



National Information & Advice Services

www.gov.uk

The place to find government services and information, including benefits.

Information on benefits and public services, including standard forms. General information on all benefits, working tax credit, employment, pensions etc. Online calculation for estimate of benefit entitlement.

www.gov.uk/browse/benefits

DWP (Department for Work and pensions) Job Centre Plus

Tel: 0800 055 6688

To make a claim for Income Support, Jobseekers Allowance or Employment & Support Allowance phone Mon to Fri, 8am-6pm

or apply online at

www.dwp.gov.uk/eservice

For enquiries about, or problems with, existing claims, contact the Benefit Delivery Centres (0845 600 6334) for postcodes in E3, E14 and (0845 377 6001) for E1, E2.

Disability Law service

Tel: 020 7791 9800

Legal advice and representation to disabled people, their families and carers Telephone and email advice line plus information leaflets.

Tel: Mon to Fri 10am-5pm

Email: advice@dls.org.uk www.dls.org.uk



Money Advice Service

Tel: 0300 500 5000 8am-8pm

Information and guidance on financial matters

www.moneyadviceservice.org.uk



Tel: Freephone 0800 138 1111 including all mobiles and Online Remedy Tool

Free Money advice & advice on problem debt based on what's best for you. Offers Debt Management plans and Bankruptcy, Debt Relief Orders, Equity Release and IVA and advice. Mon-Fri 8am-8pm, Sat 8am-4pm

www.stepchange.org

Community Legal Advice

Tel: 0845 345 4 345

Free help or legal advice over the phone for problems with debt, housing, employment, education and benefits

for those who qualify for legal aid.

www.communitylegaladvice.org.uk



National Debtline

Tel : 0808 808 4000

Free independent money advice to people with debt problems. Registered charity. Telephone and email advice plus information leaflets provided.

Lines open Mon to Fri 9am-9pm, Sat 9.30am-1pm.

Online help and information on

www.nationaldebtline.co.uk



Advice for Small Business & Self Employed

Payplan

Tel: 0800 280 2816

Free advice on debt and budgeting, including free debt management plans without upfront fees. Lines open 8am-9pm

Online help and information on

www.payplan.com

Local Advice Centres

Listed below and overleaf are independent voluntary organisations in Tower Hamlets offering free community legal advice. Advice is provided at drop in sessions or appointments and by telephone



www.thcan.org.uk/

THCAN providing advice to residents of Tower Hamlets. Advice on benefits, tax credits, housing, money & debt problems, immigration and employment. Tower Hamlets Community Advice Network gives you the help you need.

Account 3

1-9 Birkbeck Street E2 6JY

Tel: 020 7739 7720

www.account3.org.uk

Advice and information including welfare benefits, money advice and housing. Outreach sessions at Bow Idea Store, and Old Ford Housing 73 Usher Rd E3.

Age Concern Tower Hamlets

82 Russia Lane E2 9LU

Tel: 020 8981 7124

General advice and information services for older people. Appointments available at 82 Russia Lane E2 and Appian Court 87 Parnell Road E3.

Home visits to housebound people.

Bangladesh Youth Movement

21/23 Henriques Street E1 1NB

Tel: 020 7488 1831/2

Advice and information on welfare benefits, housing, and other issues.

Bromley By Bow Centre

St Leonard's Street E3 3BT

Tel: 020 8709 9737

www.bbbc.org.uk

Advice and information on welfare benefits, housing, debt, employment and other issues. Access to free legal advice



CAB - Citizens Advice Bureau

32 Greatorex Street E1 5NP

Tel: 020 7247 1050

www.adviceguide.org.uk

Drop in days Monday, Tuesday and Wednesday from 9.30am. Advice and information on all areas of law, including welfare benefits, debt advice and housing.

Chinese Association TH

680 Commercial Road, E14 7HA

Tel: 020 7515 5598

Advice and information on welfare benefits and housing issues.

