



Community Help and Support

Autumn / Winter 2021 - 22

- Advice and assistance
- Help during difficult times
- Ways to connect you with others
- Support to build a bright future

Services and courses shown are provided free of charge. Most are available within Tower Hamlets and some for other London boroughs. Please visit our website bbbc.org.uk email connect@bbbc.org.uk or call numbers shown for more information. (network charges may apply)

EMERGENCY NUMBERS

GENERAL NUMBERS

Fire/Police/Ambulance (emergency) - **999** (24 hours)

Police (non-emergencies) - **101** (24-hours)

Hate crime reporting: **0800 138 0521** - 24 hour freephone number

National Domestic Abuse Hotline **0808 200 0247** (24-hours)

*If you are in immediate danger please dial **999***

Samaritans helpline - **116123** (24 hours)

TOWER HAMLETS COUNCIL

Council hotline and switchboard - **020 7364 5000**

Phone number for vulnerable residents - **020 7364 3030**

Monday to Friday 9am - 5pm

www.towerhamlets.gov.uk

GET MEDICAL HELP

A full service is being provided for medical needs

Contact your GP surgery by phone or on-line. If you are registered with the Bromley by Bow Health Partnership, details are below

ON-LINE BOOKING AND CONSULTATION

www.bbbc.org.uk/health-centres/

CONTACT BY PHONE

Bromley by Bow Health Centre - **020 3728 0980**

St Andrew's Health Centre - **020 8980 1888**

XX Place Health Centre at Mile End Hospital - **020 7167 2828**

PHARMACIES

Your local pharmacy is also a good source of help and advice for non-urgent medical needs.

Coronavirus

If you have symptoms of coronavirus, including a high temperature and a new, persistent cough:

1. Stay at home
2. Get a free PCR test as soon as possible (this applies even if vaccinated)
3. Consult NHS **111** on-line www.111.nhs.uk/covid-19/
4. Call **111** only if you can't get help on line

Coronavirus support for vulnerable Tower Hamlets residents
020 7364 3030 9am- 5pm

General guidance at www.gov.uk

COMMUNITY SERVICES

The Bromley by Bow Centre has many services to support you and keep you well. See below and overleaf.

Food and essentials

Bow Food Bank supports local people with essential food and hygiene products during difficult times

Open Mondays 8.30am - 12.30pm (drop in) at the Bromley by Bow Centre

07934 734603

info@bowfoodbank.org

You are not alone

Our skilled and friendly staff are here to help

Monday – Friday 9am – 5pm

bbc.org.uk

COMMUNITY SERVICES

Get help and advice

BENEFITS, HOUSING AND DEBT

We offer free of charge advice on a wide range of issues including benefits, housing and debt. By pre-booked appointment.

07391 683612 or 07928 808353 or 07849 253477

Advice@bbc.org.uk

ENERGY ADVICE, BILLS AND SKILLS

Grant applications and debt alleviation

07908 163033 or 07719 867933 - eastendenergyfit@bbc.org.uk

Building and sharing cost-saving and energy skills

07927 774001 - empower@bbc.org.uk

ONLINE SKILLS TO HELP YOU MANAGE YOUR MONEY

Learn about online safety, how to use apps/tools to manage your money and get support to navigate your online Universal Credit account.

07388 378005 or 07432 600614

Gettingonwithmoney@bbc.org.uk

Your health and wellbeing

SOCIAL PRESCRIBING

Social prescribing gives you private one to one time to explore life issues and challenges and connects you with services and activities to support you. Direct referrals are welcome.

07928 809935 or 07496 283141

socialprescribing.bbbc@nhs.net

COMMUNITIES CATALYSTS

We support people to develop community-led groups and activities to build and share local talent and aspirations.

07495 015316

communitycatalysts@bbc.org.uk

Looking for work or training

Our friendly team helps you build work confidence, find the right training and qualifications and develop your skills to get back into work or change your career.

TRAINING - 07958 274095

WORK - 07808 843407

employment@bbc.org.uk

Learn new skills

ENGLISH LESSONS AND COMPUTER SKILLS

Our English classes and digital inclusion sessions help develop your communication abilities and on-line skills

07393 019810 or esol@bbc.org.uk

COMMUNITY SERVICES

Stay active and healthy

PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE

Exercise and healthy lifestyle classes, accredited training and support for all ages and abilities – online and in-person.

07460 862886

inclusivesports@bbc.org.uk

Connect with others

SHARE SKILLS AND EXPERIENCE

Share skills and make friends at our weekly walking, cycling and coffee groups

07951 034 656

spacetoconnect@bbc.org.uk

FAMILY AND EARLY LIFE

Fun for children and support for parents; community activities, workshops and resources.

07927 755610

www.bbc.org.uk/family-playrooms

ACTIVITIES FOR 50+

Art workshops, healthy lifestyles sessions, skills exchange and volunteering opportunities.

07908 659669 or 07951 034656

spacetoconnect@bbc.org.uk

VARIED ARTS PROGRAMME

Express yourself, connect with others, learn new skills and have fun; visual and performing arts.

arts@bbc.org.uk

Adult social care

DAYTIME ACTIVITIES AND WORKSHOPS

Supported activities that promote skills development and independence for people with disabilities, mental health support needs and long term health conditions.

07908 659669 or 07487 724557

socialcare@bbc.org.uk

Enjoy our park

Our three-acre park and gardens are there for the whole community to enjoy 7 days a week. Come and visit

Bromley by Bow Centre

St Leonard's Street, London, E3 3BT

E: connect@bbc.org.uk T: 020 8709 9700