

Organisation	E-mail	Tel Advice	Information	Xmas closures
Account 3	admin@account3.org.uk	0207 739 7720 10 – 4 Mon to Fri		20th Dec to 5th Jan
Age UK	info@ageukeastlondon.org.uk	0208 981 7124 - Monday to Friday 9.30 - 5.30 pm		Open except Bank Hols
Apasen	info@apasen.org.uk	between 10am- 1pm 02070012266	Benefits and Housing advice	28th December and 1st Jan
Bangladeshi Youth Movement Centre	admin@bym.org.uk Advice@bbbc.org.uk	020 7488 1831 /2 and 07961787353 Mon and Thurs 11am to 3pm		
Carers Centre Tower Hamlets Bureau	enquiries@ccth.org.uk org.uk	0207 709 1765 0203 855 4472	Benefits, Information & Advice, for carers	Jan
DeafPlus	Aiysha.begum@deafplus.org	Text only 07444710598		
Fair Finance	info@fairmoneyadvice.co.uk	0203 475 8811/ text on 07816449681 Monday to Friday 9- 5:30	Debt Advice	24th dec 2pm- 29th dec 9am and also off on 1st jan
Financial Health Centre	fhc@thh.org.uk		Benefits, housing, employment	24 Dec - 4 Jan
Island Advice Centre	advice.org.uk	Mon to Fri 10am to	Housing and	Jan
Legal Advice Centre	admin@legaladvicecentre.london	0203 606 0372	Benefits, Housing, Employment, Family, Education, Debt	21st Dec - 4th Jan
Limhouse Project	ect.org.uk	0207 538 0075	Housing,	
Local Link/Real	local-link@real.org.uk;	020 7001 2175 10am-4pm, Mon-Fri	Benefits, employment, financial advice, health, housing, leisure, social care	25th December to 4th Jan

Mind in Tower Hamlets and Newham	connecting.communities@mithn.org.uk or info@mithn.org.uk	0207 510 1081 9:30am - 5pm Mon-Fri	benefit, housing and budgetting for people with mental health	25th, 28th and 31st Dec
Community Centre	rg.uk			
Positive East	talktome@positiveeast.org.uk	020 7791 2855 Mon to Fri 10.30 to 5pm	welfare benefits, housing , counselling for anyone accessing HIV care	
Praxis	admin@praxis.org.uk	0207 749 7608 Wed 2-4pm 0207 749 7605 Thur 10am to 12.30		
St Hildas	alaya@sthildas.org.uk	10am – 2pm, Mon to Thur, Thurs 2-5	Benefits and basic housing	
St Peter	k	0207 729 1036		
Stifford Centre	info@stifford.org.uk	0207 790 3632	Tue and Wed 10am -to 1300, Benefits, housing & debt	
Tower Hamlets Law Centre	info@thlc.co.uk	0207 538 4909 9.30am-5pm Mon-Fri	Benefits, Housing and Immigration	
Tower Hamlets Resident Support Outreach Service	LBTHResidentSupport@towerhamlets.gov.uk	0207 364 7010 Mon to Fri 9-5	Benefits, basic housing and budgetting	25th Dec to 3rd Jan
Toynbee	advice@toynbeehall.org.uk	10am – 4pm, Mon to Fri	Debt & Macmillan Cancer	18th Dec to 4th Jan
Toynbee - Debt Free London	www.debtfree.london/	0800 808 5700 10am-5pm Mon-Fri	Free Debt Advice	23rd Dec to 4th Jan

