A-Z Directory

Business & Residential Listings

Ilford, Walthamstow and Loughton

2024

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Business Listings

A-Z listings of local Businesses and Residential.

Information listed within the A-Z section **has been supplied by each Communication Provider** (service provider) and is published based on their directory status. If the business has been flagged as **Ex-Directory** it **will not be printed.** BT will only print information that **has been provided.** If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.

How to find a number

Entries are listed alphabetically. First by business name...

Adams Apples 49 Fore St .....
Bradway Hospital 7 Parade .....
Candlelight Rest 1 Watt St .....
Elley C M, Hosiers 1 The Lanes .....

...then by initials or next word...

Hall A, Plmbr 7 Water La .....
Hall Brothers 25 Fox La .....
Hall C F, Btchr 109 High St .....
Hall Denton, Hlge 16 Yorks Rise ...

...then by street name or, if there is no street name, by locality...

Smith A, Solr 14 Ambleside Lane .....
Smith A, Bldr 27 Brick Road .....
Smith A, Pntr Degas Drive .....
Smith A, Grcr 71 Endell Rd .....

Like-sounding names

Check alternative spellings of names, for example **Read...Reed... Reid...**

Unconnected words

If an entry has two or more unconnected words, for example **General Motors,** the first word is treated as the surname and the second word as a forename.

Initials

Initials separated by spaces or full stops are listed at the beginning of each entry. Initials that are not separated are treated as words.

AAA Autos, 21 New St .....
A B C Marketing, 44 King St .....
Abbott Autos, 47 Prior Road .....
ABC Plumbing, 52 Singer Close .....

Numbers as names

Names which begin with a number, such as **3M**, are listed in numerical order before the alphabetical entries.

1st Choice Fabrics, 6 Old St .....
2nd Hand Cars Ltd, 17 Park Rd .....
A1 Tyres, 53 Orwell St .....
Abbot A, 598 Frith St .....

Prefixes

ST comes after **SAINT,** which occurs after **SAH.**

Sah A, 12 Dales Clo .....
Sah Z, 15 Cecil St .....
Saint B.J, 17 Homer Rd .....
St. Clare, High St .....

M', MC, MAC are all treated as **MAC;** the next letter determines the position.

Mabey T, 63 Wilsons La .....
McBride J, 64 Manning Clo .....
MacCullum P, 289 Kings Rd .....
McEwan S, 24 Bembo Rd .....

DE and **DE LA** are arranged together, so that all **DEs** will be together and all **DE LAs** will be together, and so on. The order is determined by the next letter in the name.

Dayville A, 7 Box St .....
De Angel P.A, 16 Allisson St .....
de Silva P.A, 17 Upper Hill .....
De la Bere, 3 Egerton Street .....
de la Rue, 17 Cats Walk .....

Punctuation

Ampersands (&), apostrophes and hyphens are disregarded.

Abbreviations

Churches and places of worship are represented by an abbreviation.

BAP	Baptist Union of Great Britain
BUD	Buddhist
CE	Church of England
CI	Church of Ireland
CS	Church of Scotland
CW	Church in Wales
HIN	Hindu
JWSH	Jewish
LUTH	Lutheran
METH	Methodist
MUS	Muslim
ORTH	Orthodox
PENT	Pentecostal
QU	Quaker
RC	Roman Catholic
SA	Salvation Army
SE	Scottish Episcopal Church
SK	Sikh
URC	United Reformed Church

If you can't find a number

If the number you want is for a home business address, either check the Residential listings or call BT Directory Enquiries 24 hours a day, 7 days a week on **118 500**.

Calls to 118500 cost 77p per call plus £1.55 per minute inc VAT, plus your telephone service provider's Access Charge (excludes BT payphones). Prices correct at time of going to press.

Changes

Some numbers may change during the lifetime of The Phone Book. Customers affected by number changes will be notified in advance. Callers will receive a recorded announcement advising them of the new number.

