Useful Links for Advice and Information

Find a service that offers advice on subjects such as money and welfare, parenting or transport. You can look for different services such as:

* Family Information Service
* Family Fund
* Family Action
* Citizens Advice Bureau
* [Advice, Information & Support Services](https://www.localoffertowerhamlets.co.uk/pages/local-offer/advice-information-support/aiss-resources)

[Citizens Advice](https://www.citizensadvice.org.uk/)

With effect from 17th March 2020, we are postponing all face-to-face activities. This means that there will be no more face-to-face client interviews will take place and we will conduct telephone client interviews, emails and Microsoft Teams.

Client can contact the citizens advice by emailing advice@eastendcab.org.uk, SMS by texting HELP to 07860 041 410 (charges apply).

Our evening Pro Bono clinics have also been suspended for face to face appointments but all clients with pre-booked appointments will be contacted by telephone, email or Microsoft Teams and the important work we do will continue.

[Educational Resources](https://ictandinclusion.edublogs.org/2020/03/16/sites-for-learning-at-home-for-send-children-and-young-people/)

[Educational Resources](https://ictandinclusion.edublogs.org/2020/03/16/sites-for-learning-at-home-for-send-children-and-young-people/) provided by John Galloway and Hilary Norton

Useful Numbers

|  |  |
| --- | --- |
| Adult Social Care | 020 7364 5005 |
| Appropriate Adult | 0333 2424 999 |
| Attendance and Welfare  | 020 7364 3427 |
| Benefits | 020 7364 5001 |
| Children with Disabilities | 020 7364 2724 |
| Children Looked After | 020 7364 5503 |
| Child Protection | 020 7364 3444 |
| Child Performance Licence | 020 7364 3435 |
| COVID Helpline | 020 7364 3030 |
| DfE Helpline | 0800 046 8687 |
| Early Years | 020 7364 1553 |
| Early Help Hub | 020 7364 5744 |
| Family Information Service | 020 7364 6495 |
| [Food Banks](https://www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19/money-matters) |  |
| Fostering and Adoption | 020 7364 5318 or 020 7364 5335 |
| Leaving Care | 020 7364 1140 or 020 7364 1091 |
| Maintenance Allowance  | 020 7364 6171 |
| MASH | 020 7364 5601 or 020 7364 5607 |

|  |  |
| --- | --- |
| Parental Engagement Team | 020 7364 1952 |
| Pupil Services | 020 7364 4301 |
| Pupil Services – Nursery | 020 7364 3837 or 020 7364 4606 |
| Pupil Services – Reception | 020 7364 3837 or 020 7364 6196 |
| Pupil Services – Secondary | 020 7364 4307 or 020 7364 5860 |
| [SEND Information, Advice & Support Service](https://www.towerhamletsandcitysendiass.com/) | 020 7364 6489 |
| [Shelter](https://england.shelter.org.uk/get_help/local_services/london) | 0330 053 6091 or 0344 515 1540 |
| [Tower Hamlets Law Centre](http://www.thlc.co.uk)  | 020 7538 4904 |
| [Tower Hamlets Local Offer](https://www.localoffertowerhamlets.co.uk/)  |  |
| [30 Hours Free Childcare](http://www.childcarechoices.gov.uk) |  |