



Information provided by East London Financial Inclusion Unit

If you require further assistance with difficulties you may have with:

**Consumer issues, Debt, Employment, Health & Community Care,
Housing, Immigration, Welfare Benefits**

but are unsure of where to go, **contact:**

Community Legal Service Direct

Telephone: 0845 345 4 345

or

www.clsdirect.org.uk

You will receive guidance on where to find solicitors or advice agencies in your area that may be able to offer further advice or assistance, dependent on your circumstances.

If you are experiencing financial problems and have fallen into debt, you can access the

National Debtline

on

FREEPHONE

0808 808 4000

Monday to Friday 9.00am-9.00pm

Saturday 9.30am-1pm

(24 hour voicemail service)

Advice is also available via

www.nationaldebtline.co.uk

This service provides free, confidential and independent advice on dealing with your debts

Information correct as of May 2005

If you live in the **London Borough of Barking & Dagenham** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

Age Concern Barking & Dagenham

Park Centre, Rectory Road, Dagenham
RM10 9SA (For people aged 55 and over)

Monday to Friday: 9am - 4.30pm



020 8270 4998

Dagenham CAB

339 Heathway, Dagenham, RM9 5JB

Monday, Tuesday, Wednesday, Friday

Drop in 10am-1pm



020 8592 1084

Barking Aid, Support & Information Services

128 St Mary's Parade, Gascoigne Estate, Barking IG11 7TF

Drop in Monday to Friday 10am- 12 noon or



020 8591 9855

DIAL – Barking & Dagenham

St Georges Day Centre, St Georges Road,
Dagenham, RM10 7YP

Monday to Friday: 10.20am – 3.30pm

Drop in or



020 8595 8181

Barking CAB

55 Ripple Road, Barking, IG11 7NT

Monday, Tuesday, Thursday, Friday

Drop in 10am-12 noon or



020 8594 6714 from 2-4pm

Disablement Association Barking & Dagenham

Central Office, Pembroke Gardens,
Dagenham, RM10 7YP

Drop in Monday to Friday: 9am – 5 pm



or 020 8220 5265

Barking & Dagenham Racial Equality Council

18 North Street, Barking, IG11 8AW

Monday to Friday: Drop in 10am-1pm & 2-4pm or



020 8594 2773

London East AIDS Network (LEAN)

Caress, Dagenham, RM8 3BZ

Monthly Drop in. For details



020 8519 9545

Carers of Barking & Dagenham

15 Althorne Way, Dagenham, RM10 7AY

Monday, Tuesday, Thursday: Drop in 10am-2pm



020 8593 4422

Thames Side Community Support

Bastable Avenue, Thames View Estate,
Barking IG11 0NG

Monday, Tuesday, Thursday, Friday

Drop in 10am – 12noon or



020 8594 9208

If you live in the **London Borough of Hackney** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

East Hackney Legal & Advice Work (LAW)

The Kingsmead Cabin, 8-9 Kingsmead Way, E9 5QG

Tuesday & Thursday: Drop in 10am – 1pm or



020 8525 6965

Halkevi Turkish/Kurdish Community Centre

Ann Taylor Centre, 1-13 Triangle Road, London, E8 3RP

Drop in Monday to Friday

10am-1pm & 2-4pm or



020 8594 2773

Hackney Consumer Advice Centre

236-238 Mare Street, London, E8 1HE

Monday to Friday: 10am – 4pm

Drop in or



020 7249 6980

Hoxton Trust Legal Advice Services

156 Hoxton Street, London, N1 6JH

Drop in Monday & Thursday

10.30am – 12.30pm or



020 7613 4174

Hackney Community Law Centre

8 Lower Clapton Road, London, E5 0PD

Monday to Friday: 10am – 1pm

Drop in or



020 8985 8364 advice line

Mare Street CAB

236-238 Mare Street, London, E8 1HE

Monday to Thursday: 10am – 3 pm

Drop in or



0870 126 4013 advice/020 8525 6350

If you live in the **London Borough of Havering** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

Age Concern Havering (for people with dementia & their carers) The Petersfield Centre, Petersfield Avenue, Harold Hill, RM3 9PB

Monday to Friday: 9am – 5pm Drop in or



01708 796464

Hornchurch CAB

59A Billet Lane, Hornchurch. RM11 1AX

Monday, Tuesday, Thursday, Friday: 10am-2pm

Drop in or



01708 445983

Age Concern Havering (for people with dementia & their carers) Suttons House, 117 Suttons Lane, Hornchurch, RM12 6RU

Monday to Friday: 9am – 5pm Drop in or



01708 794967

Hornchurch CAB - Rainham

Family Centre, 21 Broadway, Rainham RM13 2JT

Tuesday and Friday: 10am-1pm Drop in or



01708 445983 (Hornchurch bureau)

