

Organisation	E-mail
Account 3	admin@account3.org.uk
Age UK	info@ageukeastlondon.org.uk
Apasen	syeda.ara@apasen.org.uk
Bangladeshi Youth Movement	admin@bym.org.uk>
Bromley by Bow Centre	Advice@bbbc.org.uk
Carers Centre Tower Hamlets	enquiries@ccth.org.uk
Citizens Advice Bureau	advice@eastendcab.org.uk
DeafPlus	Aiysha.begum@deafplus.org
Fair Finance	info@fairmoneyadvice.co.uk
Financial Health Centre	fhc@thh.org.uk
Island Advice Centre	admin@island-advice.org.uk
Legal Advice Centre	admin@legaladvicecentre.london
Limhouse Project	info@limehouseproject.org.uk
Local Link/Real	local-link@real.org.uk;
Mind in Tower Hamlets and Newham	info@mithn.org.uk
Ocean Somali Community Centre	abdi@oceansomali.org.uk
Paxis	admin@praxis.org.uk
Positive East	talktome@positiveeast.org.uk
St Hildas	alaya@sthildas.org.uk
St Peter	stpetersba@live.co.uk
Stifford Centre	info@stifford.org.uk
Tower Hamlets Law Centre	info@thlc.co.uk
Tower Hamlets Resident Support Outreach Service	LBTHResidentSupport@towerhamlets.gov.uk
Toynbee	advice@toynbeehall.org.uk

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Tel Advice
0207 739 7720 10 – 4 Mon to Fri
0208 981 7124
Monday- Friday between 10am-1pm 02070012266
020 7488 1831 /2 and 07961787353 Mon and Thurs 11am to 3pm
020 8709 9757, 020 8709 9745, Mon-Fri 09:00-16:30
0207 709 1765
0203 855 4472
Text only 07444710598
0203 475 8811/ text on 07816449681 Monday to Friday 9-5:30
0207 364 2200 9.30 – 4.30
0207 987 9379 Mon to Fri 10am to 4pm
0203 606 0372
0207 538 0075
020 7001 2175 10am-4pm, Mon-Fri
0207 510 1081
0207 749 7608 Wed 2-4pm 0207 749 7605 Thur 10am to 12.30
020 7791 2855 Mon to Fri 10.30 to 5pm
0207 739 8066 10am – 2pm, Mon to Thur, Thurs 2-5
0207 729 1036
0207 790 3632
0207 538 4909 9.30am-5pm Mon-Fri
0207 364 7010 Mon to Fri 9-5
020 7392 2953 10am – 4pm, Mon to Fri

Service Information
Benefits and Housing advice

Benefits, Information & Advice, for carers
Debt Advice
Benefits, housing, employment
Benefits Housing and Debt advice
Benefits, Debt, Housing, employment/training
Benefits, employment, financial advice, health, housing, leisure, social care
benefit, housing and budgetting for people with mental health
welfare benefits, housing , counselling for anyone accessing HIV care
Benefits and basic housing
Tue and Wed 10am -to 1300, Benefits, housing & debt
Benefits, Housing and Immigration
Benefits, basic housing and budgetting
Debt & Macmillan Cancer Benefits

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