

## **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](http://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.bbbsc.org.uk](http://www.bbbsc.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](http://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](http://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](http://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](http://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](http://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](mailto:advice@toynbeehall.org.uk)

[www.toynbeehall.org.uk](http://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](http://www.praxis.org.uk)

### **Stifford Community Centre**

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

[www.stifford.org.uk](http://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](http://www.debtadvicefoundation.org)

**National Debt line** 0808 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**Step Change Debt Charity** 0800 138 111

[www.stepchange.org](http://www.stepchange.org)

**Citizens Advice Bureau**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

**Turn2us** [www.turn2us.org.uk](http://www.turn2us.org.uk) (includes an online benefits calculator

**Shelter** the housing and homelessness charity - 0808 800 4444 [www.shelter.org.uk](http://www.shelter.org.uk)

