

# My Neighbourhood



**Midgardur**  
**Grafarvogur and Kjalarnes Service Centre**



## MIDGARDUR

In Grafarvogur there is the Service Center, Miðgarður, which provides general information regarding the services of the city. There it is possible to hand in all applications for the city's services, and the service center is responsible for forwarding them to the correct entity within the city.

Contact us and get further information about the services in Grafarvogur and Kjalarnes at Miðgarður, the Service Center for Grafarvogur and Kjalarnes, tel: 411 1400, on the homepage [www.midgardur.is](http://www.midgardur.is) or at our office at Gylfaflöt 5, 112 Reykjavík. Miðgarður, the Service Center for Grafarvogur and Kjalarnes is open weekdays from 8:20-16:15.

## School of the Future

The principal goal of School of the Future is to manage the various types of education, courses and seminars available to the public, placing emphasis on children and families. For further information, see [www.midgardur.is](http://www.midgardur.is).

## Neighbourhood Watch

Neighbourhood Watch is a cooperation between Reykjavík City in co-operation with the Reykjavík Police and residents. The goal of the project is to assist residents to promote the security of their property and to join hands to prevent burglaries and property damage in their neighbourhood.

## Electronic Reykjavík

Applications for services from Reykjavík City are sent to a single location. Reykjavík City places emphasis on facilitating client access to services through three types of access: first, through community centres in city neighbourhoods; second, the call centre 411 1111 provides information and connects clients to all divisions of the City; third, through Electronic Reykjavík via the website [www.reykjavik.is](http://www.reykjavik.is).

## Knowledge Centre

The service centres of Reykjavík City all carry defined responsibilities for special projects, each in its own field. The knowledge centre project of Midgardur is social wealth and preventive measures. Midgardur's definition of social wealth is: the social wealth of the neighbourhood is based on the knowledge, trust, energy and teamwork of the persons living or working there and their joint willingness to enrich and develop the society towards a better future.



## The Police

Grafarvogur and Kjalarnes are under the supervision of district station 4 of the capital area police. The police station is located at Krókháls 5b. There are two departments, a general one (24 hours attendance-emergency calls) and an investigative department. General questions and information to the police can be put forward at tel 444-1180 24 h/7 and questions about individual cases at tel 444-1190 during office hours.

The emergency number is 112.

## Child Protection

If there is any suspicion of children being subjected to violence, negligence or other forms of abuse, it is everyone's civic duty to notify of such suspicion. This is done by calling phone No. 112 or phone No. 411 9200, where a social worker from the Child Protection Committee of Reykjavík will accept the notification.

## Grafarvogur Church

Various activities take place in Grafarvogur Church, such as youth activities, children's activities, TTT activities, activities for the elderly and much more. The Church is open Mon. to Fri., between 10:00 and 17:00. The Grafarvogur Church is located at Logafold 1. For further information, see [www.kirkjan.is/grafarvogskirkja](http://www.kirkjan.is/grafarvogskirkja) or call phone No. 587 9070.

## Rent subsidies

Residential tenants are entitled to rent subsidies under certain conditions, e.g. income and registered rental agreement for at least 6 months. Special rent subsidies are financial support to pay rent on the public market, in excess of general rent subsidies, and are intended for those who live under very difficult social and financial circumstances.

## Day-care in homes

Childcare counsellors give parents information on day parents in Grafarvogur and Kjalarnes, advise them and accept applications for subsidies. Childcare counsellors are also responsible for providing advice and education to day parents. A large number of day parents work in Grafarvogur and Kjalarnes. Day parents work independently. For further information on day parents and vacancies, see [www.midgardur.is](http://www.midgardur.is).



## **Housing**

Applications are accepted for social rental housing, service apartments for the elderly, nursing and residential facilities and specialised housing resources. The allocation of apartments is based on an assessment of the overall situation of the applicants. Moreover, several homes for the disabled are operated in Grafarvogur. Applications for residency in homes for the disabled shall be directed to the Regional Office for the Disabled. Information is provided by consultants in phone No. 411 1400. For further information, see [www.ssr.is](http://www.ssr.is).

## **Diverse Forms of Support**

Diverse other services may be applied for at Midgardur, e.g. social support, probation, supporting families, youth leisure centres, food delivery, rest admittances, day care for the elderly, personal counselling, etc.

