

MUTUAL EXCHANGE BOARD

Winter 2026



The Mutual Exchange Board includes properties whose tenants wish to downsize to a smaller home. This could be an ideal opportunity for those of you requiring one or two additional bedrooms to move, as you might otherwise face an extremely long wait for a transfer.

Last year, we were able to arrange more Mutual Exchanges than transfers.

There are also many entries from tenants wishing to exchange with a similar property in another area, or with slightly different facilities. So do take a look, your new home could be here.

ONE BED

Ref: Holbury/E5

Contact: Frank

Tel: 07424 803082

- ◀ Has: 1 Bedroom first floor flat converted with balcony, backs on to woodland corner of Springfield in Hackney, newly decorated, new fitted double glazing; boiler, carpets & horizontal blinds and soon to have new bathroom suite fitted with shower.
- ▶ Wants: 1 or 2 bed flat with lift, or ground floor. All areas considered.

Ref: Vickers/N17

Contact: Jacqueline Melville

Tel: 07908 408321

- ◀ Has: 1 bed 5th floor flat with balcony.
- ▶ Wants: 2 or 3 bed flat or house in Haringey, and Barking and Dagenham.

Ref: Homerton/E9

Contact: Clarice Ali

Tel: 07894 421333

- ◀ Has: 1 double bedroom ground floor with sole use of garden in Hackney. The property is clean and spacious with good transport links near over ground floor.
- ▶ Wants: 1 bed ground floor property level in Hackney.

Ref: BERRYLAND COURT/N7

Contact: Mohamed Alhaddad

Tel: 07500 086766

Email: mohamedalhaddad79@gmail.com

- ◀ Has: 1 double bedroom flat, open plan kitchen and living room, 1 bathroom with a toilet. The property is clean and spacious and is located in a quiet area close to local amenities.
- ▶ Wants: 2/3 bedroom property with a garden or communal outdoor space.

Ref: MARE ST/E8

Contact: Elena

Tel: 07783 276721

- ◀ Has: 1 bed flat in a small modern block on Mare St, E8. Close to Victoria Park and Bethnal Green underground station. 1st floor, private car park, only 3 flats as neighbours.
- ▶ Wants: 1/2 bed flat/house in South West/West London. No tower blocks or basements please.

Ref: BLURTON RD E5

Contact: Miss Betek

Email: dorisbetek@yahoo.co.uk

- ◀ Has: 1 bed, 1st floor flat in E5.
- ▶ Wants: 1 large or 2 bed, preferably in E5 or elsewhere in Hackney.

Ref: STBE/E14

Contact: Ms S Powell

Tel: 07913 571793

- ◀ Has: 1 bed/grd flr flat with private parking in Docklands (E14). Property is close to ASDA and DLR trains.
- ▶ Wants: 1 bed flat in Wapping area.

Ref: Gazelle Crt N7 8TY

Contact: Ms H Cherubim

Tel: 07398 199317

- ◀ Has: 1 bed flat on 3rd floor in lifted building.
- ▶ Wants: 2 bed flat/house any areas considered in London (not Barnsbury Estate).

Ref: SOME/N16 (1)

Contact: Ms Thomas

Tel: 07887 655480

Email: angie1626@hotmail.co.uk

- ◀ Has: Very modern & cosy 1 bed/ 1st flr flat in a Hackney N16 block. Property has an open-plan kitchen + a combined bathroom/wc.
- ▶ Wants: 1 bed property – preferably on gnd or 1st flr and with a minimum number stairs – in N16 or Stamford Hill area.

TWO BEDS

Ref: Clarke/N1

Contact: Tennesol Clarke

Email: tennesa6@hotmail.com

Tel: 07940 446193

- ◀ Has: Two double bedroom flat on the 3rd floor (lift available) on Barnsbury estate Islington. Large living room space, separate bathroom, toilet and private balcony. Due to be renovated soon by Newlon with new kitchen, bathroom and front door and many external revamps to the estate itself. Excellent location, Kings Cross and Angel station within walking distance.
- ▶ Wants: 3 or 4 bedroom property with private outside space. Preferably in Islington or surrounding areas.

