

SOUTH EAST  
LOCALITY

**All Saints Practice**

21 Newby Place  
E14 0EY, 020 7093 3895

Every THURSDAY 2.00pm-5.00pm

Advice given by Shah Miah  
from Bromley by Bow Centre

**Chrisp Street Health Centre**

100 Chrisp Street  
E14 6PG, 020 7515 4860

Every TUESDAY 9.00am-12.00pm

Advice given by Fojorul Islam  
from Island Advice

**Limehouse Practice**

11 Gill Street  
E14 8HQ, 020 7515 2211

Every WEDNESDAY 2.00pm-5.00pm

Advice given by Rita Begum  
from Limehouse Project

**Island Health**

145 East Ferry Road  
E14 3BQ, 020 7363 1111

Every WEDNESDAY 1.00pm-4.00pm

Advice given by Fojorul Islam  
from Island Advice

**Barkantine Health Centre**

121 Westferry Road  
E14 8JH, 020 7791 8080

WEDNESDAYS (fortnightly) 9.00am-12.00pm

Advice given by Fojorul Islam  
from Island Advice

If you are not a patient of any of these practices, you can still access free generalist advice at our partner agencies. Contact individual agencies directly for details of their advice sessions.

**Citizens Advice Bureau – Whitechapel**

32 Greaterox Street  
London, E1 5NP

Telephone Advice: 0844 826 9699

Monday – Friday 10-5pm

Specialist Advice: Welfare Benefits.



**Island Advice Centre**

Island House  
Roserton Street  
London, E14 3PG

Telephone Advice: Tel: 020 7987 9379

Monday, Tuesday & Thursdays from 10-12noon - Specialist Advice: Welfare Benefits, Housing & Debt.



**Limehouse Project**

St. Anne's off Commercial Road  
791 Commercial Road  
London E14 7GB

Tel: 020 7538 0075 - Specialist Advice: Welfare Benefits, Housing & Debt.



**Bromley by Bow Centre**

St Leonards Street  
London, E3 3BT  
Tel: 020 8709 9700

Advice Given: Welfare Benefits, Specialist Debt & Money Management.



Ment House  
Unit 1C Mentmore Terrace  
London, E8 3DQ  
www.safh.org.uk



info@safh.org.uk or advice@safh.org.uk  
020 8510 1975/1962 –ask for Emma.

Registered Charity No: 1040496

Company No: 2954744



Tower Hamlets Clinical Commissioning Group

**Tower Hamlets  
Health & Advice Links  
Free Generalist Advice  
in GP Practices Project**



THHAL Advisors can help you with a wide range of issues relating to welfare benefits, housing, debt and onward referral routes into training & employment including referrals into health initiatives

**NORTH WEST  
LOCALITY**

**Mission Practice**

208 Cambridge Heath Road  
E2 9LS , 020 8983 7300

Every TUESDAY 9.00am - 1.00pm  
Advice given by Rima Begum  
from Limehouse Project

**Albion Health Centre**

333 Whitechapel Road  
E1 1 BU, 020 7456 9820

Every FRIDAY 2.00pm—5.00pm  
Advice given by Manuhar Ali  
from Citizens Advice Bureau

**Spitalfields Practice**

20 Old Montague Street  
E1 5PB, 020 7247 7070

Every MONDAY 1pm—4pm  
Advice given by Halema Khanam  
from Island Advice

**XX Place Health Centre**

Alderney Building  
Mile End Hospital  
E1 4DG, 020 7167 2828

FRIDAYS 9.30am - 12.30pm(fortnightly)  
Advice given by Mahmood Ahmed  
from Citizens Advice Bureau

**Blithehale Health Centre**

22 Dunbridge Street  
Bethnal Green  
E2 6JA, 020 7739 5497

Every THURSDAY 2.00pm - 4.00pm  
Advice given by Rima Begum  
from Limehouse Project

**SOUTH WEST  
LOCALITY**

**Whitechapel Health Centre**

44-56 Hessel Street  
E1 2LP , 020 7702 2036

Every WEDNESDAY 9.30am - 12.30pm  
Advice given by Rita Begum  
from Limehouse Project

**Wapping Group Practice**

22 Wapping Lane  
E1W 2RL, 020 7481 9376

Every WEDNESDAY 2.00pm—5.00pm  
Advice given by Steve Bond  
from Citizens Advice Bureau

**East One/Cable Street**

445 Cable Street  
E1W 3DE, 020 7423 9022

MONDAYS 9am-12pm(fortnightly)  
Advice given by Halema Khanam  
from Island Advice

**Jubilee Street Surgery**

368-374 Commercial Road  
E1 0LS, 0844 477 8727

Every TUESDAY 9.30am - 12.30pm  
Advice given by Rita Begum  
from Limehouse Project

**NORTH EAST  
LOCALITY**

**St Stephen`s Health Centre**

22 Bow Community Hall  
William Place  
E3 5ED, 020 8980 1760

Every THURSDAY 9.30am - 12.30pm  
Advice given by Jamal Khan  
from Citizens Advice Bureau

**Bromley by Bow Health Centre  
(BBHC)**

St Leonards Street  
E3 3BT , 0844 815 1020

Every MONDAY 9.30am - 12.30pm  
Advice given by Tahmina Begum  
from Bromley by Bow Centre

**St Paul`s Way Medical Centre**

11 Selsey Street  
E14 7LJ , 020 7538 0833

Every FRIDAY 9.30pm - 12.30pm  
Advice given by Shah Miah  
from Bromley by Bow Centre