

LGBT Services

Services run for LGBT people provide specific **advice and support**, and are often run by LGBT people. Many prefer to access these services because of the empathy and understanding of the workers.

Ambrose King Centre, Royal London Hospital,
Department of GUM, Turner Street, Tower Hamlets, E1 1BB
020 7377 7306/7

Screening, diagnosis and treatment of sexually transmitted infections.

ELOP (East London Out Project)
020 8509 3898

Promotes health and well-being for East London's lesbian and gay communities.

East London Out Youth, c/o Face2face, 398 Hoe Street, Walthamstow, E17 9AA
020 8509 1210
Youth group for lesbians, gay men and bisexual people in East London.

LEAN (London East AIDS Network), 35 Romford Road, Stratford, E15 4LY
020 8519 9545
Support services for people affected by HIV/AIDS including a gay men's group.

Emergency Numbers

In an **emergency** you might find the following numbers useful.

For **gas** leaks and other problems call Transco on 0800 111 999
For emergency **electricity** problems call Eastern Electricity on 0800 783 8833
For **emergency repairs** call your landlord London & Quadrant on 0800 0565 800

Stonewall Housing

Telephone 020 7359 6242
Minicom 020 7359 8188

Facsimile 020 7359 9419
Advice Line 020 7359 5767

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2a Leroy Business House, 436 Essex Road, N1 3QP



Local Services Guide



Securing safer spaces for LGBT People

Introduction

This guide is a supplement to your Supported Housing Handbook and in it you will find information on local services including benefits offices, advice and drop-in centres, education and training, health services, police stations, post offices, libraries, places of worship, leisure, transport, gay men's services and emergency numbers.

Newham is just five miles from the City of London in the heart of the East End, and sits just north of the River Thames. Almost a quarter of a million people live in the borough, and its population is one of the youngest and most diverse in Britain, lending Newham a dynamic and pioneering culture. Over 40% of Newham's population are aged between 0-24 and over 110 languages are spoken locally.

This information was collated in December 2003, and will be updated annually in order to keep you up-to-date with changes in East Ham. If there is anything else you would like included in this guide please let your Supported Housing Officer know and we will do our best to include it in the next edition.

Benefits

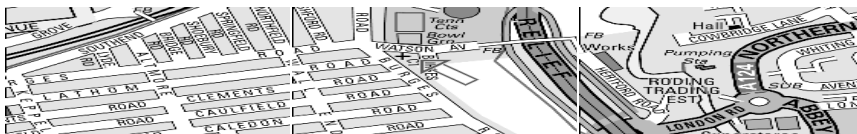
You can get **benefits advice** from the Job Centre Plus.

473 Barking Road, East Ham, E6 2LN
020 8210 5774

Heron House, Heigham Road, East Ham, E6 2JR
020 8210 5600

Housing benefit enquiries are handled by:

East Ham Local Service Centre
Town Hall Annexe, 330 - 354, Barking Road, East Ham, E6 2RT
020 8430 2000



Leisure

Newham is home to four **leisure centres** run by the council. Your nearest one will be able to tell you about facilities at the others. The address is:

East Ham Leisure Centre, 324 Barking Road, E6 2RT
020 8548 5850

If you fancy trying out some **water sports**, you can do canoeing, sailing, power boating, rowing and raft building at:

Royal Victoria Docks, Tidal Basin Road, E16 1AF
020 7511 2326

There's not much in the way of **gay bars and clubs** in Newham, but here are the ones we know about. Full listings can be found in Boyz and The Pink Paper.

The Angel, 21 Church Street, Stratford, E15
020 8555 1148

The Coronet, 119 The Grove, Stratford, E15
020 8522 0811

Reflections Club, 8 Bridge Road, Stratford, E15
020 8519 1296

Transport

Transport in East Ham is really good as it has a **tube station** which will take you anywhere in London for the price of a travelcard. There are also good bus links, which you can find out more about from **London Transport** on 020 7222 1234 who will help you plan your travel methods and route.

If you fancy being more extravagant, Liberty Cars provides a **gay-friendly taxi service**. Call them on 020 7739 9080.



Places of Worship

East Ham has a diverse range of religious communities. Below are listed a few of the places of worship near to Watson Avenue. Your Supported Housing Officer can help you find out about others if this list doesn't have what you're looking for.