## **Social Counselling**

Professionals will provide individuals and families with counselling, for e.g. the care of children and adolescents, financial difficulties, illness, disabilities, aging and narcotic issues, to name a few examples.

## **Financial Assistance**

Individuals and families whose monthly income is under a certain minimum can apply for financial assistance. The assistance can be in the form of a loan or a grant, depending on circumstances.

## **District Councils**

The district councils of Grafarvogur and Kjalarnes are composed of elected representatives who promote the presentation of planning, operations and services in the neighbourhood and advocate consultation with the residents. Preparations for the meetings of the district council are the responsibility of Midgardur.

## **Resident associations**

In Grafarvogur, Bryggjuhverfi and Kjalarnes there are residents associations that are also interest groups for the residents. Information about the resident association of Grafarvogur can be found at [www.ibuasamtok.com](http://www.ibuasamtok.com), the resident association of Bryggjuhverfi at [www.bryggjuhverfi.net](http://www.bryggjuhverfi.net) and the resident association of Kjalarnes at [www.kjalarnes.is](http://www.kjalarnes.is).



## Social Services at home

Social services at home and home nursing are for all age groups. The services are meant for those living at home who are unable to look after themselves and don't have family members that can assist them. The aim of the service is to facilitate people to live in their own home in spite of difficulties such as illness, disability or family situation. The need is evaluated in each individual case.

The aim of the home nursing service is to offer individually oriented and targeted, progressive and professional home nursing and thereby making it possible for people to live at home in as normal circumstances as possible in spite of disease or health problems. Individual oriented and targeted home nursing is specially designed for the needs of each individual.

Within the home nursing service there is a mental health team, comprised of psychiatric nurses, nursing assistants and social workers. Services are offered at people's homes between 8.00-20.00 all weekdays. Services are offered to individuals, 18 years and older, who are dealing with mental disorders.

## Transport Services

Transport services for the elderly are intended for those who live in Reykjavík and are aged 67 or older, live on their own and are unable to use public transport due to long-term physical disability and who do not have access to a personal vehicle. Travel services for the disabled are for those who, as a result of their disability, cannot use public transport services and do not have access to a personal vehicle.

## Affairs of disabled people

Miðgarður offers counseling regarding the affairs of children, adults and the relatives of people with disabilities. People with disabilities, who have the right to services according to the Act on the Affairs of the Disabled, can seek services and counseling from Miðgarður. In addition to general services it is for example possible to apply for more extensive support, residence and day services. Further information is given through phone in tel: 411 1400 or at [www.midgardur.is](http://www.midgardur.is).

## Neighbourhood Activities

In order to enrich life and culture in Grafarvogur and Kjalarnes, the staff of Midgardur place emphasis on supporting any form of neighbourhood activities in collaboration with residents, organisations and other individuals who wish to contribute to society.



## **Grafarvogur healthcare services**

The Grafarvogur healthcare centre is a neighbourhood centre servicing the residents of Grafarvogur. If you live in the service area, you can register at the centre so long as the physicians of the centre are not fully booked. Further information may be found on [www.heilsugaesla.is](http://www.heilsugaesla.is).

## **Mosfellsbær Healthcare centre**

The healthcare centre of the Mosfellsbær district serves residents in Mosfellsbær, Kjalarnes, Kjós and Thingvallasveit. If you live in the service area, you can register at the centre. Further information may be found on [www.heilsugaesla.is](http://www.heilsugaesla.is).

## **Eir and Eirborgir**

Eir is a nursing home for the elderly in Grafarvogur. At Eir there are offered most of the available services for the elderly. There is a doctor in residence there, nursing services, physiotherapy, a chaplain, a hobby room, kitchen, hairdresser, dentist, pedicure and a store. Eirarhús is located at Hlíðarhús 7, and has service apartments for the elderly. At Fróðengi 1-11 there are 110 security apartments, Eirborgir. There are three types of apartments, studios, two rooms apartments and three rooms apartments.

Further information about rates, services and other conditions can be gotten at tel 522 5700 or at Eir's website: [www.eir.is](http://www.eir.is).

## Kindergartens

There are 16 kindergartens operated in Grafarvogur and Kjalarnes, two of which are privately run. Kindergartens are service and educational institutions for all children who are of kindergarten age. In kindergartens, it is assumed that each child is approached on his or her own term and that a good parent/kindergarten co-operation is developed with the active participation of parents.