Ref: Albemarle Court/N17

Email: eylem_@hotmail.co.uk

- ◀ Has: 2 bedroom- very clean and well looked after 2-bedroom 2nd floor flat. Excellent transport links to central London.
- ▶ Wants: 3-bedroom flat or house- Enfield, Waltham Forest, Redbridge.

Ref: Northumberland Grove/N17

Contact: Ms O'Dwyer

Tel: 07538950774

Email: Fatima.odwyer@yahoo.co.uk

- ◀ Has: 2 Bed 1st Flr Flat. 1 Double Bed, 1 King Size Bed, Large Kitchen. Views of Tottenham Stadium. 5 Mins walk to train Station, Local Shops & Buses.
- ▶ Wants: 3 Bedroom, Any Area.

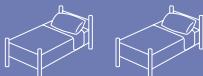
WHY NOT JOIN HOMESWAPPER TOO?

HomeSwapper is the UK's largest organisation for social housing tenants wishing to swap homes. Thousands of people join every month and use HomeSwapper to move locally or right across the UK.

You can join at www.homeswapper.co.uk. As we have partnered with them it is free.

Once you have registered, HomeSwapper will make daily checks for possible new swaps and you can log-on at any time to see them. HomeSwapper can also send you regular 'match alerts' to ensure that you don't miss out.

TWO BEDS cont.



Ref: Brown/N9

Contact: Ms B

Email: starindie@hotmail.com

- ◀ Has: A spacious period ground floor/ basement split level flat with an open plan living room, newly updated kitchen, two spacious double bedrooms, and a clean bathroom (about to be refurbished). Also access to a private garden and a private parking space.
- ▶ Wants: 2 bedroom house/flat in house conversion. Preferably with a garden in Enfield EN1 or EN2 only, Stoke Newington, Islington, Hampstead, Victoria or Walthamstow.

Ref: HornseySt/N7

Contact: Carly

Email: cockneycarly@hotmail.co.uk

- ◀ Has: A spacious 2 bed flat on the fourth floor of a modern block (with two lifts, fob entry and bike store), with gch, wheelchair access, private balcony, communal outside space and very close to Holloway tube station.
- ▶ Wants: 3 bed ground or first floor flat with garden or outside space in Islington.

Ref: Victoria/E11

Contact: Ozlem

Email: ozlem1983@hotmail.co.uk

- ◀ Has: 2 bed house with parking and garden.
- ▶ Wants: 3-4 bedroom with garden and parking. All areas within London considered.

Ref: Vittoria/N1

Contact: Mrs Zoe Watson

Email: 07506 231577

- ◀ Has: 2 bedroom 1st floor Barnsbury Estate flat.
- ▶ Wants: 4 bedroom property, ideally in N1 or Islington.

Ref: Queens/N7

Contact: Charlotte

Email: chazzieuk@hotmail.com

Tel: 07985 115008

- ◀ Has: 2 bed 4th floor flat.
- ▶ Wants: 3 bed in North London.

Ref: Cricketfield/E5

Contact: Okela Douglas

Email: okeladouglas@gmail.com

- ◀ Has: Second floor 2 bedroom split level converted house across two floors with shared entrance.
- ▶ Wants: 3/4Bedroom house/ conversion with a garden, all areas considered. No blocks please.

Ref: Buxhall/E9

Contact: Shifa Khatun

Tel: 07985 812751

Email: shifakhatun@hotmail.co.uk

- ◀ Has: Ground floor spacious 2 bed purpose built wheelchair access through out including level access shower room. Shared garden and close to local amenities.
- ▶ Wants: 3 or 4 bed ground floor house or flat around Hackney, close to close amenities.

Ref: HORNSEY ST – Islington

Contact: Ms Constant

Tel: 07903 524695

- ◀ Has: 1 Bed Apartment very well maintained on 1st Flr with double balcony.
- ▶ Wants: 2 or 3 bed property/ would like garden and parking. Areas considered: Islington/ Wood Green/Haringey.

Ref: Bounces/N9

Contact: Patricia

Tel: 07841 826614

- ◀ Has: 2 bedroom property with small garden. Close to 2 primary schools, GP and 5 mins from Edmonton Green shopping centre.
- ▶ Wants: 2 bedroom preferably ground floor property preferably in Haringey or Enfield, all areas considered.

