

Service	Address	When	What	Website
<b>FOOD</b>				
St Paul's Church	Stoke Newington Rd, London N16 0AJ, 020 8802 1600	Monday: 12am–1:30pm Wednesday: 7pm–8:30pm	Free three-course vegetarian meal, and tea or coffee. Take-away food and clothing upon request. Free advice on welfare benefits, housing, disability payments, etc. Visited periodically by a Health Access Worker. Runs literacy classes, music sessions and outings to theatre etc as part of life skills programme. Benefits advice, Education/training, Food (free), Leisure activities, Leisure facilities, Music/drama	<a href="http://www.nlah.org.uk/">http://www.nlah.org.uk/</a>
The TAB Centre	3 Godfrey Place, London E2 7NT	Thursdays: 8-10am Fridays: 9-11:30am Pre-abstinence class: 11-11:45ams	Breakfast, abstinence classes	<a href="http://www.tabcentre.com/">http://www.tabcentre.com/</a>
The Whitechapel Mission	212 Whitechapel Road, E1 1BJ T: 020 7247 8280	Breakfast at 8am-10am Mon-Sun.	Full English Breakfast only 50p/day	<a href="https://whitechapel.org.uk/">https://whitechapel.org.uk/</a>
Hopetown Hostel - Women's Centre	c/o Hopetown Hostel, 60 Old Montague Street, London E1 5NG Tel: 0207 4260399	Breakfast Thursday 7am-2pm	Breakfast club on Thursdays	
Bow Church Food Bank	St Mary & Holy Trinity Church, 230 Bow Road, London E3 3AH Tel: 07930 527 167	Monday 9.30am-12noon	Hospitality - Food (for 15 weeks but this doesn't have to be consecutive); legal advice, food, occasionally cosmetics, advice and support	<a href="http://www.bowfoodbank.org/about">http://www.bowfoodbank.org/about</a>
<b>WOMENS DROP-INS</b>				
The Whitechapel Mission	212 Whitechapel Road, E1 1BJ T: 020 7247 8280	Women's only group Friday at 12noon - 2.30pm.. Breakfast at 8am-10am Mon-Sun. Advice on benefits, housing drop-in 9-11am, Monday to Friday.	<b>Women's only group Friday at 12noon - 2.30pm. Waiting list</b> clothes, lunch, arts and crafts, clothes store, advice, . Full English Breakfast only 50p/day.	<a href="https://whitechapel.org.uk/">https://whitechapel.org.uk/</a>
Union Chapel	Union Chapel, Islington	Women's drop-in on a Monday 11 – 2 p.m. Art Group runs on a Tuesday 11 to 2 p.m.	Come along for a chat and get support and advice on housing, benefits and signposting to other services. Also opportunity to access art group, therapy, English tuition, job club and supported employment opportunities.	<a href="http://www.unionchapel.org.uk/about-us/the-margins-project/">http://www.unionchapel.org.uk/about-us/the-margins-project/</a>
Arch 76	Dunbridge Street, E2 6JG (just off Vallance Road) info@arch76.co.uk no phone number	Mon & Thurs 11am-5pm	The day centre provides a safe space to come and seek advice on housing and general support. Christian centre with prayers	<a href="http://www.arch76.co.uk/">http://www.arch76.co.uk/</a>
St Hilda's East London	St Hilda's East Community Centre, 18 Club Row, London E2 7EY 020 7739 8066	Tues 10am-12noon Shoe making Thursday 10am-12noon Crafts Fri 10am-11.15	Supports Bangladeshi women who are socially isolated and experiencing mental health issues through group sessions at St Hilda's and other venues in Tower Hamlets, as well as home visits. Shoe making, bag making, arts and crafts, English Classes, exercise class and free yoga.	<a href="http://sthildas.org.uk/">http://sthildas.org.uk/</a>
<b>PROSTITUTION</b>				
Women at the Well	Our centre is at 54-55 Birkenhead Street, London, WC1H 8BB	Monday to Friday 12.30pm - 3.30pm	The drop-in is open Monday to Friday 12.30pm - 3.30pm for women who have support needs in the following areas:  affected by or at risk of being affected by prostitution problematic drug and alcohol abuse mental health difficulties rough sleeping trafficking	<a href="http://www.watw.org.uk/">http://www.watw.org.uk/</a>
<b>MIXED DROP-INS</b>				