Age Concern Havering

Inskip Drive, Hornchurch. RM11 3UR

Monday to Friday: 9am-5pm Drop in or



01708 796600

Romford CAB

7-9 Victoria Road, Romford, RM1 2JT

Tuesday, Wednesday, Thursday, Friday: 10am-2pm Drop in or



0870 120 4200

Harold Hill CAB

Gooshays Drive, Harold Hill, Romford. RM3 9LB

Monday to Friday: 10am-2pm Drop in or



0870 120 4200

Romford CAB (outreach service)

Public & Service Centre, Liberty Shopping Centre, Romford, RM1 3SL

Monday to Friday: 10am-4pm Drop in or



0870 120 4200

If you live in the **London Borough of Newham** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

African Community Welfare Association

(ACWA) Room 6 Durning Hall Community Centre,
Earlham Grove, Forest Gate, E7 9AB

Monday: 10.30am-4pm; Tuesday: 10.30am-4.30pm
Wednesday: 11am-4pm; Thursday: 11.30am-4.30pm
Friday: 10.30am-3.30pm.



Drop in or **020 8534 4453**

Newham Asian Women's Project

661 Barking Road, Plaistow, E13 9EX

Drop in: Monday: 10am-12noon; Tuesday & Thursday: 10am-6pm; Wednesday: 5am-7pm; Friday: 10am-4.30pm or



020 8472 0528

Choice 136 (for 16-25 years old)

136 Barking Road, Canning Town, E16 1EN

Monday to Thursday: 10am-6pm
(Wednesday: Education; Thursday: Housing) Drop in or



020 7511 4314

Renewal Refugee & Migrant Project

Main Service: Stratford Advice Arcade, 107-109
The Grove, Stratford, E15 1HP

Drop in Monday to Friday: 10am-4pm

Outreach Service: Drop in Tuesday: 10am-4pm

Harold Road Centre, 170 Harold Road, Plaistow,
E13 0SE or



0845 4512785

Community Links

Canning Town Public Hall, 105 Barking Road, E16
4HQ

Monday to Thursday: 9.30am-12.30pm Drop in or



020 7473 2270

Renewal Refugee & Migrant Project

Main Service: Stratford Advice Arcade, 107-109
The Grove, Stratford, E15 1HP

Drop in Monday to Friday: 10am-4pm

Outreach Service: Drop in Tuesday: 10am-4pm

Harold Road Centre, 170 Harold Road, Plaistow,
E13 0SE or



0845 4512785

London East Aids Network (LEAN)

35 Romford Road, Stratford, E15 4LY

Drop in Monday to Friday: 10am-1pm or



Monday to Friday: 2pm-5pm

Tamil Welfare Association

602 Romford Road, Manor Park, E12 5AF

Drop in Monday to Friday: 9am-3pm or



020 8478 0577

Newham CAB

Stratford Advice Arcade, 107-109 The Grove, Stratford,
E15 1HP

Monday to Thursday: 10am-3.30pm Drop in or



0870 126 4097 advice line

Uganda Asylum Seekers' Association

Channelsea Building, Suite 310, Canning Road,
Abbey Lane, Stratford, E15 3ND

Drop in Monday to Friday: 2.30pm-8pm or



020 8519 0893

**You can also call
Adviceline Newham**

0845 450 2073 (local rate) or

Textphone: 020 7540 4970

Monday to Friday 9.30am to 5pm

If you live in the **London Borough of Redbridge** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

Redbridge CAB

Second Floor South, Broadway Chambers
1 Cranbrook Road Ilford IG1 4DU

Monday, Tuesday, Thursday, Friday: 10am-12noon
Drop in or



020 8514 1314

**Sahara Communities Abroad
(SACOMA)**

108 Cranbrook Road, Ilford, IG1 4LZ

Monday to Friday: 10am-6pm Drop in or



020 8554 9444

Redbridge Refugee Forum

Broadway Chambers, 1 Cranbrook Road, Ilford,
IG1 4DU

See individual flyer

If you live in the **London Borough of Tower Hamlets** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

Age Concern Tower Hamlets

82 Russian Lane London E2 9LU

Monday to Friday: 9.30am-1pm



020 8981 7124 or write to the above address

LB Tower Hamlets Housing Advice Service (West)

255-279 Cambridge Health Road E2 0HQ

Drop in

Monday, Tuesday, Thursday, Friday: 9.30am-4pm & Wednesday: 9.30am-12noon or



020 7364 3558

Island Advice Centre

Island House, Roserton Street, E14 3PG

Wednesday: 10.30am-12.30pm Drop in or



020 7987 9379

Limehouse Project (Cheadle Hall)

Cheadle House, Copenhagen Place, E14 7EY

Monday to Friday: 9.30am-1pm Drop in or



020 7538 0075

Island Advice Centre (Outreach Service)

St Lukes Church Hall, Havannah Street, E14 8NA

Wednesday: 10.30am-12.30pm Drop in or



020 7987 9379

Limehouse Project (Lifra Hall)

