit unique documentation of their work. Thousands of arts from around the world are represented in some form in this collection.

The Women's Library

<https://www.lse.ac.uk/library/collection-highlights/the-womens-library>

LSE Library, 10 Portugal Street, London, WC2A 2HD

Nearest Tube: Holborn

How to see: More than 300 items are available for FREE to read online on the [Digital Library](#)

The Women's Library collection tells the story of the campaign for women's rights and women's equality from the beginnings of the suffrage movement to the present day.



Walks with Podcasts

There are various podcasts that lead you through parts of London while explaining the history or present situation of the area.

- <https://www.walks.com/podcast/>
- <https://www.theguardian.com/travel/series/cityguides>
- <https://tunein.com/podcasts/Travel/London-Walks-p425381/>

There are also loads of podcasts on plenty of topics that you can download onto your phone and listen to anywhere/anytime! Browse iTunes/Google Play/Spotify to find the right one for you!

Music

Saint James' Piccadilly

197 Piccadilly, London W1J 9LL

Nearest Tube: Piccadilly Circus

A church that offer some free classical music recitals: <https://www.sjp.org.uk/music-arts-ideas/>

Saint Martin's in the Fields <http://www.stmartin-in-the-fields.org/music/concerts/>

Trafalgar Square, London WC2N 4JJ **Nearest Tube:** Charring Cross

Check out the website for information on all concerts, including free music events!

Parks

There are loads of great parks in London! Here are a few examples:

Epping Forest

<https://www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest/>

Nearest Tube: Loughton, Theydon Bois

About: If you really fancy getting away from it all, why not try a day trip to this wonderful, open and free space. Located just outside London, you can even catch the tube there!

Note: Information about opening times and facilities is quite hard to find online and not very clear! I recommend giving them a ring to check they are open before venturing out: **020 8532 1010**

Richmond Park

<https://www.royalparks.org.uk/parks/richmond-park>

Nearest tube: Richmond

Opening times: 7am-4pm

About: Home to the beautiful [Isabella Plantation](#) and herds of [Red and Fallow deer](#).

Other Popular Parks Include:

Hyde Park (5am-midnight)

<https://www.royalparks.org.uk/parks/hyde-park>

Regent's Park (5am-5pm)

<https://www.royalparks.org.uk/parks/the-regents-park>

Primrose Hill (open 24 hours) beautiful views of London

<https://www.royalparks.org.uk/parks/the-regents-park/things-to-see-and-do/primrose-hill>



Other Useful Websites and Things to Do:

Time Out

<https://www.timeout.com/london/things-to-do>

A great way to find out what's on in London.



City of London website

<https://www.cityoflondon.gov.uk/things-to-do/>

Features information about events, parks, museums, and much more.



The Outside Edge Theatre Company:

<http://edgetc.org/womens-drama-group/>

Women's Theatre Group, Thursday 12.30-2pm

Address: Brady Arts & Community Centre, 192-196 Hanbury Street, E1 5HU

About: This is a safe space for women of all stages of recovery from addiction to explore theatre and drama through exercises and games. It also gives you the chance of performing if you wish.

Free Learn to Ride a Bike Session (Women Only) – 15th December

<https://www.eventbrite.co.uk/e/learn-to-ride-a-bike-session-women-only-tickets-208578242137?aff=ebdssbdestsearch>

Address: Rumi Mosque, 337 Fore Street, London, N9 0NU



About: This is a women's only session and suitable if you can't ride a bike yet or haven't been riding in a long time and want to make sure you can still do it. This is ideal for complete beginners and they do have bikes available to borrow if you don't have your own.

Christmas Lights



There's nothing like the sparkle of London Christmas lights to give the city an instant festive makeover. Plan an outing to gaze upon Christmas lights in London. Here is a selection of some of the places you can see London sparkle.

Oxford Street – **Nearest Tube:** Oxford Circus

Carnaby Street – **Nearest Tube:** Oxford Circus/ Piccadilly Circus

Bond Street – **Nearest Tube:** Bond Street

South Bank - **Nearest Tube:** Waterloo

Regent Street – **Nearest Tube:** Piccadilly Circus





Christmas Markets

SOUTHBANK CENTRE WINTER MARKET: Free entry, Until 24th December (open daily from 11am)
Belvedere Road, South Bank SE1 8XX
Check out the Winter Lights whilst you're there too!