Clapton Drop-In	Round Chapel Old School Rooms , Powerscroft Road, London E5 0PU	Sunday: 2pm–4:30pm	Friendly and non-judgemental support for the more marginalised members of our community to access more services in the borough, particularly in relation to housing, benefits, JobCentre Plus, as well as health- and family-related issues. -	<a href="http://www.web.theroundchapel.org.uk/community/urban-table">http://www.web.theroundchapel.org.uk/community/urban-table</a>

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St. Saviour's Priory Dunloe Centre	St Saviour's Priory, 18 Queensbridge Road, London E2 8NS  020 7739 9976	Tuesday: 10:30am–12am	Small, unfunded project run entirely by volunteers. Turns away only people who are violent. On ground floor, but with one step between the street and the lobby. Bedding, Clothing store, Food (free)	<a href="http://www.stsaviourspriory.org.uk/">http://www.stsaviourspriory.org.uk/</a>
St Stephen's Canonbury, Manna Project	17 Canonbury Road Parish Church of St. Stephens, London Area +44 20 7226 5369	Tuesday: 7pm - 9pm Wednesday: 1pm - 3pm Friday: 10am - 12pm	At all sessions, showers are available (soap, shampoo and towels are given out by a volunteer). We can usually get 12 people through the shower in a two-hour session. There is a laundry service that costs £1 per load	<a href="http://www.themanna.org.uk/">http://www.themanna.org.uk/</a>
St John The Evangelist Church (Duncan Terrace) Free Food Sessions	39 Duncan Terrace London, N1 8AL 020 7226 3277	Tue-Fri 12.30pm-1.30pm, Sat 12.15pm-1.30pm, Sun 3pm-5pm. (in the basement)	Free food (sandwiches and tea) for homeless people (and soup in cold weather). Clothing available sometimes. Service provided by volunteers.	<a href="http://www.st-johns-islington.org/">http://www.st-johns-islington.org/</a>
<b>HOMELESS/ HOUSING ISSUES</b>				
Hopetown Hostel - Women's Centre	c/o Hopetown Hostel, 60 Old Montague Street, London E1 5NG Tel: 0207 4260399	Monday-Fri 9am-4.30pm drop in any time - breakfast club Thursdays 7am-2pm	providence row - funding to end of March - primarily sex workers, homeless and users - Homeless or about to become - needle exchange - condoms - housing benefit advice - U-Turn welcome hopetown hostel - breakfast club	
Providence Row at The Dellow Centre	82 Wentworth Street, E1 7SA T: 020 7375 0020	Monday: 10am–11:30am (men's group) Monday: 2pm–3pm (yoga) Tuesday: 11:30am–12:30am (relaxation skills) Wednesday: 11:30am–1pm (peer support, addictions) Tuesday: 2pm–3:30pm (women's group) Monday–Friday: 9am–3:30pm (needle exchange - closed 12.30–1.30pm) Tuesday: 9:30am–12:30am (homeopathy) Thursday: 11am–1pm (art & wellbeing) Friday: 10am–11:30am (Breaking Free Online- computer assisted therapy) Friday: 10am–11:30am (self-harming support group)	Centre that provides a wide range of services from showers Helps people of all backgrounds to an independent & fulfilled life away from homelessness & exclusion. They address not only users' immediate needs, but also the underlying issues and causes of their homelessness and exclusion. Most of their facilities are step-free.  Art classes, Bathroom/showers, Benefits advice, Careers advice, Counselling, Drugs workers, Education/training, Food, Food (free), Internet access, Mental health, Needle exchange	<a href="http://www.providencerow.org.uk/">http://www.providencerow.org.uk/</a>
Shoreditch Community Project (SCT)	St Leonard's Church, Shoreditch High St, E1 6JN. T: 02076133232	Mon & Wed; 9.30am–12.30pm; Tues: 2–4pm	Drop-in offering free food and advice, practical support and information to homeless people, drug users, alcoholics and people with a history of mental health problems.	<a href="http://www.sct.org.uk/">http://www.sct.org.uk/</a>
Open Door Drop-in Centre	Stoke Newington train station - 10 minutes walk. Buses 73, 393, 476 to Church Street bus stop - 5 minutes walk.	Wednesday: 12.15pm - 1.30pm drop-in	Weekly drop-in centre for people who are homeless, including rough sleepers. Drop-in Wednesday 12.15pm-1.30pm with hot meal and clothes bank. Advice on issues around homelessness, including drugs and alcohol. Signposting to other sources of advice and support.	