St Paul Church of England, 227 Burges Road, E6 2EU
020 8472 5531
Church of England

Singh Sabha London East Guarwara, 100 North Street, Barking, IG11 8JD
020 8594 3940
Sikh

Madina Masjid Islamic Association, 225 High Street North, E6 1JG
020 85472 3069
Muslim

Barking Methodist Church, London Road, Barking, IG11 8AL
020 8591 9234
Methodist

St Mary and St Ethelburga's Catholic Church,
The Presbytery, Linton Road, Barking, IG11 8HG
020 8594 2849
Catholic

Mahalaksmi Temple, 272 High Street North, E12 6SA
020 8552 5082
Hindu

West Ham and Upton Park Synagogue, 95 Earlham Grove, Forest Gate, E7
020 8852 2117
Jewish

East London Buddhist Cultural Centre, 33 Maybury Road, Plaistow, E13 8RZ
020 8472 2970
Buddhist



Advice & Drop-In Centres

Your Supported Housing Officer can help you access advice on a wide range of issues. Below are some **local advice centres** that you might also find useful.

Newham Citizens Advice Bureau
Stratford Advice Arcade, 107 - 109 The Grove, Stratford, E15 1HP
020 8356 1620
Provides confidential free impartial advice on a wide range of topics

Newham Community Information Bus
c/o Newham Social Services, Broadway House, Broadway, Stratford, E15 1AJ
020 8430 5899

The bus contains leaflets, computer and video equipment providing information in a range of languages. It also has information on access to health and social care.

Youth Information and Advice Service, 51 The Broadway, E15 4BQ
020 8221 0802

Information, advice and counselling for young people aged between 11 and 25.

Education & Training

Doing a **training course** and getting an **education** can have lots of benefits. It can help you get a job, improve your self-esteem and give you a reason to get up in the morning. Your SHO can also help you access appropriate training.

Newham College of Further Education (NCFE), High Street South, E6 4ER
020 8257 4000

The college is the largest training provider in Newham. It offers training on a very wide range of courses including English Language, Literacy and Numeracy.

Newham Community Education and Youth Service
Eastlea Learning Zone, Hilda Road, Canning Town, E16 4NP
020 7476 6167

Provides part-time day and evening courses at a wide range of centres across Newham. Subjects include art and design, business management, caring, IT, catering, construction, performing arts, languages and sports and leisure.



Health Services

It is important that you register with a **doctor** before you get ill.
GPs in East Ham include:

Seaton & Partners, 27 Burges Road, East Ham, E6 2BJ
020 8472 0421

Seaton & Partners, 533 Barking Road, East Ham, E6 2LN
020 8472 3080

Mridha & Mridha, 97 Browning Road, Manor Park, E12 6RB
020 8472 0744

Victoria Health and Family Centre, 1 Queens Road, Barking, IG11 8GD
020 8594 5625

Alagrajah P, 151 Byron Avenue, E12 6NQ
020 8471 5037

If none of these GPs are taking new patients then call The Find A Doctor Telephone Service on 020 7655 6688 or email find-a-doc@elcha.nhs.uk

Your nearest **hospital** has an accident and emergency department as well as a minor injury unit. The address is:

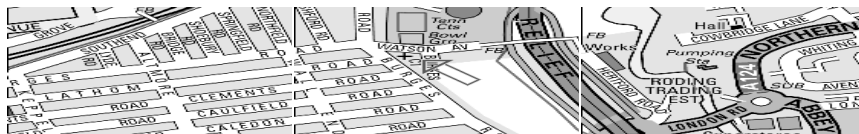
Barking Hospital, Upney Lane, IG11 9LX
020 8983 8000

You should also register with a **dentist**. Your nearest dental practices are:

Newham Orthodontic Referral Centre, 2 Burgess Road, East Ham, E6 2BH
020 8552 0000

D Sihra, 61 Shelley Avenue, E12 6PX
020 8471 2208

Patel & Associates, 148 High Street North, East Ham, E6 2HT
020 8471 4000



Police

You never know when you might need a police officer. Contact the **Met** at:

4 High Street South, E6 6ES
020 8548 1212

If you are a survivor of a homophobic crime, racist crime, domestic violence or hate mail you can contact **The Community Safety Unit**. The unit is staffed by both male and female officers who are specially trained to deal with these crimes.

To contact the Newham Community Safety Unit, call 020 7275 5733.

There is an answer phone for out of hours calls. All enquiries will be dealt with confidentially and the caller will be dealt with in a discreet and sensitive manner.

Post Office

There are two **post offices** in your area:

475 Barking Road, E6 2LN
020 8552 1514

126 Fanshawe Avenue, Barking, IG11 8RQ
020 8594 1258

Library

Not only do libraries provide a wide range of **books** on loan, they also have free internet access and other **computer facilities**, videos, CDs, and Playstation games to borrow, and **newspapers and magazines** to read in the library. There are 12 libraries in Newham, you might want to try this one in East Ham:

High Street South, East Ham, E6 6EL
020 8430 3647