1 24 Hour 7 Days Locksmith,545 Battersea Park Rd E10 ....0800 8186542
1 24 Hour 7 Days Locksmith,65 Beak St E10 ....0800 8186634
1 24 Hour 7 Days Locksmith,84 Lordship La E11 ....0800 8186804
1 Ajafods, Coffee Sandwiches,133 Cranbrook Road Ilford ....(020) 85145969
1 Call Detectives, Private Investigator, Knowles House Green Lane 07010 600960
1 Call Detectives, Private Investigator, 4 Shernhall Street 0844 5898115
1 Click Homes, Ltd,320 High Rd Leyton E10 ....(020) 85561212
1 Green Foods, Ltd,49 Chigwell Road South Woodford London ....(020) 36498693
1 Note 2 Notes Music Academy,130 Hoe Street London ....(020) 85210261
1 Stop Glazing, Ltd,101 Sunnyside Road Ilford ....(020) 37749576
1 The Avenue, Indian Rstnt,1C The Avenue E4 ....(020) 85310404
1 Uk Training, Ltd, Third Floor I C Training Centre 16-20 Clements Road Ilford ....(020) 84782843
1aga Foods, Ltd,133 Cranbrook Road Ilford ....(020) 30893702
1st Call Detectives, Private Detective,20 High Street Barkingside 0844 2478595
1st Call Private Investigator, Private Investigator, Freemore House George Lane 0844 7723770
1st Central Heating Repairs, General Enquiries 0800 0556170
1st Choice Chigwell Windows, 98 Fulborne Rd E17 ....(020) 85274442
1St City Van Hire,120A Chigwell Road E18 ....(020) 89893300
1st Containers, (UK) Ltd, 24 Knighton La Buckhurst Hill ....(020) 85061123
1st Emergency Glaziers, Glaziers,Hainault Road Leytonstone, London 0845 6656671
1st Emergency Glaziers, Glaziers,High Road Leyton, London 0845 6656669
1st Emergency Glaziers, Glaziers,High Street North Manor Park, London 0845 6656672
1st Emergency Glaziers, Glaziers,Hoe Street Walthamstow, London 0845 6656677
1st Emergency Glaziers, Glaziers,New Road Chingford, London 0845 6656683
1st Emergency Glaziers, Glaziers,Woodford Road South Woodford, London 0845 6656678
1st Hainault Scout Group,The Stockade Davids Way Ilford ....(020) 85009992
1st International Couriers, Courier Services,Hainault Road Leytonstone, London 0845 6602988
1st International Couriers, Courier Services,High Road Leyton, London 0845 6602986
1st International Couriers, Courier Services,High Street North Manor Park, London 0845 6602992
1st International Couriers, Courier Services,Hoe Street Walthamstow, London 0845 6603174
1st International Couriers, Courier Services,New Road Chingford, London 0845 6602928
1st International Couriers, Courier Services,Woodford Road South Woodford, London 0845 6603176
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hainault Road Leytonstone, London 0845 6648531
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Road Leyton, London 0845 6648462
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Street North Manor Park, London 0845 6648540
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hoe Street Walthamstow, London 0845 6648643
1st London Chauffeurs, Car Hire - Chauffeur Driven, New Road Chingford, London 0845 6648687
1st London Chauffeurs, Car Hire - Chauffeur Driven, Woodford Road South Woodford, London 0845 6648655
1st Metropolitan Locksmiths, Ltd, Ilford Area ....(020) 85038888
1st Vauxhall Spares, Ltd, 363 Green Lane Ilford ....(020) 85906367
Or ....(020) 85973993
2PROCALC, Ltd, Bristol 0845 6026726
3 T Networks, Ltd,Olympic Ho Clements Rd Ilford ....(020) 85535577
4 Corner Retail, Ltd,627f High Road Ilford ....(020) 38766835
4 Wheel Services,Demolished Premise/97 Lea Bd Lea Bdge Rd E10 ....(020) 85395376
5 Star Network, Ltd, 62 Station Rd E4 ....(020) 32431001
Or ....(020) 32431002
5E, Ltd, 16 Clements Rd Ilford ....(020) 89118003
Or ....(020) 89118004
Ladbrokes Ltd 16-20 Clements Road Ilford ....(020) 89118088
6 Kumars Silk House,285 High Street North E12 ....(020) 84715742
7 11 Metal Recycling Ltd,Unit U Hainault Business Park Ilford ....(020) 35814990
7 In One Super Market,Newport Road London ....(020) 85392115
007 Spy Shop,High Rd Chigwell 0871 9198240
7 Star,140 High St E17 ....(020) 85036164
8 Zero Consulting, Ltd,Westside Grove Lane Chigwell ....(020) 85000038
12f Raf Air Cadets,Drill Hall 2b Eatington Road E10 ....(020) 85393526
14th Walthamstow Scout Group, Charity,205A Wood Street E17 ....(020) 37597845
24 7 Available Emergency Locksmith,78 Brindwood Rd E10 ....0800 8186740
24 7 Available Emergency Locksmith,6 Redburn Indust Est E17 ....0800 8186606
24 7 Emergency locksmith,72 Marylebone High St E10 ....0800 8186718
24 7 Emergency locksmith,89 Old Church Rd E4 ....0800 8186828
24 Hour 7 Day Emergency Locksmith,78 Fulham Rd E4 ....0800 8186741
24 Hour Emergency Locksmith,55 High St IG6 ....0800 8186558
24 Hour Emergency Locksmith,68a Neal St E11 ....0800 8186672
24 Hour Locksmith,37 Bushey Ave London 0800 8186313
24 Hour Locksmith,308 High Road Leyton London 0800 8186183
24 Hours Auto Locksmiths, Locksmiths, 24 Hours, Emergency, Auto Locksmiths, The Ridgeway LONDON 0844 4117938
24-7 Detectives, Private Investigator, Church Ln Chmbs 11-12 Church Ln London 0844 2478499
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810962
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810963
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810964
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810972
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810973
24hr Emergency Locksmith, Locksmiths,Call Centre London 0871 7810977
24hrs Detectives, Private Investigator, 144 High Street 07010 600476
24hrs Investigations & Tracking, Private Detective, 211 High Road Ilford 0844 2478408
100percent U,129 Hoe Street E17 ....(020) 85208808
102, Takeway,102 Chingford Mount Road Chingford London ....(020) 85274414
127 Solutions, Ltd, Business IT And Cisco Communications Provider, Ilford
Sales ....(020) 33320264
FAX 0872 0858396
139 Station, Ltd,139 Station Road Chingford ....(020) 85296235
247 Detectives, Private Detective, Cranbrook House Cranbrook Road ....(020) 08880449
247 Investigations, Private Investigators, Venn House Grange Court, High Road Loughton 0844 4176541
247 Investigations and Detectives, Private Investigator, 2 High Street 0871 2458749
247eastlondondlocksmiths.co.uk, Locksmith,231 High Rd London 0844 3340363
313 Fitness, Fitness Studio,552a Romford Road London ....(020) 89119313
777 Shop, Ltd, Off Lic,295 High Rd Leyton E10 ....(020) 85589300
786 Tradings, Ltd,560 Romford Road London ....(020) 85533060
800 Club,The,Bonds Of London Ltd 800-06 Lea Bridge Road E17 ....(020) 85581331
999 Mini Cabs, Hainault Underground Stn New North Rd Ilford ....(020) 85011970