Marylebone Project	Bradbury House 1-5 Cosway Street London NW1 5NR Tel: 0207 262 3818		The day centre provides a safe space to come and seek advice on housing and general support.	<a href="http://www.churcharmy.org/Groups/245011/Church_Army/ms/Marylebone_Project/About_Us/About_Us.aspx">http://www.churcharmy.org/Groups/245011/Church_Army/ms/Marylebone_Project/About_Us/About_Us.aspx</a>
<b>ACTIVITIES CENTRE</b>				
Crisis Skylight	66 Commercial Street, E1 6LTT: 020 7426 5650	Mon-Fri 10am-7:30pm, Sat-Sun 11am-5:30pm	New clients register at 3pm on Monday-Friday and sign up for courses. Crisis offer free termly courses including performing arts, bicycle repairs, woodwork and yoga. English classes are very popular. You will be assigned a progression coach and there is support for job searching and moving into permanent accommodation.	<a href="http://www.crisis.org.uk/pages/crisis-skylight-london.html">http://www.crisis.org.uk/pages/crisis-skylight-london.html</a>

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The New Hanbury Project	3 Calvert Avenue, London, E2 7JP. 02076135636.	10am - 4:15pm	The New Hanbury Project is a training and education project offering activities including art, cookery, music, gardening and carpentry. To join in you will have an interview with one of the workers which Growth can arrange or you can drop-in yourself. Importantly you must have accommodation to use this centre.	<a href="http://www.sct.org.uk/our-services/education-and-training/">http://www.sct.org.uk/our-services/education-and-training/</a>
<b>COURSES</b>				
Women's Project - City Gateway	Harford Street, E1 4FG. T: 02037276287. Stepney Green. Speak to Shelley to book reservation	Enquire: 9am-5pm Mon-Fri	EDUCATION COURSES: Child Care, business, admin, English and Maths, 3 month courses, 2-4 hours per week	
<b>HEALTH</b>				
Positive East	159 Mile End Road, Stepney, London E1 4AQ 020 7791 2855	Monday–Friday: 9:30am–5:30pm Saturday: 11am–3pm (HIV testing only)	London's largest community-based HIV charity provides practical and emotional support and advice for people living with or affected by HIV in East London. Also offers free and confidential HIV tests at venues across London.	<a href="http://www.positiveeast.org.uk/">http://www.positiveeast.org.uk/</a>
WHFS (Women's Health & Family Services)	WHFS (Women's Health & Family Services) The Brady Centre 192-196 Hanbury Street London E1 5HU	T: 020 7377 8725 F: 020 7377 1064 E: enquiries@whfs.org.uk	Our current health projects range from our flagship <b>Maternity Mates™</b> programme, which supports pregnant women, to the <b>Stay Active @ 70+</b> project supporting people over 70 to stay active and healthy.	<a href="http://whfs.org.uk/">http://whfs.org.uk/</a>
<b>WOMEN'S CENTRES OUTSIDE TOWER HAMLETS AND HACKNEY</b>				
Crossroads Women's Centre	Crossroads Women's Centre 25 Wolsey Mews London NW5 2DX (off Caversham Road) Tel: 020 7482 2496 Fax: 020 7367 7387	Phone Monday to Friday 10am to 1pm and 2 to 5pm Drop in Tuesday & Thursday 2 to 4pm Wednesday 2 to 7pm	The Crossroads Women's Centre is an anti-sexist and anti-racist centre providing support, advice and information on a wide range of issues including anti-racism, asylum, disability rights, health	
Women's therapy centre	<a href="http://www.womenstherapycentre.co.uk/">http://www.womenstherapycentre.co.uk/</a> / Contact Information If you would like to make an appointment please contact us: Appointments telephone number: 020 7263 7860 Appointments email address: appointments@womenstherapycentre.co.uk		Therapy Open For Private Referral Scheme Group Therapy Women affected by gender violence, trafficking, domestic slavery, forced marriage, honour violence and FGM Women with disabilities and long term medical conditions We are still accepting referrals from women who are interested in attending group therapy. These sessions will commence in the New Year 2017 when the groups are filled. If you email us please put 'Group Therapy' in the subject line of your email.	
Asian Women's Resource Centre	Asian Women's Resource Centre 108 Craven Park Harlesden London NW10 8QE t: 020 8961 6549/ 5701 e: info@asianwomenscentre.org.uk	Opening Hours Monday – Friday 10am to 5pm Drop in Wednesday 11.30-1.00pm	AWRC offers domestic violence and advocacy services: safety planning, advice and information, advocacy and support services. The drop in group aims to develop women's self- confidence and self-esteem in order to meet life's challenges.	<a href="http://www.asianwomenscentre.org.uk">http://www.asianwomenscentre.org.uk</a>

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The Beth Centre	Eaves' centre on Brixton Road	Our open access drop-ins are on Tuesdays and Thursdays from 10am – 5pm	The centre offers an innovative gender specific service which supports Lambeth women who have been affected by the criminal justice system. We have four female probation officers in our team, a substance misuse prison link worker, a young women, girls and gangs worker, a peer mentor, a prisons through the gate worker, two exiting prostitution workers and a parenting worker who has a VAWG specialism. Two youth offending workers who work with the younger women in our community affected by the criminal justice system are also part of the Beth Centre's team.	<a href="http://www.womeninprison.org.uk/services/in-the-community.php?s=1970-01-01-the-beth-centre">http://www.womeninprison.org.uk/services/in-the-community.php?s=1970-01-01-the-beth-centre</a>
An-nisa	300 Old Brompton Road, SW5 9JF (Kensington)	Every Tuesday 9.15am – 11.30am	Coffee morning to empower women from all backgrounds with knowledge, skills and confidence to better themselves & their families, tackle isolation and integrate.	<a href="http://www.responseprojects.org.uk/An-nisa.html">http://www.responseprojects.org.uk/An-nisa.html</a>