

CAB Advice Services in Tower Hamlets

Generalist Advice Service

Whitechapel CAB, 32 Greatorex Street, London, E1 5NP 0207 247 1050

Advice Services at the Whitechapel CAB:

Appointments: Monday - Friday (Pre booked appointments only)

Drop - in Advice Sessions: Mon-Thursday 9.45am-5.00pm (until 7.00pm on Tuesday)

Telephone Advice: Mon-Friday 1.00pm-5.00pm (0844 826 9699)

Information via email: towerhamlets@eastendcab.org.uk

Information Sessions: Mon-Friday 9.45am-5.00pm (until 7.00pm on Tuesday)

Drop in (First Saturday of each month)

Whitechapel CAB

32 Greatorex Street
London
E1 5NP

Saturday 10.00am-12.00pm

Advice Services at the One Stop Shop Cheviot House, 227-233 Commercial Road, London E1 2BU

- Mondays 9.30am – 12pm Appointments only.

Advice Services at the One Stop Shop, 1 Gladstone Place, London E3 5EQ

-Wednesdays 9.30am – 12pm – Appointments only

Drop in-Advice Services at the Idea Store, 1 Vesey Path, East India Dock Road London E14 6BT.

-Thursdays 9.30am -12pm – Appointments only

Appointments for above sessions booked at drop in sessions or via telephone advice line

Project Advice Services:

Claim the Max Advice Sessions

Appointments need to **be made in advance** and are available as follows:

Globe Community Project Monday 9.30am – 12.30pm
Eastbourne House, Bullards Place, E2 OPT
(General public)
Tel: 0208 981 4007

One Stop Shop Cheviot House Monday 2.00pm 5.30pm
227-233 Commercial Road, London E1
(General public)
Booked from Bureau drop in sessions/Telephone Advice line

Parents Advice Centre (Parents only) Monday 9.30am – 12.30pm
85 Harford Street, London, E1
Tel: 0207 364 6489 (General enquiries-around education only)

St Hilda's East Community Centre Monday 2.00pm - 5.30 pm
18 Club Row, London E2 7EY
(General public)
Booked from Bureau drop in sessions/Telephone Advice line

Bethnal Green (CMHT) Tuesday 9.30am – 12.30pm
Marian Place off Pritchards Road London E2
Tel: 0207 364 1183

Bethnal Green One stop shop Tuesday 2.00pm – 5.30pm
1 Rushmead, Bethnal Green, London E2 6NE
(General public)
Tel: 0207 364 1183

Stephen Hawking School (Parents only) Tuesday 9.30am – 12.30pm
Brunton Place, London E14
(Alternative Week Basis)

Trussler Community Hall (Drop in) Tuesday 2.00pm - 5.30 pm
78 Grundy Street, E14 6DR (adjacent to Chrisp Street Post Office)

One Stop Shop Jack Dash House Wednesday 9.30am – 12.30pm
2 Lawn House Close, Marsh Wall, London E14 9YQ
(General public)
Booked from Bureau drop in sessions/Telephone Advice line

Limehouse Project (Cheadle Hall) Wednesday 2.00pm –5.30pm
Cheadle House, Copenhagen Place, E14 7EY
(General public)
Tel: 0207 538 0075

Dito

Disability Resource Centre
40-50 Southern Grove London E3

Wednesday 9.30am – 12.30pm

Mile End Hospital

Bancroft Road, E1 4DG

Wednesday 2.00pm – 5.30pm

Ocean Somali Community Association

Concordia Community Enterprise Centre
Railway Arches 420 - 421
Burdett Road, London E3 4AA

Thursday 10.00am-1.00pm

(General public)

Tel: 0207 987 5833

Health Links Advice Surgeries

Health Links, XX Place Surgery, 2 Stayners Road, E1 4AH; 2nd and 4th Friday of the month.
Provided for patients only, **08448 151 020**

Health Links, Wapping Practice, 22 Wapping Lane, London E1 2RL; Mondays 2pm-5.30pm
provided for patients only, **020 7481 9343**.

Health Links, St Stephen's Health Centre, William Place, London E3 5ED; Thursday's 9.30am –
12.30pm Appointments are made via the surgery reception for surgery patients only,
020 8980 1760.

Health Links, Albion Health Centre 333 Whitechapel Road London E1 1BU
Friday 2.00pm-5.30pm Appointments are made via the surgery reception for surgery
patients only, **020 74569280**

Thames Water Trust Fund

Thames Water Trust Fund is supported by Thames Water and was launched in 2009 to give water customers facing financial difficulties a fresh start. The fund aims to help people with water debt who are simply unable to meet their charges. This could be due to job loss, illness, family crisis or continued low income. In certain cases the Trust can offer additional help towards other bills and costs. **Appointments are booked via drop in or telephone advice.**

Legal Service Commission – Specialist Advice Services

Specialist legal advice and casework provided in the following areas at 32 Greatorex Street, London, E1 5NP

Debt

Housing Specialist (Provided by Shelter)

Welfare Benefits