

Need Social Welfare Advice?

We can help you!

We offer free of charge, generalist advice to Tower Hamlets residents on a wide range of issues



Benefits

Advice to help you understand your rights, find out what you are entitled to and how to challenge decisions.



Housing

Help with service and rent arrears, eviction notices, disrepair and your rights as a tenant.



Debt

Help with store and credit card debt, council tax arrears, court fines, overdraft and hire purchase agreements.

- One-to-one sessions
- Advice over the phone
- Home visits
- Drop in sessions

B Bromley
by Bow
Centre



We deliver drop-in sessions as well as one-to-one appointments around Tower Hamlets:

Venue	When	Drop in / Appointments	Contact Details
Bromley by Bow Centre	Mondays 09:00-12:30	Drop in. First come, first served basis	St Leonard's Street E3 3BT 020 8709 9757
Linc Centre	Thursdays 09:30-12:30	Drop in. First come, first served basis	70 Fern Street E3 3PR 020 7538 5748
St Paul's way Community Centre	Thursdays 14:00-16:30	Drop in. First come, first served basis	83 St Paul's Way E3 4AJ 020 7510 5600
Marner Children's Centre	Wednesdays 13:00-15:00	Appointment only. Must have a child under the age of 5 and resident of Tower Hamlets to register.	Marner Centre, Devas St E3 3LL 020 7364 3534
Mile End Children's Centre	Tuesdays (fortnightly) 09:00-12:30	Appointment only. Must have a child under the age of 5 and resident of Tower Hamlets to register.	9 Bede Square E3 4GY 020 7364 7557
St Paul's Way Medical Centre	Fridays 9:30-12:30	Appointment only. Must be registered patient of St Paul's Way Medical Centre.	First Floor, 11 Selsey St E14 7LJ 020 7538 0833
Health E1 Homeless Medical Centre	Thursdays 09:30-12:30	Appointment only. Must be registered patient at E1 Health Centre.	9-11 Brick Lane E1 6PU 020 7247 0090

We offer one-to-one appointments at the Bromley by Bow Centre, as well as limited home visits for housebound Tower Hamlets residents.

Contact us on:

020 8709 9745 or 020 8709 9747
advice@bbbc.org.uk

Nearest transport connections:

Bromley by Bow underground,
 Bow Church or Devons Road DLR,
 488 or D8 buses (Grace Street stop)