Fair Money Advice

530 Commercial Road E1 4SA

Tel: 020 7780 1777

www.fairfinance.org.uk

Advice and information on debt issues.



Island Advice Centre

Island House, Roserton Street, E14 3PG

Tel: 020 7987 9379

*Phone advice- Mondays, Tuesdays and Thursdays 10am to 12pm

www.island-advice.org.uk

Free, confidential, independent advice on welfare rights, housing, and debt from basic advice and assistance to court and appeal level. Bengali speaking advice workers available. Home visits to housebound clients in E14.

DROP-IN ADVICE SESSION

WELFARE BENEFITS - **Wednesdays 10am to 12pm**
DEBT AND HOUSING - **Friday 10am to 12pm**

Legal Advice Centre

University House
104 Roman Road E2 ORN

Tel: 020 8980 4205

Advice and information on welfare benefits, housing and other issues.
Free evening legal advice.

Limehouse Project Limited

Cheadle Hall, Cheadle House Copenhagen Place, E14 7EY

Tel: 020 7538 0075

www.limehouseproject.org.uk

Advice on welfare benefits, housing, debt and family matters. Outreach Services at LIFRA Hall, 7 Halley Street, E14 and Trussler Hall, Chrisp St E14

Ocean Somali Community Association

Concordia Centre, Railway Arches,
420-421 Burdett Road, E3 4AA

Tel: 020 7987 5833

Advice and information on welfare benefits, housing and debt

Praxis

Pott Street E2 OEF

Tel: 020 7729 7985

www.praxis.org.uk/

Advice on welfare benefits, housing, immigration and other issues for new residents.

South Bromley Forum

27 Aberfeldy Street, London E14 ONU

Tel: 020 7987 9584

Advice and information on welfare benefits, housing and debt.

St Hilda's East Community Centre

18 Club Row, E2 7EY

Tel: 020 7739 8066

General advice on welfare benefits, housing and debt issues.
Free evening legal advice.

Tower Hamlets Law Centre

214 Whitechapel Road, E1 1BJ

Tel: 020 7247 8998

www.thlc.co.uk

Specialist advice and representation by appointment on housing, welfare benefits, employment, immigration



Toynbee Hall Advice Service

52 Old Castle Street, E1 7AJ

Tel: 020 7392 2953

Email: advice@toynbeehall.org.uk

www.toynbeehall.org.uk

Telephone for Debt or Welfare Benefits advice and information on the advice services Monday to Friday 9:30am - 5pm
A debt advisor can speak to you, offer telephone advice or arrange an appointment is required.

In Person visit the offices Monday to Friday 9:30 am to 5pm

Drop in advice - Welfare Benefits & Debt
Evening session's doors open 5pm to 8.30pm
Tuesday, Wednesday & Thursday

Wapping Bangladesh Association (WBA)

Wapping Youth Club (1st Floor), Tench Street, E1 W 2QD

Tel: 020 7702 1708

Advice on housing, welfare benefits, debt, and utility bills.

Every effort has been made to ensure the details are correct at the time of publication.



<http://thcan.org.uk/>

THCAN providing advice to residents of Tower Hamlets. Advice on benefits, tax credits, housing, money & debt problems, immigration and employment. Tower Hamlets Community Advice Network gives you the help you need.

Our Partners



Account 3



Useful Websites

www.adviceguide.org.uk

www.ageuk.org.uk

www.carers.org

www.cccs.co.uk

www.gov.uk

www.disabilityalliance.org

www.dls.org.uk

www.dwp.gov.uk

www.inlandrevenue.gov.uk

www.jobcentreplus.gov.uk

www.mind.org.uk

www.moneyadviceservices.org.uk

www.moneyaande.co.uk

www.nationaldebtline.co.uk

www.shelter.org.uk

www.thepensionservice.gov.uk

www.towerhamlets.gov.uk

www.turn2us.org.uk



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