




# Student Advisory Service

Where to go for Advice

**The information in this leaflet is accurate at the time of print. However, as it is occasionally subject to change, students are asked to seek further advice from Advice Solutions.**

**This publication is also available in large print and other alternative formats. Please contact the Marketing Department on 020 7510 7563 if you require this service.**

 Advice Solutions, Poplar High Street, London. E14 0AF

 020 7510 7903

 [advice@tower.ac.uk](mailto:advice@tower.ac.uk)

 [www.tower.ac.uk](http://www.tower.ac.uk)

## WHERE TO GO FOR ADVICE

This leaflet lists places in Tower Hamlets where you can get advice. It also lists national organisations and helplines that deal with particular issues.

## HELP WITH BENEFITS, DEBT & GENERAL ADVICE

### Student Welfare Advisers at Tower Hamlets College:

Student Advisers provide basic advice & information on grants, DSS benefits, immigration, finance, housing issues and other practical problems students may face while in college.

Please see the back of this leaflet for contact details for Advice Solutions.

### Tower Hamlets Citizens Advice Bureau (CAB):

☎ 0870 126 4014

✉ 86 Bow Road, Bow, E3 4DL

✉ 32 Greatorex Street,  
Whitechapel, E1 5NP

Can help with a wide range of legal & practical issues. Whitechapel CAB opening hours:

Drop-ins: 9:45-5:00pm Mon./Thurs.

Appointments: Fridays.

### Bethnal Green Rights Shop:

☎ 020 7739 4173

✉ 296 Bethnal Green Rd, E2 0AG

For general advice.

Drop-in sessions: Monday & Thursday between 9am - 2.30pm.

Wednesday sessions are for women only.

### Samaritans - 24 hours

☎ 020 7734 2800

✉ (Central London Branch)

46 Marshall St, W1 9BF

## IMMIGRATION, NATIONALITY, REFUGEES

The following organisations run advice lines for people with immigration queries:

### I.A.S:

☎ 0844 974 4000

(Immigrants Advisory Service)

Can represent you with your application to the Home Office.

### British Refugee Council

☎ 020 7346 6777

Telephone queries: Mon-Fri.  
(except Wednesdays).

10:00-1:00 am & 2:00 - 5:00 pm.

### UK Border Agency:


☎ 0870 606 7766


Immigration and Nationality Directorate (IND)

Block C Whitgift Centre Wellesley Road Croydon CR9 1AT



**Steels Lane Health Centre:**

 020 7790 7171


 Tower Hamlets  
Commercial Road,  
London E1 0LR

**Somali Counsellor: Amina Hassan.**


**Brook Advisory Services:**


**Advice on pregnancy and sex education. To find your nearest**

**Brook service call:**


 0800 0185 023


**British Pregnancy****Advisory Services:**

 020 7637 8962


 26 Bedford Square,  
WC1B 3HP


**British Pregnancy****Advisory Service:**

 020 7222 0095

 7 Belgrave Road,  
London SW1


**DISCRIMINATION AND HARASSMENT****Tower Hamlets Victim Support:**

 020 8981 8421


 3 Merchant Street, Bow E3 4UJ

**Helps support victims of recent crime (including domestic violence).**


**The Race and Hate Crime Team:**


 0800 138 0521

**Victim and Witness Support Team:**

 020 7364 6318


**Tower Hamlets Racial****Equality Council:**


 020 7377 8077

 Norman House  
42-55 Commercial Road  
London E1 6BB

**Issues related to racism and discrimination.**


**OVERSEAS STUDENTS****UKCISA**


 020 7107 9922

 (United Kingdom Council for International Student Affairs)  
9 - 17 St Albans Place  
London N1 0NX


**Advice Line 1-4pm Mon-Fri.**

**HOUSING****Tower Hamlets****Homeless Services:**

 020 7364 7474


 Albert Jacob House,  
62 Roman Road,  
London E2 0PG

**Housing Advice Switchboard:**


 020 7364 3558 - 9:30 - 4:00pm

**Agency for people with housing problems with private landlords.**

**Piccadilly Advice Centre:**

 0800 446 441


**Information and practical advice on housing, accommodation and vacancies throughout London.**

 100 Shaftesbury Avenue, W1  
**Drop-in times: Tue - Fri, 5:00pm - 6:30pm, Sat 10:00am - 1:00pm.**

**Shelter:**

 0808 800 444


**A charity for homeless people.**

 88 Old Street, EC1

**Open: Monday to Friday.  
8:00am - 5:30pm.**


## LEGAL ADVICE

### Tower Hamlets Law Centre:

 020 7247 8998

 214 Whitechapel Road, E1 1BJ


### Hackney Community Law Centre:

 020 8985 8364

 8 Lower Clapton Road, E3 0PD

## AIDS

### Terrence Higgins Trust:

 020 7242 1010


 General advice on HIV/AIDS


52-4 Grays Inn Road


London WC1X 8JU

## DRUGS

### Maze:

 020 8983 4782

 07956 460 075

 or 07956 902 220


A confidential service that works primarily with 9 - 25 year olds around drug prevention via community education.

Open: 10am - 5pm.


Telephone enquiries:

Monday Friday 9:30 - 4:30.


### Docklands Outreach:


 020 7538 1601

General Advice on drugs and sexual health.

 St Luke's Hall, Havana St,  
Isle of Dogs, E14 8NA

### Body Positive:

 020 7373 9124

 HIV/drug advice

PO Box 493

West Kensington W15 0TF

## SERVICES PRIMARILY FOR WOMEN


### Tower Hamlets Women's Aid:

 07000 782 539

Open: Monday to Friday


10am - 4pm.

### Womens Aid National Domestic:


 0808 2000 247

Violence Helpline.


### Refuge Crisis Helpline:

 0808 808 9999

### Newham Asian Women's Project:


 020 8742 0528

### Womens Therapy Centre:

 020 7263 7860


 10 Manor Gardens, N7 6JS

### Rape Crisis Line - Mondays 7-9pm.


 08451232324

## GAY AND LESBIAN SERVICES


### Lesbian & Gay Switchboard:

 020 7837 7324

### Lesbian Line:


 020 7251 6911

### London Friends:


 020 7837 3337

## HEALTH


### Alcoholics Anonymous (National):

 0845 769 7555


10am - 10pm.

 020 7533 0022

### Sexual Health Help Line - 24 hours,

 0800 567 123

### Daryeelka Maanka Project: (somali)

 0208 981 7979

 (MIND in Tower Hamlets)

3 Merchant St Bow

London E3 4LY

Contact: Muna Ismail  
& Abdul Rashid.