

CAMDEN AND ISLINGTON ESOL ADVICE SERVICE ESOL ACTIVITIES

Monday 19 October 2020

Sports and exercise

Pre-entry to Entry 1

Sports

Words



For Pre-Entry to Entry 1 Learners

Sports equipment

Words



For Pre-Entry to Entry 1 Learners

Entry 1 to Entry 2

Free time

Vocabulary



For Entry 1 to Entry 2 Learners

Leisure activities

Reading



For Entry 1 to Entry 2 Learners

CAMDEN
020 7974 1618
esol@camden.gov.uk
www.camden.gov.uk/esol



ISLINGTON
020 7974 1930
esol@islington.gov.uk
www.islington.gov.uk/esol



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 ISLINGTON

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Monday 19 October 2020

Entry 2 to Entry 3

Gym

Reading



For Entry 2 to Entry 3 Learners

Weekend plans

Listening



For Entry 2 to Entry 3 Learners

Entry 3 to Level 1

Sport evolution

Reading



For Entry 3 to Level 1 Learners

Joining a gym

Listening



For Entry 3 to Level 1 Learners

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Level 1 to Level 2

Do we exercise enough?

Listening



For Level 1 to Level 2 Learners

Benefits of sport

Listening



For Level 1 to Level 2 Learners

Useful links

Health

GP appointments and bookings

NHS: 10-minute Workouts

Mental Health Helpline – Open 24 hours a day

Free Emergency Dentist: Arrive at 6:30am, no appointment needed

Help and information

Camden Cost of Living Support

Islington Cost of Living Support

Camden Digital Library: Free eBooks and eAudio

Islington Borrow Box: Free eBooks and eAudio

Citizens Advice - Housing

Find your local council: Get help and information

Free Legal Help: For families with Children

Barnet Refugee Service: For Asylum Seekers and Refugees

London Asylum Crisis Project: For Asylum Seekers and Refugees

Go to the next page for links to public services in Camden and Islington

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CAMDEN

Camden Council

- **Benefits and support**
- **Children, Families and Young People**
- **Education**
- **Crime and Safety**
- **Housing**
- **Coronavirus**

Camden libraries

Camden Early Help

Camden Employment Support

Citizens Advice

Using a food bank

Independent food banks: **Urban Community Projects / The Pantry / Queens Crescent**

ISLINGTON

Islington - Advice

- **Free, independent advice on debt, benefits and housing**
- **Get help to manage your money**
- **Finding a home / Homelessness**
- **Resident support scheme**
- **Assistance for refugees and migrants**
- **Consumer advice – Protect yourself against scams**

Islington libraries

Islington Family Information Service

Islington Employment Support (iWork)

Help on your doorstep

Citizens Advice

Using a food bank

Independent food banks: **Ringcross Community / The Arc Centre / The Hive Foodbank**

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