

ADVICE SERVICES CONTACT INFO

Organisation	E-mail	Telephone Advice	Service Information
Account 3	admin@account3.org.uk	020 7739 7720 (Mon – Fri, 10am–4pm)	
Age UK	info@ageukeastlondon.org.uk	020 8981 7124	
Apasen	syeda.ara@apasen.org.uk	020 7001 2266 (Mon – Fri, 10am–1pm)	Benefits and Housing advice
Bromley by Bow Centre	advice@bbbc.org.uk	020 8709 9757 020 8709 9745 (Mon – Fri, 9am–4:30pm)	
Carers Centre Tower Hamlets	enquiries@ccth.org.uk	020 7709 1765	Benefits, Information and Advice for carers
Citizens Advice Bureau	advice@eastendcab.org.uk	020 3855 4472	
DeafPlus	aiysha.begum@deafplus.org	07745 708 878 (Text only)	
Fair Finance	info@fairmoneyadvice.co.uk	020 3475 8811	
Financial Health Centre	fhc@thh.org.uk	020 7364 2200 (Mon – Fri, 9:30am–4:30pm)	Benefits, Housing, Employment
Island Advice Centre	admin@island-advice.org.uk	020 7987 9379 (Mon – Fri, 10am–4pm)	Benefits, Housing and Debt advice
Legal Advice Centre	admin@legaladvicecentre.london	020 3606 0372	
Limhouse Project	info@limehouseproject.org.uk	020 7538 0075	Benefits, Debt, Housing, Employment/Training
Local Link/Real	local-link@real.org.uk	020 7001 2175 (Mon – Fri, 10am–4pm)	Benefits, Employment, Financial advice, Health, Housing, Leisure, Social care
Mind in Tower Hamlets and Newham	info@mithn.org.uk	020 7510 1081	Benefits, Housing and Budgeting for people with mental health
Ocean Somali Community Centre	abdi@oceansomali.org.uk		
Praxis	admin@praxis.org.uk	020 7749 7608 (Wed, 2pm–4pm) 020 7749 7605 (Thur, 10am–12:30pm)	
Positive East	talktome@positiveeast.org.uk	020 7791 2855 (Mon – Fri, 10:30am–5pm)	Welfare Benefits, Housing, Counselling for anyone accessing HIV care
St Hilda's	alaya@sthildas.org.uk	020 7739 8066 (Mon – Thur, 10am–2pm)	Benefits and Basic Housing
St Peter's	stpetersba@live.co.uk	020 7729 1036	
Stifford Centre	info@stifford.org.uk	020 7790 3632 (Tue & Wed, 10am–1pm)	Benefits, Housing and Debt
Tower Hamlets Law Centre	info@thlc.co.uk	020 7538 4909 (Mon – Fri, 9.30am–5pm)	Benefits, Housing and Immigration
Tower Hamlets Resident Support Outreach Service	LBTHResidentSupport@towerhamlets.gov.uk	020 7364 7010 (Mon – Fri, 9am–5pm)	Benefits, Basic housing and Budgeting
Toynbee	advice@toynbeehall.org.uk	020 7392 2953 (Mon – Fri, 10am–4pm)	Debt & Macmillan Cancer Benefits