

There are five ways to get in touch with Local Link to get help for yourself or someone else:

- By phone: 020 7001 2175
- Email: [local-link@real.org.uk](mailto:local-link@real.org.uk)
- Our website: [www.local-link.org.uk](http://www.local-link.org.uk)
- Drop in to one of our 6 Hubs around Tower Hamlets
- By text: 079 0037 6781

Hubs are at the centres below and you can drop in from 10am - 4pm Monday - Friday:

- Age UK East London - Appian Court, 87 Parnell Road, E3 2RS, 020 8981 7124  
[www.ageuk.org.uk/eastlondon](http://www.ageuk.org.uk/eastlondon)
- APASEN - Carmine Wharf, 30 Copenhagen Place, E14 7FF, 020 7001 2266  
[www.apasen.org.uk](http://www.apasen.org.uk)
- Bromley by Bow Centre - St Leonard's Street (entrance is on Bruce Road), E3 3BT, 020 8709 9757  
[www.bbbsc.org.uk](http://www.bbbsc.org.uk)
- deafPLUS - First Floor, Trinity Centre, Key Close, E1 4HG, 020 7790 8478. Text: 07444 710 598. Skype: [deafplus.towerhamlets](https://www.skype.com/name/deafplus.towerhamlets)  
[www.deafplus.org](http://www.deafplus.org)
- Positive East - 159 Mile End Road, E1 4AQ, 020 7791 2855  
[www.positiveeast.org.uk](http://www.positiveeast.org.uk)
- Real - Jack Dash House, 2 Lawn House Close, E14 9YQ, 020 7001 2177  
[www.real.org.uk](http://www.real.org.uk)



**Local Link offers free and accessible**

- **Information**
- **Advice**
- **Advocacy and support to deal with a problem**

We work with anyone from 14 years + who has a disability, a long-term health condition or any social care support needs  
We work with Tower Hamlets residents, and this includes older people and people in the Deaf community

## Information

Our information service can help you with information on a wide range of issues that may affect you and we can signpost you to services that can offer practical help. This could be about:

Benefits	Housing	Health
Social Care	Money Management	Leisure
Travel	Local services	Employment

You can also get support to fill out forms and use our computers to access the internet for information in these areas.

## Advice

If you need a bit more help our qualified Advisors will provide advice and support specific to your needs, they can help you secure your entitlements and they will recommend the best way for you to solve your problem. They can help you with:

Benefits	Debt and Rent Arrears	Travel
Housing	Health	Employment

## Advocacy

Our Advocates can support you to make informed choices and can help you

- Say what you want and make sure you are listened to
- Get the services you are entitled to including being assessed for Social Care
- Make a complaint if something goes wrong
- Be treated the same as other people
- Become more independent and speak up for yourself

Our advocacy service helps you have more choice and control, tackle situations that aren't fair, and helps you achieve the same human rights as others.

## Local Link is a partnership between:



We are experienced and knowledgeable and understand the issues you face. Our services have relevant quality standards. We work together to make sure you get the best support from people with the right expertise for you. This service is delivered by local organisations who understand you and your life.

Local Link is an independent service, funded by



*"If I need support, I ask my advocate. She is brilliant, she explains everything very concisely"*