## Enrolment in Kindergartens

Applications for enrolment in kindergartens go through Rafræn Reykjavík [www.reykjavik.is](http://www.reykjavik.is).

## Primary Schools

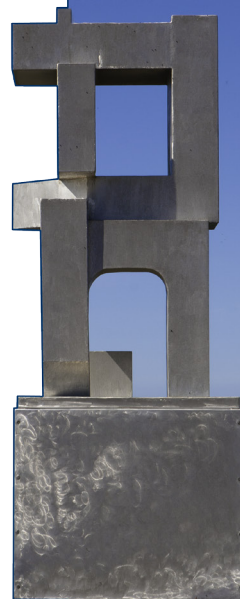
Nine primary schools are operated in Grafarvogur and Kjalarnes. All children and adolescents between the age of 6 and 16 are obliged to enrol in a primary school. Parents are responsible for the enrolment of a child in a primary school and for ensuring their attendance. The role of primary schools is to prepare children for life and work in a democratic society that is constantly changing. All primary schools run leisure centres.

## Schools and Professional Services

The experts at Midgardur provide administrators and staff in kindergartens and primary schools with advice and education. Moreover, they perform psychological studies on students, e.g. due to suspicion of developmental deviations. Furthermore, work is performed on various types of school development projects.

## Borgarholtsskóli

Borgarholtsskóli is the latest addition to the secondary schools in Reykjavík. The school is located at Mosavegur in Grafarvogur. It is an innovative and technology-filled modern school with approximately 1000 students and offers varied courses. Website: [www.bhs.is](http://www.bhs.is); phone No.: 535 1700.





## Free Time and Social Activities

Midgardur also provides social activities for adults in various locations around Reykjavík. Midgardur provides information about the social activities and other leisure time activities in the various neighbourhoods in the city.

### Korpúlfar

Korpúlfar is the organisation for the elderly in Grafarvogur. The goal is to provide the elderly in Grafarvogur with the opportunity and facilities for diverse social and leisure activities. Korpúlfar has facilities at Korpúlfsstaðir. Those who wish to become members and subscribe to the Korpúlfar mailing list are encouraged to contact Midgardur in phone No. 411 1400.

For further information, see [www.midgardur.is](http://www.midgardur.is).

### Non-Governmental Organizations

In Grafarvogur there are several non-governmental organizations. For example, a Lions club, a Rotary club, a Kiwanis club and a Soroptimist club.

Further information about the associations can be found on [www.midgardur.is](http://www.midgardur.is).

In Kjalarnes there are also various non-governmental organizations. To name a few, there is Kjöl Rescue Squad, Kjalarnes Men's Choir, Kjalarnes Forestry Association and an Equestrian Association.

Further information about the associations can be found on [www.kjalarnes.is](http://www.kjalarnes.is).

### The Hamar Scout Association

Considerable and vigorous Scout activities are practised in Grafarvogur. The Scouts meet on a weekly basis in meetings where they work together, in teams consisting of 5 to 6 members, on interesting projects, sing together, play games, etc. The younger children work together in larger groups where the emphasis is on games and exciting projects. Scout activities take place at Logafold 106.

For further information, see the Association's website, [www.skatar.is/hamar](http://www.skatar.is/hamar) or call phone No. 587 3088.

### The Reykjavík School of Visual Arts

The Reykjavík School of Visual Arts offers courses at Korpúlfsstaðir for children and teenagers.

Further information can be found on the school's website [www.myndlistarskolinn.is](http://www.myndlistarskolinn.is) and at tel 551 1990.



## Reykjavík City Library/Foldasafn

The library is located at Grafarvogskirkja(church).

Further information can be found on the library's homepage [www.borgarbokasafn.is/foldasafn](http://www.borgarbokasafn.is/foldasafn) and at tel 411 6230.

## GUFUNESBÆR

The Leisure Center at Gufunesbær oversees the activities of the Youth Centers and after-school activities. The Youth Centers are for all teenagers in 8.-10 class, there are also activities for the kids in 5.-7.class.

The after-school programs are for children 6-9 years old. There is also a leisure club for kids and teenagers with disabilities.

Further information can be found on the homepage of the Leisure Center [www.gufunes.is](http://www.gufunes.is) and tel 411 5600.