Ref: Dehav/N17

Contact: Sandra Williams

Tel: 07946 507526

- ◀ Has: 2 bed 2nd floor flat in new development in Hale Village N17.
- ▶ Wants: 3 double Bedroom house with garden and two bathrooms and parking. Areas preferred (Luton, Walthamstow, Enfield, Edmonton, north London).

Ref: Mandeville street/E5

Contact: Mrs Rahman

Tel: 07949 253212

Email: reha76@hotmail.co.uk

- ◀ Has: A large two double bedroom in one level flat (second floor) with good size living room (balcony) and big kitchen. Close to local amenities.
- ▶ Wants: A spacious 3 bedroom house with a garden close to local amenities.

Ref: SEASIDE & COUNTRY HOME SCHEME FOR OVER 60S

Contact: Laura

Tel: 07487 691105

- ◀ Has: 2 bed semi detached bungalow with large garden in Worthing, Sussex. Rent £109 per week.
- ▶ Wants: 2 or 3 bed house in Stamford Hill, Stoke Newington, Islington, Leyton or Leytonstone.

Ref: QUEENSLAND RD/N7

Contact: Leanne

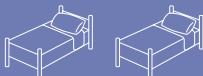
Email: Leanne.beaton@Hotmail.co.uk

- ◀ Has: 2 double bed Apt in the heart of Islington, family bathroom and open planned dinning/kitchen and living room. Balconies off of the living room and master bedroom. Communal garden and bike storage area. 2nd floor W/lift. Communal areas are kept clean and tidy.
- ▶ Wants: 2/3 bed maisonette/house in Islington, Chigwell, Loughton and surrounding areas. Want a garden/ balcony or outside space. Parking essential.

If you are interested in a match, use the other tenant's contact details to get in touch. Arrange to view each other's properties and if you want to swap contact our Service Centre on **020 7613 8080**.

For more information, visit the [HomeSwapper](#) website.

TWO BEDS cont.



Ref: EVER/N16 (1)

Contact: Ms Bulbul

Tel: 07852 159546

- Has: 2nd flr flat conversion with 2 x double bedrooms + large kitchen in Hackney N16. Property is in very good condition.
- Wants: 3 bed/grnd flr property, preferably with garden. Would ideally like to stay in the N16 area.

Ref: BRIC/E1

Contact: Ms Panejad

Tel: 020 3612 7241

- Has: 2 bed basement/grnd flr flat in Spitalfields E1. Property has a private rear garden + plenty of storage space and is situated close to local shops, restaurants & excellent transport links.
- Wants: 2 bed flat on grnd flr in Tower Hamlets or Hackney but will consider 1st or 2nd flr if lifted.

Ref: BAKE/E5 (1)

Contact: Ms Bloom

Tel: 07947 327106

- Has: 2 bed/2nd flr flat in an Upper Clapton (E5) cul-de-sac, just a 1 min walk from the River Lea.
- Wants: 2 bed property in Hackney E8 area.

Ref: GRAN/E11 (1)

Contact: Ms Dennison

Tel: 07950 366707

- Has: 2 bed terraced house with rear garden & own driveway in Leytonstone E11. Property has gch & is near to local transport & shops.
- Wants: 2 or 3 bed property with garden – preferably in Hackney, but will consider all areas.

Ref: LINW/EN1 (2)

Contact: Mr & Mrs Yawson

Tel: 020 8372 4384

- Has: 2 bed house with gch, garden and off-road parking in Enfield EN1.
- Wants: 3 or 4 bed property – any area considered.

Ref: SPRG/E5 (1)

Contact: Ms Devi

Tel: 07949 055228

- Has: Spacious 2 bed flat on grd/ lower grd flrs in Hackney E5, nr Springfield Park. Property has gch, own street door & sole use of garden.
- Wants: 3 bed house or maisonette up to 1st flr level with garden. All areas considered – no flats please.

Ref: SPRG/E5 (3)

Contact: Mrs Dogan

Tel: 020 8806 9759 / 07931 879898

- Has: 2 bed/grnd flr flat in a converted house in Hackney E5. Property has a modern kitchen & bathroom + a nice garden.
- Wants: 2 bed flat or house in Enfield (to be near to family & friends).

