

LIST OF SERVICES FOR PARTICIPANTS

CoSine 2026

Free advice on housing, energy bills, health, and other challenges. You can contact any of these services directly.

General advice

- Advice on health, social care, and community services <https://www.towerhamletsconnect.org/>
- Advice on benefits, housing, debt, migration, employment, and legal matters <https://thcan.org.uk/advice-centres/>
- Advice on support for children, young people, and families <https://www.localoffertowerhamlets.co.uk/>
- Advice on support for victims of domestic abuse https://www.towerhamlets.gov.uk/lgnl/community_and_living/community_safety_crime_preve/domestic_violence/VAWG-Service-Directory/Support_services_for_domestic_abuse.aspx
- Citizens Advice. Free, independent, confidential, and impartial advice to everyone on their rights across a range of issues, <https://www.citizensadvice.org.uk/>
- Praxis. A charity for migrants and refugees. Free advice with immigration, housing, homelessness, benefits, health, and welfare, <https://www.praxis.org.uk>

Housing

- Your local authority must provide housing support. Find their contact details: <https://www.gov.uk/find-local-council>.
- Shelter housing charity. Free housing advice, Helpline: 0808 800 4444 / 0300 330 1234, <https://england.shelter.org.uk>
- Justice for Tenants. Free advice for tenants on your legal rights and housing options, Telephone: 020 3476 6648, <https://www.justicefortenants.org>

Energy bills

- Citizens Advice on energy questions <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>
- National Energy Action. Helpline for free energy advice: 0800 304 7159, <https://www.nea.org.uk/get-help>
- South East London Community Energy (SELCE). Free energy advice for those struggling with bills across South East London, Telephone: 020 4566 5764, <https://selce.org.uk/energy-advice>
- Find out if your home has an Energy Performance Certificate <https://www.gov.uk/find-energy-certificate>
- Christians against Poverty. Free face-to-face advice with debt through local churches, <https://capuk.org/get-help>

Health conditions

- Speak to your GP <https://www.nhs.uk/service-search/find-a-gp>
- British Heart Foundation helplines <https://www.bhf.org.uk/information-support/heart-helpline>

- Asthma+Lung UK helplines <https://www.asthmaandlung.org.uk/helpline>
- Mind helplines <https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines>



Cold and hot weather

- Warm places open to the public during cold weather <https://www.warmwelcome.uk/#map>
- Government advice around staying safe in hot weather
<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather>
- Places for the public to cool down during hot weather in London
<https://www.london.gov.uk/programmes-strategies/environment-and-climate-change/climate-change/climate-adaptation/cool-spaces>