888 Rio, Ltd,85 High Street E17 ....(020) 35386340
15241436, Food,235 Hoe Street Walthamstow London ....(020) 36206978
1963, Ltd,Ideas House Eastwood Close E18 ....(020) 85303690
A 2 Z Windows, Ltd,763-67 Romford Road E12 ....(020) 89118333
A A Dream, Ltd,474 Ilford Lane Ilford ....(020) 33251461
A & A Electrical Distributors, Ltd,234 Maybank Road E18 ....(020) 85597000
A Ahmed,13 Argall Av E10 ....(020) 85582585
A & A Motors,1 Pole Hill Road E4 ....(020) 85294321
A And H Deli, Ltd,Ground Floor Front Left Ilford ....(020) 34178559
A.A Security, 57 Green La Ilford ....(020) 85140861
A A Security,57 Green Lane Ilford ....(020) 84786251
A.C.H,Burnham House Residential Care Home 401 Cranbrook Road Ilford ....(020) 85180707
A D Antiques Loughton, Mr Guy Michael Tomkins, 30 Church Hl Loughton ....(020) 85022691
A Hartdrodt(UK), Ltd, Transport,Ely House Ely Road London ....(020) 88195953
A & J Cars Travel Service, Ltd, Taxi, 413a High Rd Woodford Green ....(020) 85044444
A & J Cars Travel Service, Ltd, Taxi,411 High Rd Woodford Gn ....(020) 85054444
A & J Cars Travel Service, Ltd, Taxi, Hainault Underground Stn New Nth Rd Ilford ....(020) 85011111
A & J Crowl,2 Forest Rd E17 ....(020) 85091591
A J Global Produce, Global, Unit 34 Fairway Business Park Lammas Road E10 ....(020) 85568090
A J Metal Fabrications, Ltd, Unit 21, Walthamstow Business Centre Clifford Road E17 ....(020) 85274860
FAX ....(020) 85274870
A Jones Bathrooms, Kitchens Installations Showers, 857 Forest Road E17 ....(020) 85277189
A & J Retail, UK Ltd, 29 Hamilton Av Ilford ....(020) 85186751
A & K Off Licence, Ltd,8 Lower Queens Road Buckhurst Hill ....(020) 85049694
A L K Direct, Ltd,Vitesse House 6 Estate Way E10 ....(020) 86178787
A Man With A Van Bridge,116 Tower Bridge Road Tower Bridge, London 0871 4253720
A Man With A Van Chingford,111 Station Road Chingford, London 0871 4253705
A Man With A Van Forest Gate,670 Romford Road Forest Gate, London 0871 4253713
A Man With A Van Leyton,565 Lea Bdge Road Leyton, London 0871 4253711
A Man With A Van Leytonstone,130 Brading Cresent Leytonstone, London 0871 4253712
A Man With A Van Walthamstow,4 Station Road Walthamstow, London 0871 4253718
A Man With A Van Woodford,38 Grove Hill Woodford, London 0871 4253719
A Man With Van, Removals & Storage, 72 Bromley Road Walthamstow ....(020) 81857251
286 Francis Road Leyton ....(020) 81857252
224 Tomswood Hill Ilford ....(020) 81857255
A M Panels, 479 Lea Bdge Rd E10 ....(020) 85562227
A M Tyres,940 Eastern Avenue Ilford ....(020) 85975161
A.N.D Domestics, Washing Mach Rprs, 530 Chigwell Rd Woodford Green ....(020) 85055777
A Nice Man With A Van, Removals Storage & Domestic, 130 Brading Cres Leytonstone, London 0844 2470295
A Nice Man With A Van, Removals Storage & Domestic, 9 Church Rd Leytonstone, London 0844 2470529
A Nice Man With A Van, Removals Storage & Domestic, 146A Church Rd Forest Gate, London 0844 2470531
A Nice Man With A Van, Removals Storage & Domestic, 108 Farmer Rd Leyton, London 0844 2470528
A Nice Man With A Van, Removals,Fourth Avenue London 0871 2217569
A Nice Man With A Van, Removals,Fulbourne Road London 0871 2217576
A Nice Man With A Van, Removals Storage & Domestic, 114 George Ln Woodford, London 0844 2470539
A Nice Man With A Van, Removals,Greenham Crescent London 0871 2217561
A Nice Man With A Van, Removals Storage & Domestic, 38 Grove Hill Woodford, London 0844 2470316
A Nice Man With A Van, Removals,Hermitage Walk London 0871 2217577
A Nice Man With A Van, Removals Storage & Domestic, 565 Lea Bdge Rd Leyton, London 0844 2470252
A Nice Man With A Van, Removals Storage & Domestic, 44 Mansfield Rd Walthamstow 0844 2470538
A Nice Man With A Van, Removals,Poppleton Road London 0871 2217568
A Nice Man With A Van, Removals Storage & Domestic, 670 Romford Rd Forest Gate, London 0844 2470296
A Nice Man With A Van, Removals,Sherrin Road London 0871 2217567
A Nice Man With A Van, Removals Storage & Domestic, 4 Station Rd Walthamstow, London 0844 2470315
A Nice Man With A Van, Removals Storage & Domestic, 111 Station Rd Chingford, London 0844 2470285
A One Building Merchant Essex,62a Felbrigge Road Ilford ....(020) 36380267
A P Antiques,3 Hatch La E4 ....(020) 85296549
A P News Ltd,Goodmayes Road Ilford ....(020) 85903986
A P News Ltd,Goodmayes Road Ilford ....(020) 85977156
A P News Ltd,Goodmayes Road Ilford ....(020) 85989350
A P R Business Management, Ltd,855 High Road Ilford ....(020) 31490484
A P S,Unit 5 The Old Stn Yd 186 Wood Street E17 ....(020) 85203929
A P T Property Management, Ltd, Cctv Lorenzo House Medici Close Ilford ....(020) 85970903
A & R Produce, Ltd,Unit 19 Leyton Business Centre Etloe Road E10 ....(020) 85399093
A.R Properties, 131 Markhouse Rd E17 ....(020) 85217489
A R S Decorator, Ltd,38 Audley Gardens Ilford ....(020) 36495587
A S Electrical,266 Church Rd E10 ....0843 5154794
A & S Halal Meat, Ltd,72 Goodmayes Road Ilford ....(020) 39767590
A S K Letting, Ltd,66 Goodmayes Road Ilford ....(020) 85991429
A Smooth Move, Removals Storage & Domestic, 250 Blackhorse Lane Walthamstow 0844 4882829
233 High Road South Woodford 0844 4882830
A Star London, Ltd, Commercial Catering Equipment, 844B Romford Road E12 ....(020) 85140144
A Star Training,Ideas House, Station Estate Eastwood Close London ....(020) 79986181
A S Watson, 561 Lea Bdge Rd E10 ....(020) 85580503
A Total Kleaning Service, Ltd, Unit 2 Alexander Charles Ho Station Pass E18 ....(020) 32452000
Or ....(020) 32452001
Or ....(020) 32452012
FAX ....(020) 32452014
A V N Granite, Ltd,948 Eastern Avenue Ilford ....(020) 85997542
A.W Cavanagh, (Spitalfields) Ltd,
New Spitalfields Mkt 43 New Spitalfields Mkt, Sherrin Rd Leyton ....(020) 85563326
New Spitalfields Mkt Ruckholt Rd E10 ....(020) 85563637
A World Without Cancer, Ltd,12 Chapel Rd Ilford ....(020) 85944588
A1 Express Cars & A Star Cars,238 High Rd Ilford ....(020) 85146000
A1 Motor Stores, 617 Eastern Av Ilford ....(020) 85542281
A1 Veg, Ltd, 70 Market Pavilion New Spitalfields Market Sherrin Road E10 ....(020) 89880111
A1 Window, Office & Exhibition Cleaners, 63A Worcester Rd E17 ....(020) 85231516
FAX ....(020) 85232516
A2B REMOVALS, Removals Storage & Domestic, 29 Fieldhouse Close South Woodford 0844 4882797
A2Z Consultancy London, Ltd, First Floor Room 2 736-74 Romford Road Manor Park ....(020) 30931742
A406 Cafe, Ltd,335 Hall Lane London ....(020) 85313337

