

Social Welfare Information and Advice Agencies

Free confidential Community Legal Advice Services is provided by the following local voluntary organisations at their offices and outreach centres across the borough. A range of drop in and appointment sessions are offered by the different agencies, so please phone or check online for details. All of the agencies provide advice on welfare benefits, housing and debt problems and can refer you to specialist support services

Account3

Drop in and appointment sessions provided at their main office in Bethnal Green
Outreach sessions at Bow Idea Store, Roman Rd and Old Ford Housing Association office

9 Birkbeck Street, Bethnal Green, E2 6JY,
Tel: 020 7739 7720,
www.account3.org.uk

Bromley by Bow Centre

Drop in and appointment sessions provided at main office in Bromley by Bow
Outreach sessions at the Linc Centre Fern St E3 and Burdett Centre, Wallwood St E14 and local GP surgeries

St Leonard's Street, E3 3BT,
Tel: 020 8709 9737
www.bbbs.org.uk

Citizens Advice Bureau (CAB)

Drop in and appointment sessions provided at main office in Whitechapel. Outreach sessions provided at: Cheviot House One Stop Shop, Commercial Rd, E1 and Chrisp St Market Idea Store, E14 and Gladstone Place One Stop Shop, Roman Road, E3

32 Greatorex Street,
Whitechapel E1 5NP
Tel: 020 7247 1050
www.eastendcab.org.uk

Island Advice Centre

Drop in and appointment sessions provided at main offices in Isle of Dogs

Island House, Roserton Street Isle of Dogs, E14 3PG
Tel: 020 7987 9379 (Isle of Dogs office)
www.island-advice.org.uk

Legal Advice Centre

Drop in and appointment sessions provided at main office and outreach venues during the day.
Free evening legal advice sessions also provided
University House,

104 Roman Road, E2 0RN
Tel: 020 8980 4205
www.legaladvicecentre.org.uk

Limehouse Project

Advice on welfare benefits, housing and debt problems Drop in and appointment sessions provided at main office in Copenhagen Place .Outreach sessions provided in Poplar, Lansbury and Wapping and in local GP surgeries

Cheadle Hall, Cheadle House,
Copenhagen Place, E14 7EY,
Tel: 020 7538 0075

www.limehouseproject.org.uk

Tower Hamlets Law Centre

Specialist advice and representation by appointment on housing, welfare benefits, employment,. Free evening Legal Advice surgeries also take place

214 Whitechapel Road, E1 1BJ
Tel: 020 7247 8998,

www.thlc.co.uk

Toynbee Hall Debt Advice Service

Advice on debt and money management issues including fuel debt problems .Free evening legal advice surgeries also provided

28 Commercial Street, E1 6LS
Tel: 020 7392 2953

Email advice@toynbeehall.org.uk

www.toynbeehall.org.uk

There are also a number of other voluntary organisations who provide advice services to particular communities as listed below

Bangladesh Youth Movement

21/23 Henriques Street E11NB
Tel: 020 7488 1831

Chinese Association of Tower Hamlets

Sailor Place, 680 Commercial Rd E14 7HA
Tel: 020 7515 5598

Wapping Bangladesh Association

TenchStreet E1W2QD
Tel: 020 7702 1708

OSCA Somali Advice Project

Concordia Community Centre, Railway Arches
420 - 421 Burdett Rd E3 4AA
Tel: 020 7987 5833

South Bromley Forum

27 Aberfeldy Street E14 ONU
Tel: 020 7987 9584

Praxis (New Residents Service)

Pott Street E2 OEF
Tel: 020 7729 7985

www.praxis.org.uk

Stifford Community Centre

2- 6 Cressy Place E1 3JG
Tel 020 7790 3632

www.stifford.org.uk

St Peters Bengali Association

Minerva Centre,10 Minerva Street E2 9EH
Tel 020 7729 1036

National telephone helplines and websites - information and advice on benefits, housing , money and debt problems

Debt Advice Foundation 0800 644 60 89

www.debtadvicefoundation.org

National Debt line 0808 808 4000

www.nationaldebtline.co.uk

Step Change Debt Charity 0800 138 111

www.stepchange.org

Citizens Advice Bureau

www.adviceguide.org.uk

Turn2us www.turn2us.org.uk (includes an online benefits calculator

Shelter the housing and homelessness charity - 0808 800 4444 www.shelter.org.uk

