

Organisation	E-mail	Tel Advice	Service Information
Account 3	admin@account3.org.uk	0207 739 7720 10 – 4 Mon to Fri	
Age UK	info@ageukeastlondon.org.uk	0208 981 7124 - Monday to Friday 9.30 - 5.30 pm	
Apasen	info@apasen.org.uk	Monday- Friday between 10am-1pm 02070012266	Benefits and Housing advice
Bangladeshi Youth Movement	admin@bym.org.uk>	020 7488 1831 /2 and 07961787353 Mon and Thurs 11am to 3pm	Benefits,housing, Immigration & Nationality (Level 1)
Bromley by Bow Centre	Advice@bbbc.org.uk	020 8709 9757 / 07391 68612 / 07928 808 353 Mon to Fri 9.30 to 4.30pm	Benefits, Housing and debt advice
Carers Centre Tower Hamlets	enquiries@ccth.org.uk	0207 709 1765	Benefits, Information & Advice, for carers
Citizens Advice Bureau	advice@eastendcab.org.uk	0203 855 4472	Benefits, Housing, Employment, Family, Education, Debt
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
Financial Health Centre	fhc@thh.org.uk	0207 364 2200 9.30 – 4.30	Benefits, housing, emplyment
Island Advice Centre	admin@island-advice.org.uk	0207 987 9379 Mon to Fri 10am to 12 noon & 2pm to 4pm	Benefits Housing and Debt advice
Legal Advice Centre	admin@legaladvicecentre.london	0203 606 0372	Benefits, Housing, Employment, Family, Education, Debt
Limhouse Project	info@limehouseproject.org.uk	0207 538 0075	Benefits, Debt, Housing, employment/training
Local Link/Real	local-link@real.org.uk;	020 7001 2175 10am-4pm, Mon-Fri	Benefits, employment, financial advice, health, housing, leisure, social care
Mind in Tower Hamlets and Newham	connecting.communities@mithn.org.uk; info@mithn.org.uk	0207 510 1081 9:30am - 5pm Mon- Fri	benefit, housing and budgetting for people with mental health
Ocean Somali Community Centre	abdi@oceansomali.org.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 or 0207 749 7605 Wed 2-4pm and Thur 10am to 12.30	Immigration, migrant destitution and homelessness
St Hildas	alaya@sthildas.org.uk	0207 739 8066 10am – 2pm, Mon to Thur, Thurs 2-5	Benefits and basic housing
St Peter	stpetersba@live.co.uk	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 4710/ 3828/ 7321 Mon to Fri 9-5	Benefits, basic housing and budgetting
Toynbee	advice@toynbeehall.org.uk	020 7392 2953 10am – 4pm, Mon to Fri	Debt & Macmillan Cancer Benefits
Toynbee - Debt Free London	www.debtfree.london/	0800 808 5700 10am-5pm Mon-Fri	Free Debt Advice