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Aab Legal Ilford,Suite 6b Cranbrook House 61 Cranbrook Road Ilford ....(020) 85143766
Aanu's Beauty, Ltd,126 Horns Rd Ilford ....(020) 85547382
Aaron Holmes, Ltd, Sales, Lettings & Mortgages, 595a Cranbrook Rd Gants Hill ....(020) 82520115
595a Cranbrook Rd Liford ....(020) 37718255
Aashish Motors, Lea Bridge Road 459 Lea Bridge Rd E10 ....(020) 85396103
Aavrus, & Co Ltd,344-48 High Road Ilford ....(020) 85144472
Abacus, & Co, Chrtd Acctnt, 416 Green Lane Ilford ....(020) 85900505
FAX ....(020) 85988975
Abacus Fashions, Unit 8 Redbridge Enterprise Centre Thompson Close Ilford ....(020) 85140999
Abacus Fashions, Ltd,222-24 High Road Ilford ....(020) 84787727
Abacus, Litho Design & Print, Prntrs & Stnrs, 51 New North Rd Ilford ....(020) 85007259
Abavus, Ltd,78 Grove Hl E18 ....(020) 85302505
ABB Customer Support, (Ilford) Ltd,Ley St Ilford ....(020) 74659525
Abbas Autos, Garage,4 The Sidings Hainault Road E11 ....(020) 85568274
Abbex Insurance Brokers, Ltd,194 Cann Hall Road Leytonstone 0843 8162896
Abbey Dental, B,25 St. James's Street E17 ....(020) 85212816
Abbey Ip Ltd,212 Larkshall Road Chingford ....(020) 85293729
Abbey Plastics, Ltd,The Orbital Cntr Southend Rd Woodford Gn ....(020) 85518000
Abbey Site & Property Services, Ltd,4A The Avenue London 0843 5154766
Abbey Total Care Group Ltd,Forest Place Roebuck Lane Buckhurst Hill ....(020) 85043864
Abbey Total Care Group Ltd,Forest Place Roebuck Lane Buckhurst Hill ....(020) 85058595
Abbeyfield Society,The, Ltd, Abbeyfield (Wanstead & Woodford) Society Ltd,The 10-12 Selworthy Close E11 ....(020) 89893293
Abbots South,149 High Rd Loughton ....(020) 85082204