## Music schools in Grafarvogur

There are three music schools in Grafarvogur:

Tónlistarskólinn í Grafarvogi, [www.tongraf.is](http://www.tongraf.is), tel 567 6680

Tónskólinn Harpan, [www.harpan.is](http://www.harpan.is), tel 567 0399

Tónskóli Björgvins, [bjorgvina@simnet.is](mailto:bjorgvina@simnet.is), tel 861 1255.

## Music schools in Kjalarnes

In Kjalarnes there is one music school, Tónlistarskólinn á Klébergi.

Further information is on Klébergsskóli's homepage [www.klebergsskoli.is](http://www.klebergsskoli.is).

## Grafarvogur School Band

The Grafarvogur School Band was established in 1993, and its main base of operations is in Foldaskóli. The Band serves all Grafarvogur primary schools. Band practices are conducted in Foldaskóli, although members are taught in private lessons in other schools, depending on facilities and student makeup.

For further information, see school band's website [www.skolahljomsveitir.is](http://www.skolahljomsveitir.is) or call phone No. 587 8189.



## Grafarvogslaug (Grafarvogur swimming Pool)

### Opening hours

Mon. to Fri. – 06:30 - 22:30

Weekends – 10:00 - 20:30



## Klébergslaug (Kléberg Swimming Pool)

### Opening hours:

Weekdays - 17:00 - 21:00

Tuesdays - 17:00 - 22:00

Weekends - 11:00 - 15:00

For further information, see [www.itr.is](http://www.itr.is)

## Ungmennafélagid Fjölínir (UMFF) (Fjölínir Youth Club)

The offices of Fjölínir are located near the main entrance of Egilshöll and are open between 08:30 and 16:00 Mon. to Fri.

All information on Fjölínir can be accessed at its website [www.fjolnir.is](http://www.fjolnir.is) and in phone No. 594 9640.

## Ungmennafélag Kjalnesinga (UMFK) (Kjalarnes Youth Club)

The object of the club is to have a developmental and beneficial effect on its members and to encourage friendship and solidarity. Practice sessions take place in the Kléberg Sports Centre in Kjalarnes.

For further information, see [www.kjalarnes.is](http://www.kjalarnes.is) or call phone No. 566 6879.

## The Kayak Club

There are several types of kayaks within the sport of kayaking. In Iceland, the emphasis is on white-water and sea kayaking. The Club has access to facilities at the swimming pools in Laugardalur, at Geldinganes where there are storage facilities for 100 kayaks as well as member and shower facilities, and at Nauthólsvík where there are changing rooms and shower facilities.

Website: [www.kayakklubburinn.com](http://www.kayakklubburinn.com)



### Reykjavík Golf club

The Reykjavík Golf club operates practice facilities at two widely different but superb golf courses. One course is located in Grafarholt, while the other is at Korpúlfsstadir.

For further information, see [www.grgolf.is](http://www.grgolf.is) or call phone No. 585 0200.

### Björninn Skating Association

The Björninn Skating Association has practice facilities at Egilshöll.

For further information, see [www.bjorninn.com](http://www.bjorninn.com) or call phone No. 594 9696.

### Shooting Club of Reykjavík

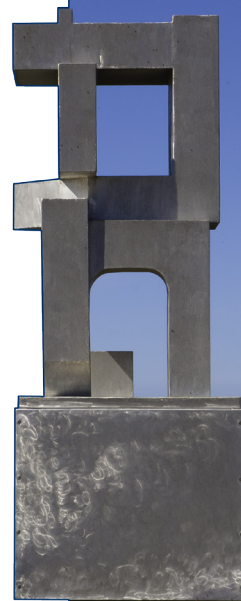
The Shooting Club of Reykjavík has practice facilities at Egilshöll.

For further information, see [www.sr.is](http://www.sr.is) or call phone No. 594 9625.

### Egilshöll, Fossaleyni

Diverse forms of sports are practiced in Egilshöll, and a number of sports associations in the area have facilities there, e.g. Fjölíur, Björninn and the Shooting Club of Reykjavík. Also located at Egilshöll is the fitness training centre Heilsuakademían. Egilshöll is located at Fossaleyni 1.

For further information, see [www.egilsholl.is](http://www.egilsholl.is) or call phone No. 594 9600.





# Reykjavíkurborg

If you have suggestions or comments about Midgard's services, or suggestions for urgent progress in the neighborhood, we encourage you to make them known to us by calling tel 411 1400 or sent via email to [midgardur@reykjavik.is](mailto:midgardur@reykjavik.is)