WINTER WONDERLAND: Free Tickets Available at Off-Peak Times, Open Until the 3rd January, Book Online:
<https://hydeparkwinterwonderland.com>
Hyde Park

CHRISTMAS BY THE RIVER: Opening times vary, Open until 2nd January:

<https://londonbridgecity.co.uk/events/2021/november/christmas-by-the-river-2021>

London Bridge City

OLYMPIC PARK: Festive Fair Night-time Market, Every Thursday Evening until 23rd December: 5-9pm

<https://hackneybridge.org/event/2021/12/23/festive-fair-market>

Hackney Bridge

See **Visit London** for more ideas of places to visit in London this Winter Break: <https://visitlondon.com>



Women Only Spaces

The Beth Centre

<https://www.womeninprison.org.uk/support/womens-centres>

Hudson House, 1 Stockwell Green, Stockwell, SW9 9JF

About: A safe and confidential space providing expert support for women living in Lambeth at risk of or affected by the criminal justice system. We aim to reduce re-offending rates, develop positive familial relationships and reduce the use of custody, for women.

Referrals: Lambeth women can self-refer by calling or dropping in on Wednesdays between 10am-4pm or Fridays between 1pm-4pm. Agencies can make a referral by completing a referral form and sending it to: beth.referrals@wip.cjsm.net or call for a referral form: 0203 869 2170

South London Women's Hubs

<https://www.womeninprison.org.uk/support/womens-centres>

About: Offers safe and confidential space for advice and support for women affected by the criminal justice system in the following locations: Lambeth, Southwark, Sutton, Croydon, Wandsworth, Lewisham. The Hubs provide one-to-one practical and emotional support, group workshops, Peer Mentoring and drop-in advice sessions.

Contact and Referrals: sla.referrals@wip.cjsm.net , 0203 869 2170

Southwark and Lewisham Women's Space

<https://www.pecan.org.uk/womens-hubs>

Hall of All Saints Church, Blenheim Grove, Peckham, London, SE15 4QS.

About: The Southwark and Lewisham Women's Hubs offer safe, welcoming, one-stop-shop support for those affected by the criminal justice system, and for local women seeking support, information, and community. Their aim is to provide gender-specific and personalised support, helping to equip women with the tools and resources to address their needs in a relaxed and welcoming space.

Opening Times: 10am-4pm: Advocacy support at our Southwark hub (by appointment only) AND phone support.



Food Banks



If you need to find a food bank near you, these resources should help you find the one you need:

The Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank/> : Put your postcode in to find your nearest foodbank.

If you are in financial crisis and live in England or Wales, they have a confidential free helpline on **0808 208 2138** (open Monday to Friday, 9am–5pm, closed on public holidays).

List of Links to Foodbanks in different London Boroughs

<https://www.peabody.org.uk/resident-services/benefits-and-budgeting/food-banks>



Useful Phone Numbers

NHS Direct 111

If you have a medical issue that is not life threatening or an immediate emergency, call this number for free and confidential advice.

Lines are **open 24 hours a day, 7 days a week, 365 days of the year.**

Samaritans 116 123

You can call them free, at any time day or night. **24 hours a day, seven days a week, 365 days of the year.**

You can get in touch about anything that's troubling you, no matter how large or small the issue. They're here to listen.

Domestic Violence Helpline 0808 2000 247

Run in partnership between Women's Aid and Refuge

The 24hr freephone is available 24 hours a day, 7 days a week.

It is answered by fully trained female helpline support workers and volunteers who will answer your call in confidence.

Alcoholics Anonymous 0800 9177 650

If you need help with a drinking problem phone the national helpline. **Open seven days a week.**

These services are staffed by volunteer members of AA who will be happy to answer your questions or put you in touch with those who can.

Narcotics Anonymous 0300 999 1212

Everyone who volunteers for shifts are Recovering Addicts. The NA Helpline is **open 10am- until midnight, seven days a week.** If for some reason, you get an answerphone, please DO leave a message and they will get back to you as soon as possible.

Shelter Housing Advice Helpline 0808 800 4444

Shelter's helpline is **open 8am – 8pm on weekdays and 9am – 5pm on weekends, 365 days a year.** Calls are free from UK landlines and all major UK mobile operators.

Housing experts will advise you, no matter what your housing situation.

Beat Eating Disorders Helpline 0808 801 0677

Lines are open **9am-8pm on weekdays and 4pm-8pm on weekends and bank holidays** Sometimes lines are busy. **If you can't get through immediately do try again or try their one-to-one web chat.** Beat provides helplines for adults and young people offering support and information about eating disorders.

National Rape Crisis Helpline 0808 802 9999

The Helpline is **open every day of the year between 12-2.30pm and 7-9.30pm.**

The Rape Crisis National Helpline is for female survivors of sexual violence. The Helpline is accessible to women who have survived any form of sexual violence, no matter how long ago.

They offer specialised, confidential support, information and referral details completely free of charge. The helpline is also available to provide an immediate source of support to friends and family of survivors

Mind Info Line 0300 123 3393

Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

The Mind infoline team provides information on a range of topics including types of mental health problems, where to get help, medication and alternative treatments and, advocacy.