Abbotts Estate Agents, Branches
70 High St Barkingside ..... (020) 85510117

ABBOTTS, Travel Agency, 134 George La E18 ..... (020) 89899445

ABC Travel,
Unit 6A Fresh Wharf Indust Cntr Barking ..... (020) 89896154

Aberdeen House,14 Argyle Road Ilford ..... (020) 84784466

Abi Developements 3, Ltd,Enable Care Sewardstone Road
E4 ..... (020) 85290553

Abilo Kitchens & Joinery,Unit 9 Justin Road
Chingford ..... (020) 85311113

Abiqails Cafe, Cafe,556 Cranbrook Rd Ilford ..... (020) 85545518

ABL Investigations Bureau, Private Investigators,
218 Chingford Road Walthamstow, London 0871 2501660

Able Tree Services, Ltd,Picks Fm Sewardstone Rd
E4 ..... (020) 85242271

Abode,380 High Rd Woodford Gn ..... (020) 85065850

Abridge Motor Group, Ltd, Volkswagen Dealership,
Langston Rd Loughton ..... (020) 85325555
FAX ..... (020) 85325500

Abshar, Ret,43 High St Barkingside ..... (020) 85503777

Abshar Indian Cuisine, Takeaway,43 High St
Barkingside ..... (020) 85506213

Absolute Lofts,
18 Lancelot Road Ilford, Essex 0845 8908905

Abu Amar'S, Ltd,779 Romford Road London ..... (020) 30159547

Abu Maahi, Ltd,
151 Wadham Road E17 ..... (020) 85312323
Or ..... (020) 85312942

AC Direct,
65 Albert Rd E18 ..... (020) 89898989
FAX ..... (020) 89898988

ACA Institute,
Unit C Sutherland Ho Sutherland Rd E17 ..... (020) 85271627

Academics, Ltd,
43 Perth Rd Ilford ..... (020) 85183550

Academy Heating, Ltd,104 Palmerston Road
Buckhurst Hill ..... (020) 85052991

Academy Roofing Supplies,180 Ley St Ilford ..... (020) 84788101

ACAM Sisters, Ltd,398b Cranbrook Road Ilford ..... (020) 85185553

Accent Catering Services Limited,
Catering Office Valentine School Upper 348-60 Cranbrook Road
Ilford ..... (020) 85184498

Access Couriers & Shipping, (Worldwide) Ltd,
28 Leyton Bsns Cntr Etloe Rd E10 ..... (020) 85390707

Access Garage Doors, Ltd,
Chigwell Area ..... (020) 85006001

Access Lock Company,The Old Bake House Eynsford Road
Ilford ..... (020) 85971800

Access Locks,21 Eynsford Road Ilford ..... (020) 82201800

Access Plant,Unit 9 Orient Industrial Park Simonds Road
E10 ..... (020) 85187400

Accident Victims Helpline, Ltd, Claims,
88 Goodmayes Rd Ilford ..... (020) 85978872
Or ..... (020) 85996136

Accord Ops, Ltd, IT Servs,Flat 12 & 57 Pendlestone Road
E17 ..... (020) 89047900

Accountant, C, Valerie Fone,11 Broad Oak Woodford Green
Greater London ..... (020) 85049982

Accountingpreneur, Ltd,
110 Olympic House 28-42 Clements Road Ilford ..... (020) 89118458

Acculegal,113A High Street Barkingside ..... (020) 85505666

Ace 1 Limo's, Ltd,
PO Box 1845 Ilford 0870 2401708

Ace Of Sades,335 Ley Street Ilford ..... (020) 37301134

Ace Professionals Uk Ltd,207 Cranbrook Road
Ilford ..... (020) 36091024

Ace Removals, Removals Storage & Domestic,
2 Southend Road Chingford 0844 4882816

ACE Security & Electrical, Ltd,
32-33 Oakwood Hill Industrial Estate Loughton ..... (020) 85320666
Unit 32/33 Oakwood Hl Indust Est,Oakwood
Hl ..... (020) 85061421

Ace Security & Electrical, Ltd, Elec,2 Buckrell Rd
E4 ..... 0872 4358650

Acertax, Ltd,2 Rixsen Road ..... (020) 84727257

Acetrip, Ltd,30 The Drive E18 ..... (020) 89897941

Acheason Chemist, Ltd, Chemst,273 High Road
Leytonstone ..... (020) 85343154

Achillea, & Co, Solicitors,
Markfield Ho 35 Station Rd E4 ..... (020) 85298555
FAX ..... (020) 85298383

Acl Finishing, Ltd,24-26 Fowler Road, Hainault Business Park
Ilford ..... (020) 85007606