Ref: VICT/E11

Contact: Ms McKay

Tel: 020 8558 6993 / Mobile: 07956 488769

- Has: 2 bed house with gch & off-street parking in Leytonstone E11.
- Wants: 4 bed property (or 3 large bedrooms). All areas considered, but would prefer Waltham Forest.

Ref: MILD/E5 (1)

Contact: Ms Moccia

Tel: 07946 558289

- Has: 2 bed conversion flat on 1st flr with gch & access to garden.
- Wants: Similar size property with garden. All areas in Hackney Considered.

Ref: Whitehall E5

Contact: Ronda Walker

Tel: 07929 923930

- Has: 2 bed flat on 2nd floor walk-up block.
- Wants: 2 bed house/grd flr flat with garden Areas considered Hackney.

Ref: BLURTON RD/ E5

Contact: Miss Betek

Email: dorisbetek@yahoo.co.uk

- Has: 1 bed, 1st floor flat in E5.
- Wants: 1 large or 2 bed, preferably in E5/Hackney.

Ref: RITS/N1

Contact: Martine

Tel: 07951 007623

Email: martineryan83@yahoo.co.uk

- Has: 2nd flr maisonette with 2 x double bedrooms in a small, quiet block in Barnsbury Estate, Islington. Property is very spacious, with gch & double glazing.
- Wants: 3 or 4 bed flat up to 4th flr (with lift) in Islington – balcony or Garden preferred.

Ref: HERT/EDMONTON N9

Contact: Mr or Mrs Egilmez

Tel: 020 8807 5878

- Has: 2 bed flat on 2nd flr with GCH & Communal Gardens.
- Wants: 3 bed house: with GCH in Enfield/Winchmore Hill/Palmers Green/EN1/EN2/EN3/EN4.

Ref: MERL/N7 Islington

Contact: J Harris

Tel: 07877 677453

- Has: 2 bed flat on 2nd flr in purpose built lifted block built 2007.
- Wants: 3 Bed Flat or maisonette on grd to 1st floors Areas considered Haringey/Enfield/Hackney/Waltham Forest/Redbridge.

Ref: WART/E1

Contact: Mrs Gurler-Bangert

Tel: 07587 462197

- Has: 2 bed/2nd flr flat in lifted block in Cable Street. A new development with open plan kitchen/living room.
- Wants: 2 bedroom flat/house Large balcony and nice view Preferably new build property.

Ref: MOLT/N1 (A)

Contact: Ms Williams

Tel: 07463 716847

- Has: 2 bed/1 single 1double, 1st flr flat in Barnsbury Estate, Islington. Lifted block, balcony at front and rear. Separate toilet.
- Wants: 3 bed property any area any floor.

THREE BEDS



Ref: ClaptonPass/E5

Contact: Anisa

Email: Shalima.k@icloud.com

- Has: 1st floor Victorian maisonette (3 floors & basement). 2dble & 1sgle beds. GCH. Spacious kitchen & shared garden. Bathroom & shower with toilet; additional toilet. Prime area of Hackney with many local amenities.
- Wants: 4 or 5 bed house. Preferably in East London but will consider all areas of London.

Ref: Bl Burton/E5

Contact: Ms Hatice

Tel: 020 8525 0798

- Has: 2 floor flat in converted house. 2 double 1 spacious bedroom. Shared garden. Near lots of shops, bus stops and schools.
- Wants: 3 bedroom house or 1 level Flat with lift and balcony or garden. Preferably Enfield or Hackney but open to areas.

Ref: Walsingham/E5

Contact: Chantelle

Tel: 07958 658775

- Has: 3 bed house, 2 toilets and bathroom, double glazing, own back and front garden, on street parking. Many schools and public transport just a stone throw away.
- Wants: Similar 4 bed, open to areas.

Ref: Mandeville/E5

Contact: Mrs Akyol

Tel: 020 8525 0399

Email: filiz.a@hotmail.co.uk

- Has 3-floored house (3 double bed) in Hackney, Clapton.
- Wants: 2 or 1 floored house with 2-3 bedrooms located near central London/Stratford Westfield's.

