**PRAXIS ADVICE SERVICES**

**September 2016**

**Tower Hamlets drop-in advice & form-filling session:   
Weekly on Thursdays, 10am-12.30pm   
from Thursday 1st September**

We can help Tower Hamlets residents with advice relating to:

* Welfare benefits
* Housing & homelessness
* Asylum support
* Immigration
* Debt advisor available fortnightly 11-12.30pm (from Thursday 8th September)
* Form-filling (please call or ask at reception to check which forms we can help with)

**Pan-London immigration advice drop-in:**

**Monthly on 3rd Friday of month, 10am - 12.30pm**

Friday 16th September

Friday 21st October

Friday 18th November

Friday 16th December

**\*Please note that this session is very busy & we can usually only see the first 20 people who arrive. Please do come early as we see people on a first come, first served basis.**

**Telephone advice service: 020 7749 7608**

**Wednesdays: 2pm – 4.30pm**

**Referrals:**

We have limited capacity to take external referrals. Please email us at [advice@praxis.org.uk](mailto:advice@praxis.org.uk) to check whether we can help.