Acme Catering,
29 Mornington Rd Woodford Green ..... (020) 85050038

Acorn Hire Centre, Ltd,
291 Chingford Rd E17 FAX ..... (020) 85317201

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Actar Ellis Brown, & Co (Uk) Ltd,
6 Seven Ways Pde Woodford A Venue Ilford ..... (020) 85516970

Action Duchenne, Ltd,
FAX ..... (020) 85569272

Active Recruitment, Ltd,Caxton Ho Old Stn Rd
Loughton ..... (020) 85087108

AD Photo Studio, Ltd,26 Cranbrook Road
Ilford ..... (020) 84786454

AD Porta, Security Conslts and Risk Mngmt,19 Third Av
London 0845 2603234

Adam James - Mens Grooming,74A Queens Rd
Buckhurst Hl ..... (020) 85047278

Adam Kennedy Estate Agents, Ltd,224 Hoe St
E17 ..... (020) 85092000

Adam Kennedy Estate Agents, Ltd,224 Hoe St
E17 ..... (020) 85214242

Adam Stein, & Co,
FAX ..... (020) 89894616

Adams, & Sons,
36 Hatch La E4 ..... (020) 85295345
36 Hatch Lane E4 ..... (020) 85241821
38 Hatch Lane E4 ..... (020) 85292337

Adamz Chicken, Ltd,22 Cameron Road Ilford ..... (020) 85904250

Adar Locksmiths, Locksmiths,
178 Shernhall Street ..... (020) 71758681

Adas Polish Shop,State Pde High St Ilford ..... (020) 85507421

Adco London, Ltd, Admin Co,396-98 High Road Leytonstone
E11 ..... (020) 89881461

Addax London, Ltd,
Unit 42 The Exchange The Exchange High Road
Ilford ..... (020) 85142595

Addison Khan Solicitors,Second Floor 325-31 High Road
Ilford ..... (020) 85144836

Adelaide Beauty Studio, Ltd,50-52 Hoe Street
London ..... (020) 85090001

Adelaide Care, Ltd,502 Larkshall Road E4 ..... (020) 85315885

Adil Cash & Carry, Ltd,824 High Road Leyton
E10 ..... (020) 85582862

Aditya Trading, Co,
8 High View Parade,Woodford Avenue Ilford ..... (020) 85518448
8 High Vw Pde Woodford Av Ilford ..... (020) 85511722

