

SOUTH EAST
LOCALITY



Health E1

9-11 Brick Lane, London E1 6PU
020 7247 0090

Every THURSDAY 9:30am—12:30pm
Advice given by Shah Miah
from Bromley by Bow Centre

Chrip Street Health Centre

100 Chrip Street
E14 6PG, **020 7515 4860**

Every TUESDAY 9.00am—12.00pm
Advice given by Fojurul Islam

Limehouse Practice

11 Gill Street
E14 8HQ, **020 7515 2211**

Every THURSDAY 9.30am—12.30pm
Advice given by Rita Begum

Island Health

145 East Ferry Road
E14 3BQ, **020 7363 1111**

Every WEDNESDAY 1.00pm—4.00pm
Advice given by Fojurul Islam

Barkantine Health Centre

121 Westferry Road
E14 8JH, **020 7791 8080**

WEDNESDAYS (fortnightly)
9.00am—12.00pm

Advice given by Fojurul Islam
from Island Advice

Social Action for Health (Lead agency) For further information about the service contact - Project Manager: Emma Triggs

Email: Emmat@safh.org.uk Tel: 020 8510 1970
Main Office: Ment House, Unit 1C Mentmore Terrace
London, E8 3DQ



If you are unable to access advice through the THHAL service you can also access 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 Street - Unit 2
789-791 Commercial Road
London E14 7GB
Tel: 020 7538 0075
Advice Drop-in: Tuesday 9.30AM
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.



Tower Hamlets Health Advice Links Project (THHAL)

Free Generalist Advice Service based in GP Practices



Advisors can help you with a wide range of issues relating to welfare benefits, housing, debt and referrals into training, employment and other health

Funded by:



Tower Hamlets Clinical Commissioning Group

NORTH WEST
LOCALITY

Mission Practice

208 Cambridge Heath Road
E2 9LS, **020 8983 7300**

Every TUESDAY 9.00am—1.00pm
Advice given by Bella 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

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 Bella Begum
from Limehouse Project

SOUTH WEST
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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 9.00am-12.00pm (fortnightly)
Advice given by Halema Khanam

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
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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—2.30pm
Advice given by Tahmina Begum

St Paul's Way Medical Centre

11 Selsey Street
E14 7LJ, **020 7538 0833**

Every FRIDAY 9.30pm—2.30pm
Advice given by Shah Miah