



London Borough of Newham

What is included in this pack?

We have included with this pack details of useful local services and amenities:

- ▶ Restaurants & Cafes
- ▶ Chemists
- ▶ Schools and Colleges
- ▶ Doctors, Dentists and Hospitals
- ▶ Local Cab Service
- ▶ Public Transport
- ▶ Local Police Station
- ▶ NHS Information
- ▶ Citizens Advice Bureau
- ▶ Job Centres



Restaurants and Cafes	Sindu Mahal 274 Barking Road London, E6 3BA 020 8471 6226 Category: Indian	Terry's Café 1 Albert Road Silvertown London E16 2DW 0207 476 0599	Eastern Eye Indian Restaurant 269 High Street London, E6 3PG 020 8470 8070 Category: Indian	Perfect Pizza 283 Barking Road Plaistow London E13 8EQ 0207 476 4776	Café Chaps 127 Plaistow Road London E15 3ET 0208 519 6669
Chemists	Catto Chemist's 388 High St North London E12 6RH 0208 472 1871	Shan Chemist's 453 Romford Road Forest Gate London E7 8AB 0208 534 1775	Medina Pharmacy Ltd 229 Plashet Road London E13 0QU 0208 552 2731	Weston Pharmacy 3 St Stephens Parade Green Street London E7 8LQ	Kingsway Chemists 290 Barking Road London E6 3BA 0208 552 9445
Schools/Colleges	Nelson School Napier Rd East Ham London, E6 2SE 0208 472 0642	Newham Sixth Form College Prince Regent Lane London, E13 8SG 0207 473 4110	Hartley School Hartley Ave East Ham London, E6 1NT 0208 472 2523	Plashet School Plashet Grove East Ham London, E6 1DG 0208 4712418	Langdon Comprehensive School Sussex Road, London, E6 2PS 0208 471 2411
Doctors/Dentists/Hospitals	The Walking Centre. 132 Upney Lane Barking IG11 9LX 0208 924 6262	East Ham Newham Family Dental Care 148 High St North. London, E6 2HT 020 8471 4000	East Ham Day Hospital Shrewsbury Road, London E7 8QR 0208 586 5100	Dr H S Patel 292a Barking Rd London, E6 3BA 0208 472 0669	The East End Medical Centre 61 Plashet Road London E13 0QA
Post Offices	Post Office & News 475 Barking Rd London E6 2LN 0208 552 1514	Post Office 444 Romford Rd London E7 8DF 0208 472 4937	A M P Post Office 369-371 Ripple Rd Barking IG11 9PN 0208 594 2429	Pier Parade Sub P.O 17 Pier Road London E16 2LH 0207 5409272	Katherine Road P.O 241 Katherine Road London E7 8PP 0208 472 1663
Local Cab Services	Green Gate Cars 136 Greengate Street London, E13 OAS 0208 552 9797	Alpine Cars 2A Castle Street, London E6 1PP 0208 472 1111	B & H Car Services 119 High Street, London E13 9HH 0208 472 0660	Docklands Car Services 578 Barking Road, London E13 9JU 0208 470 5678	Seven Fives Cars 2 Leytonstone Road Stratford E15 2RP 0208 555 5555



Train Stations Closest to London Borough of Newham



Woodgrange Park: Over ground station.



Wanstead Park: Over ground station.



Leytonstone High Road: Over ground station.



Upton Park: Underground. Lines accessible District and Hammersmith and City.



East Ham: Underground. Lines accessible District and Hammersmith and City.



Local Police Stations

✦ **Newham: Metropolitan Police Service: 020 7474 1212**

Contact Details for NHS Direct

Service Users in all boroughs may call NHS Direct for **24-hour** nurse advice and a health information service: 0845 46 47.

Citizens Advice Bureau

✦ **Newham: 7 Hatherley Gardens, London, E6 3EN - 08701 264030**

Job Centres

✦ East Ham Job Centre	Tel: 0208 210 5753
✦ Stratford Job Centre	Tel: 0208 918 5200
✦ Plaistow Job Centre	Tel: 0207 506 4200