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Beaute Parfaite, Salon,12 Station Parade High Street Wanstead
Leytonstone London ....(020) 36024735
Beaute Parfait, Ltd, Beauty Salon,
12 Station Parade High St Wanstead London ....(020) 85304678
Beautex Beauty,71 Old Church Road London ....(020) 37317858
Beauty By ss, Beauty Plr,682 Cranbrook Road
Ilford ....(020) 85541679
Beauty On The Mill,14-22 Mill Lane
Woodford Green ....(020) 85056671
Beauty Shop,45 Chigwell Road London ....(020) 85303000
Beauty Spot (Ilford),High Road Ilford ....(020) 85905741
Beauty Suite Salon, Ltd,222 Redbridge Lane East
Ilford ....(020) 85508892
Beauty Trendz, Ltd,5 Brooks Parade, Green Lane
Ilford ....(01708) 761746
Becker Tree Contracts, Ltd,
32 Wellfields Loughton ....(020) 85083832
Bedford House Community Association,
Bedford House 4 Westbury Road Buckhurst Hill ....(020) 85046668
Bedrock Radio,
Sunflower Court Goodmayes Hospital 157 Barley Lane
Ilford ....(020) 85992891
Beech Oak Farm, Montessori Pre School,Church Road
High Beech ....(020) 85020006
Beechside Nursery, Ltd,Lira Mott Street E4 ....(01992) 761743
Beehive Foot Clinic Limited,27 Beehive Lane
Ilford ....(020) 85545412
Beehive Pharmacy,8 Beehive La Ilford ....(020) 85543560
Beehive Seed Specialists, Ltd,175A Beehive Lane
Ilford ....(020) 31510848
Beehive Wine Store, Beer Wholesaler & Retailer,
243 Beehive La Ilford ....(020) 85519364
Beehive Wine Store,243 Beehive Lane Ilford ....(020) 85504308
Bees, Maj D,112 Kings Head Hl E4 ....(020) 85240318
Beg, M,281 High Street North E12 ....(020) 84719282
Bel Air Estates,111 Hoe Street E17 ....(020) 82230205
Belgique, (Chingford) Ltd,52-54 Station Rd
E4 ....(020) 85249840
Belgique, (Wanstead) Ltd,29 Cambridge Pk
E11 ....(020) 85322255
Belgrave Motor Services,10 Gantshill Crescent
Ilford ....(020) 85515988
Belgrave News, Nwsagt,113 Belgrave Road
Ilford ....(020) 85540427
Bell Cars,
66 Chingford Mt Rd E4 (Radio Controlled) ....(020) 85271066
66 Chingford Mt Rd E4 ....(020) 85241066
Bell Contracts, UK Ltd,
Maybank Est Maybank Rd E18 ....(020) 85056644
Bell ICT, Ltd,
956 Eastern Av Ilford ....(020) 85995285
Or ....(020) 85990647
Bell Locks & Locksmiths,
Locksmiths, 24 Hour Emergency, Auto Locksmiths,
Eynsford Rd Essex 0844 4117952
Bell Locks & Locksmiths,
Locksmiths. 24 Hour Emergency, Auto Locksmiths,
Hatton Ter 0844 4117992
Bell Pharmacy, Ret Chemst,995 Romford Road
E12 ....(020) 84782861
Bella Capelli, Ladies Hrdrsrs,164 Queens Road
Buckhurst Hill ....(020) 85060800
Bella Cujina,288 Hoe Street London ....(020) 85203134
Bella Gusto, Bella Gusto,181 Manford Way
Chigwell ....(020) 85015444
Bella's Beauty, Ltd,133 Ley Street Ilford ....(020) 37932226
Bellas Coffee, Ltd,86 High Street Barkingside ....(020) 38594549
Bellgrave News, Nwsagts,113 Belgrave Road
Ilford ....(020) 85541344
Bellictltdfttc,956 Eastern Avenue Ilford ....(020) 85905554
Bell's College, Ltd,
38 Goodmayes Rd Ilford ....(020) 85992211
FAX ....(020) 85999964
Belmont Day Nursery, Ltd,69 Belmont Road
Ilford ....(020) 85532020
Belmont Lodge, (Home for the Elderly),
(Payphone) ....(020) 85598110
Belmont Road Dental Surgery,26 BELMONT ROAD
ILFORD ....(020) 84786596
Belvedere Private Clinic, The,24 Seymour Gardens
Ilford ....(020) 37192847
Benchmarx, Kitchens & Joinery,
Walthamstow
Unit 9 Waltham Parkway, Billet Rd E17 FAX ....(020) 85313816
Beneficial Finance,
Branches
Gants Hill
FAX 0845 6030460
Ilford
FAX 0845 6030844
Benefit Cosmetics, Ltd,
222 High Rd Loughton ....(020) 85024983
Bengal, Curry House, Rstnt,
24 St. James St E17 ....(020) 85200385
Or ....(020) 85204434
Benjamin Pharmacy,263 Chingford Mount Road
E4 ....(020) 85298263
Benjamin Pharmacy, Ltd,30 Hatch Lane E4 ....(020) 85290696
Bennett, A, & Sons Ltd, Undtkrs,Monmtl Masns,
61 Queens Rd Buckhurst Hl ....(020) 85041674
Bennett, A, & Sons Ltd, Undtkrs,Monmtl Masns,
386 High Rd E10 ....(020) 85393508
Bennett & Hawes, Ltd,
New Spitalfields Mkt Ruckholt Rd E10 ....(020) 85589794
Bennett Phillips, (Luton) Ltd,The Coach House 201 High Road
Chigwell ....(020) 85013000
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944 Eastern Av Ilford ....(020) 85901599
Benstead, W.C, & Son Ltd,10 Snakes Lane Jubilee Parade
Woodford Green ....(020) 85061155
Bentleys Solicitors,182 Hoe St E17 ....(020) 85218751
Benzy, Ltd,157 Wood Street
Walthamstow London ....(020) 85204006
Berdan Supermarket,838 High Road Leyton
London ....(020) 85583145
Bernard Group,
52 Peregrine Rd Ilford ....(020) 85015408
Bernard's Jewellers, Jewellers Repairer Piercer,
63A Station Road E4 ....(020) 85291227
Bernicia Boateng Studios, Ltd,732 Lea Bridge Road
E10 ....(020) 36011010
Bernie Builders, & Sons Ltd,
2 Carlton Drive Ilford ....(020) 85513652
2 Carlton Dv Barkingside ....(020) 85510230