Lifra Hall, 7 Halley Street E14 7SS

Monday to Friday: 9am-5pm Drop in or



020 7790 9699

Island Advice Centre (Outreach Service)

Island Neighbourhood Project, 361 West Ferry Road, E14 3RH

Wednesday: 10.30am-12 noon Drop in or



020 7987 9379

South Bromley Youth Forum

The Community Shop, 27 Aberfeldy Street, Poplar, E14 0U

Drop in Monday: 10am-5pm, Tuesday & Thursday: 10.30am-5pm & Wednesday: 10.30am-12.30pm or



020 7987 9584

LB Tower Hamlets Housing Advice Service (East)

Block B, Great Eastern Enterprise, 3 Millharbour, E14 9XP

Drop in:

Monday, Tuesday, Thursday, Friday: 9.30am-4pm & Wednesday: 9.30am-12noon or



020 7364 7151

The Rights Shop Bethnal Green

296 Bethnal Green Road, London. E2 0AG

Monday & Tuesday: 9am-2pm Drop in or



020 7739 4173

Tower Hamlets East (Bow) CAB

86 Bow Road, E3 4DL

Monday to Thursday: 10am-3pm Drop in or



0870 126 4014

Tower Hamlets Law Centre (Outreach Service)

Brady Centre, 192-196 Hanbury Street, E1 5HU

Thursday: 10am-2pm Drop in or



020 7247 8998

Tower Hamlets Law Centre

214 Whitechapel Road, E1 1BJ

Drop in

**Monday, Wednesday, Thursday, Friday: 10am-1pm
& 2pm-4pm**

& Tuesday: 10am-1pm or



020 7247 8998

Wapping Bangladesh Association

Wapping Youth Club, Tench Street, E1W 2QD

Drop in

**Monday, Tuesday, Thursday: 10am-2pm
& Friday: 10am-12noon or**



020 7702 1708

Tower Hamlets Law Centre (Outreach Service)

Oxford House, Derbyshire Street, E2 6HG

Monday: 10.00am-2 pm Drop in or



020 7247 8998

Whitechapel CAB

32 Greatorex Street, E1 5NP

Drop in Monday to Thursday: 10am-3pm or



020 7987 9584

If you live in the **London Borough of Waltham Forest** and need advice and/or assistance, contact one of the agencies listed below. Telephone first to check opening times and whether they can assist you.

Age Concern Waltham Forest (Outreach Service)

Central Library, High Street, Walthamstow, E17 7JN

Tuesday: 10.00am-12noon Drop in or



020 8558 5512

Leytonstone CAB

Greater London House, 547-551 High Road, Leytonston, E11 4PB

Monday, Wednesday, Thursday: 9.30am-12.30pm Drop in or



020 8988 9620

Age Concern Waltham Forest

Zenith House, 210 Church Road, Leyton E10 7JQ

Tuesday & Wednesday: 1pm-3pm Drop in or



020 8558 5512

Waltham Forest Association of Disabled People

1a Warner Road, Walthamstow E17 7DY

Monday to Friday: 9.30am-1pm & 2pm-4pm Drop in or



020 8509 0812

Age Concern Waltham Forest (Outreach Service)

Leyton Library, High Road, Leyton, E10 5QH

Thursday: 10.30am-12.30pm Drop in or



020 8558 5512

Alert in Waltham Forest

Community Place, 806 High Road, E10 6AE

Monday to Friday: 9.30am-5pm Drop in or



**020 7538 0075 &
020 8539 3433 (24 hours)**

Age Concern Waltham Forest (Outreach Service)

South Chingford Library, Hall Lane, South Chingford, E4 8EU

Friday: 10.00am-12 noon Drop in or



020 8558 5512

Walthamstow CAB

167 Hoe Street, E17 3AL

Monday, Wednesday, Friday: 9am-12 noon Drop in or



0870 1264 026

DIAL Waltham Forest

Community Place, 806 High Road, Leyton, E10 6AE

Monday, Tuesday, Thursday, Friday: 10.00am-4pm Drop in or



020 8539 8884 or Minicom: 020 8539 807

DIAL also have outreach services available. Contact



Information provided by East London Financial Inclusion Unit

the telephone number above for further information

The Redbridge Refugee Forum
Broadway Chambers
1 Cranbrook Road
Ilford
IG1 4DU

The above organization offers advice and support to refugees and asylum seekers. The service provided includes advice and assistance on welfare benefits, housing, education and accessing health and social services.

The service also has access to interpreters in several languages and is available for those living in the London Boroughs of:

**Redbridge, Waltham Forest, Barking & Dagenham,
Havering and Newham**

Opening Hours:

Monday	10am -12pm
Tuesday	2pm - 3.30pm
Wednesday	10am - 12pm
Thursday	10am - 12pm
Friday	10am - 12pm

For further information telephone:



020 8478 4513