Ref: EVER/N16 (3)

Contact: Mrs Khan

Tel: 07983 453786

- Has: 3 bed maisonette on base/ grd flrs in converted house in Hackney N16.
- Wants: 4 bed house/maisonette in Hackney.

Ref: LASC/E14

Contact: Mr Rahman

Tel: 020 7780 0926 / 07852 389491

- Has: 3 bed/1st flr flat in modern block with lift access & open-plan kitchen. Property is situated conveniently nr to public transport in Limehouse E14.
- Wants: 3/4 bed property – must be in Tower Hamlets area.

Ref: COLE/E5

Contact: Floyd

Tel: 07956 359121 / 07956 127975

- Has: 3 bed flat with garden in a quiet residential street close to local amenities in Hackney E5.
- Wants: 3 or 4 bed property in Hackney, Haringey or Waltham Forest.

Ref: MILL/E5

Contact: Mrs Daya

Tel: 020 8793 8615

- Has: 3 bed house with huge kitchen/ Diner, upstairs bathroom/wc, separate down-stairs w/c & garden in Hackney E5.
- Wants: Similar 3 bed house with stairs wide enough for future stair-lift installation in Walthamstow or the Mare St/Dalston/Stoke Newington.

Ref: LENB/E1

Contact: Ms Hussein

Tel: 07983 144834 / 07956 358211

- Has: 3 spacious bedroom maisonette, one toilet downstairs and bathroom and toilet upstairs. Balcony in every room. Situated in a convenient location to all local amenities.
- Wants: 3 bed house or grd/1st flr flat in E1, E2 or E3 postal areas consider properties within 15 miles from my property. Please – NO OPEN-PLAN KITCHEN.

Ref: WHAR/N17

Contact: Ms Tifow

Tel: 020 8216 9500

- Has: 3 bed house with gch in Tottenham N17. Property has a living rm, large kitchen, grd flr bathroom & wc + a rear garden.
- Wants: 4 bed property – all areas considered.

Ref: OAK/N17

Contact: Davinia

Tel: 07366 594863

- Has: 3 bed terraced house with gch & garden in Haringey N17 (borders Enfield).
- Wants: 3 or 4 bed house/ maisonette in Hackney E5/N16.

Ref: VENN/N1

Contact: Ms Lawson

Tel: 07403 065064

- Has: 3 bed/2nd flr flat in Barnsbury Estate N1.
- Wants: 3 bed/grnd flr property, preferably in Islington, Haringey or Hackney.

Ref: Hammond court

Contact: Miss Marcus

Email: sheriemarkus@btinternet.com

- Has: 3 dble bed in N18 2nd floor no one above. Large apartment in small new build development. Large south facing balcony.
- Wants: 3 bed flat with outside space in Stoke Newington/Stamford hill/ Enfield and surrounding areas.

3 BEDS WILLING TO DOWNSIZE TO 2 BEDS

Ref: ANGLESEY/EN3

Contact: Ms Cerrah

Email: kubra.cerrah@hotmail.co.uk

- Has: 3 bed house in EN3.
- Wants: 2 bed ground floor flat/ house in Edmonton, Enfield, Palmers Green and Tottenham.

3 BEDS WILLING TO DOWNSIZE TO 2 BEDS

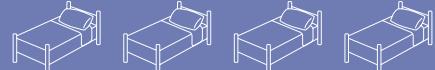
Ref: MOTH/E5 (1)

Contact: Denise Read

Tel: 07960 806497

- Has: 3 bed town house with 2 wcs in a gated Clapton E5 square.
- Wants: 2 or 3 bed house in Enfield or Essex only.

FOUR + BEDS



6 BEDS WANTING TO DOWNSIZE TO 4 BEDS

Ref: ASTO/E14

Contact: Mr Miah

Tel: 020 7790 6921

- Has: 6 bed house with front and back garden in Stepney E14.
- Wants: 4 bed house with rear garden only in Limehouse or Stepney.

Newlon publishes the Mutual Exchange Notice Board in each edition of Newlon News.
It is also available on our website www.newlon.org.uk.

If you would like to advertise your property for an exchange or are interested in any of the properties (and there is no other telephone number), please contact our Service Centre on **020 7613 8080**.



Residents willing/wanting to downsize

'gch' = Gas Central Heating



= Disabled Accessible