

Appendix 2 - Network 6/BBBC
Referred/signposted services and resources
April - September 2017

Ability Bow
Age UK - Appian Court
BBBC - Advice Team
BBBC - Digital Inclusion
BBBC - East End Energy Fit
BBBC - East End Exchange
BBBC - Employment Advice
BBBC - ESOL
BBBC - Fit 4 All
BBBC - Fit for life
BBBC - Gardening
BBBC - Getting on With Money
BBBC - Health Trainers
BBBC - Healthy lifestyles
BBBC - Social Care
BBBC Housing solicitor
BBBC NT drama group
BBBC Yoga Mondays
Bethnal Green Buddhist centre
Better Leisure Centres
Birkbeck University
Bow Foodbank
Breathing Space
CAB
Central Foundation Girls School Gym
Community Learning Disabilities services
Compass Wellbeing - counselling
Core Arts
Deaf Plus
Diabetes Centre
Down To Earth (and housing solicitor)
East London Bereavment counselling
Enterprise Tower Hamlets Start up ready
Entitled To Website
First Love Foundation
Friday free swimming (Tower Hamlets)
Furry Tales
Gamcare
Goodgym
Groundwork London
Headspace App
Heart 2 Heart Play
Housing solicitor
iamtowerhamlets
Idea Store
Kingsly Hall - Ball room dancing
Linc Centre Yoga
Link Age Plus
Local Authority - OT
Local Link Headway 07/09/2017
local MP surgery
Macmillan Social Prescribing Service
MEND Programme
Merchant Street Surgery Walking Group
MIND TH & Newham
Move on up - supported housing for young people
NHS Choices Website
Our Parks
Poplar Union and St Katherine's Precinct
Poplar Harca Hot spots womens group (Brownfield)
Providence Row
Quit right
Real - Advocacy
Redbridge IAPT service
Reset
Rethink
Shelter - Housing Helpline
St Pauls Way Centre - Walking Group
St Pauls Way Poplar Harca Friday 2pm session
St. Katherine's Precinct
Supply yoga
TH Crisis grant
The Cabin Poplar Harca healthy eating sessions
The Mix - young peoples support line
Tower Hamlets Carers Centre and Rethink
Tower Hamlets College ESOL at St Paul's Way
Tower Hamlets Friends and Neighbours
Tower Hamlets Learning Disability Team
Tower Hamlets Legal Advice Centre
Toyhouse
Toyhouse - Mello parents course
Toyhouse intergenerational project
Turn 2 Us
University of the third Age Tower Hamlets
www.towerhamletsmums.com
Young at Heart