



London Borough of Redbridge

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	Fat Jackets The Exchange Shopping Mall High Road Ilford, Essex IG1 1AT 0208 553 1643	Hainault Coffee 217a Manford Way Chigwell Essex IG7 4DJ 0208 501 0009	Dominoes Pizza 34 Woodford Avenue Gants Hill Ilford, Essex IG2 6XQ 0208 550 5566	Curry Emporium 597 Cranbrook Rd Ilford, IG2 6JZ 020 8550 7429 Category: Indian	Julies Café 657 High Road Seven Kings Ilford Essex IG3 8RA 0208 590 2228
Chemists	Tee Kay Chemists 1-3 Beattyville Gardens Ilford, IG6 1JN 020 8550 3606	Brook House Pharmacy 20 Brook Parade, High Road Chigwell IG7 6PF	Sheldons Pharmacy 367 Eastern Avenue, Ilford IG2, 6NE 020 8550 3569	Longwood Pharmacy 162-166 Longwood Gardens Ilford IG5 OEW 020 8550 0895	Lloyds Pharmacy 155 Manford Way Chigwell Essex IG7 4DN
Schools/Colleges	London I.T College 43-55 Perth Road Ilford, IG2 6BX 020 8554 8500	St. Augustine's Catholic Primary School Cranbrook Rd, Ilford, IG2 6RG 020 8554 3453	LK Playhouse Children's Day Nursery 681 Cranbrook Road Ilford, IG2 6SY 020 2550 7847	Gearies Junior School Gants Hill Crescent Ilford, IG2 6TU 020 8550 4755	Seven Kings High School Ley Street, Ilford, Essex, IG2 7BT 0208 554 8935
Doctors/Dentists/Hospitals	King George Hospital Barley Lane Ilford, IG3 8YB 020 8983 8000	Anthosh Naidoo (Dentist) 532 Cranbrook Road, Ilford, IG2 6RD 020 8554 3331	Forest Edge Practise Hainault Health Centre Mansford Way Chigwell Essex IG7 4DF 0208 500 9938	Kenwood Gardens Clinic (GP) Kenwood Gardens Ilford, IG2 6YG 020 8924 6100	M.M Patel Orthodontist 26 Clarence Avenue Ilford, Essex IG2 6JH 0208 518 1022
Post Offices	Ley Post Office 332 Ley Street Ilford IG2 4AF, 020 8553 1188	Tina's Post Office 128 Cranbrook Road Ilford , IG1 4LZ 020 8554 6142	Belgrave News & Post Office 113 Belgrave Road, Ilford, IG1 3LG 020 8554 1344	Longwood Parade Post Office 156-158, Longwood Gardens, Ilford, IG5 OEW 020 8550 1516	Fullwell Avenue P.O 3 Fullwell Parade, Fullwell Avenue Ilford Essex IG5 0RF 0208 550 0755
Local Cab Services	Jubilee Cars 68 Rosedene Gardens, Ilford, IG2 6YD 0208 551 1010	Blue Line 363 Ley Street Ilford, Essex IG1 4AA 0208 478 7263	Yellow Mini Cabs 379 Eastern Avenue, Ilford IG2 6LR 0208 518 5555	Alpha 2000 Cars 394 Cranbrook Road, Ilford, IG2 6HW 0208 554 1111	Emerald Cars 35 Goodmayes Rd, Ilford, Essex, IG3 9UH 0208 599 0041



Train Stations Closest to London Borough of Redbridge



Gants Hill Station: Underground. Lines accessible: Central Line.



Iford: Over ground station.



Wanstead Park: Over ground station.



Wanstead Station: Underground. Lines accessible: Central Line.



Newbury Park Station: Underground. Lines accessible: Central Line.



Local Police Stations

- ✦ **Redbridge Metropolitan Police Service: 020 8551 4211**

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

- ✦ **Redbridge Broadway Chambers, 1 Cranbrook Rd, Ilford, IG1 4DU - 0208 504 3247**

Job Centres

- ✦ **Cranbrook Road 0208 514 2200**
- ✦ **Balfour Road 0208 911 8948**
- ✦ **Clements Lane 0845 604 4445**