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FAX ....(020) 85029900
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South Woodford 0843 8162990
Bespoke Joinery, (London) Ltd,
The Old Forge Station Passage, London,E18 ....0845 6040566
Best 72 Uk, Meat Shop,360 High Road Leyton
Leyton London ....(020) 37590582
Best 79 Uk, Ltd,718 Eastern Avenue Ilford ....(020) 80918813
Best Bargain Furniture, Furn,706 Romford Rd
E12 ....(020) 89118133
Best Buy Furniture,418 Hoe St E17 ....(020) 85219390
Best Chinese Food & Takeaway,The,115 Old Church Road
E4 ....(020) 85241811
Best Copiers Ltd,208 Forest Road London ....(020) 85098898
Best Food,
Romford Road
670 ROMFORD ROAD LONDON ....(020) 84783956
Best Friends Holbeach Vet Surgery,
97 Oak Hl Woodford Green ....(020) 85270034
Best Glazing, Ltd,546 Romford Road London ....(020) 85144553
Best Health Protect, Ltd, Insurance Providers,
5 Eastwood Road South Woodford 0843 8162994
Best Inn Hotel,Argyle Road Ilford ....(020) 84786282
Best Inn Hotel, Bed & Breakfast,10 Argyle Road
Ilford ....(020) 84783779
Best Luxury Cars, Ltd,680 High Road Ilford ....(020) 45291482
Best Moon Shop, Convience Store,18 Cameron Road
Ilford ....(020) 85905069
Best Western Greater London Hotel,60-64 Cranbrook Road
Ilford ....(020) 85140444
Beste Hairdresser,20 High Street E17 ....(020) 85211621
Bestgrade Education,435 Cranbrook Road
Ilford ....(020) 33028140
Bestman Humanitarian Services,20 Walton Road
E12 ....(020) 85140456
Bestmoon Off License,1 Cameron Road Ilford ....(020) 33025301
Betfred,6 Hall Lane Chingford ....(020) 36027388
Better Lettings,
445 Cranbrook Rd Ilford ....(020) 85548749
Better Living Properties, Ltd,3 The Shrubberies George Lane
E18 ....(020) 89897969
Better Pest Control,32 Fairlight Avenue
London ....(020) 85242160
Beulah Road Studios,120 Beulah Road
London ....(020) 34908763
Bevan, A, & Son Ltd,Unit 6-7 Forest Industrial Park Forest Road
Ilford ....(020) 85014900
Bew Electrical Distributors,623 Ley St Ilford ....(020) 85185511
Bexfort Ltd,53A York Road Ilford ....(020) 85143030
Beyaz Kosk, Ltd,85 Old Church Rd E4 ....(020) 85298333
Beydili, Takeaway,232 Chingford Road
Walthamstow London ....(020) 80626647
Bfc Distribution,Forest Business Park Unit 17 Argall Avenue
London ....(020) 33027702
Bfc Distribution,Forest Business Park Unit 17 Argall Avenue
London ....(020) 79983902
BG Cargo Minimarket, Ltd,37 High Street
London ....(020) 85201748
Bgs Music,365 High Rd Ilford ....(020) 85145650
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Chingford London ....(020) 38879958
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Bhangra Beat, Ltd,The,156 George Lane E18 ....(020) 89893833
Bharat Mahal, Ltd,392 High Street North
Manor Park London ....(020) 33438339
Bhogals Auto Spares,Romford Road London ....(020) 84784781
BI Signs,Unit 2, 100 Roseberry Avenue
Manor Park, London 0845 3880329
Bickford Associates, Survyrs/Bldg Conslts,
129 Pyrles La Loughton ....(020) 85025504
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Big Yellow, Ilford 374 Eastern Av Ilford....**(020) 85184552**
FAX....**(020) 85189439**
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Billet Dry Cleaners,280 Chingford Rd E17....**(020) 85273235**
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Bloomfield Leyton Rtm Company, Ltd, IT Telecoms Internet, Bloomfield Court 2 Brisbane Road E10....**(020) 85587727**
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FAX....**(020) 85329551**
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Book Protectors, & Co, Bk Jacket Mfrs,76 South Gro E17....**(020) 85200012**
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Boonsong, Ltd, Trade,4 Hoe Street Walthamstow London....**(020) 85210949**
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Boots The Chemists, Branches **Chigwell** 169 Manford Wy Chigwell....**(020) 85004570**
Chingford 19 Station Rd E4....**(020) 85292628**
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South Woodford 170 George La E18....**(020) 89892274**
Wanstead 59 High St E11....**(020) 89890511**
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Boundary Surveillance, Ltd,269 Boundary Road E17....**(020) 85201234**
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Boundary Surveillance, Ltd, Office 7 Hillcrest House 49A Vicarage Road London....**(020) 36092110**
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Bridge Flooring, Ltd,Unit 14 Brownings Farm Gravel Lane Chigwell....**(020) 85004146**
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Ilford 53 Green Lane....**(020) 84780484**
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417 The Loxford Polyclinic Ilford Lane Ilford....**(020) 84784347**
50 Queens Rd E17....**(020) 85215528**
50 Queens Road London....**(020) 85202012**
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31 The Broadway Woodford Green....**0843 5152409**
Broadway Saloon, Ltd,249 High Road Ilford....**(020) 85145191**
Broadway Surgery,The,3 Broadway Gardens Monkhams Avenue Woodford Green....**(020) 85053204**
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Brothers Cake & Patisserie, Ltd,861 Romford Road London....**(020) 30893162**
Brothers Fish Bar,The,7 Cameron Road Ilford....**(020) 85976873**
Brothers Fish Bar, UK Ltd,122 Wood Street London....**(020) 85092249**
Brothers Foods Store London, Ltd, Wholesale Retail, 424 High Street North E12....**(020) 84710510**
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Browning Off Licence,110 Browning Road E12....**(020) 85869077**
Browning Off Licence, Ltd, Wines & Beer, Browning Off Licence, 110 Browning Road London....**(020) 36890216**
Bruce Bar Ltd William The Fourth, King William Iv P H 816 High Road Leyton E10....**(020) 85582009**
Bruce Burke, & Co. Ltd, Ins Broks, 819 High Rd Ilford....**(020) 85972515**
819 High Rd IG3....**0872 4365733**
819 High Rd Ilford....**(020) 85976669**
Brunch Cafe & Grill London,698 High Road Leyton E10....**(020) 85580356**
BS Solicitors, Ltd,602a High Road Ilford....**(020) 85038615**
Bs10, Ltd,Flat Over 168 Fencepiece Road Ilford....**(020) 85003838**
BSB Outdoor, Ltd,1 Railway Ter E17....**(020) 85318844**
Bsip Walthamstow Foods, Ltd,290 Hoe Street Walthamstow London....**(020) 85090301**

BT

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BT Internet Services
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Consumer (BT Yahoo)
Sales **03301 234150**

Operator Assistance

UK Operator 100
International Operator 155
Special Operator Assistance 198

Video Conferencing Services

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Btss, (Primark (U.K.) Ltd),133 High Road Ilford ..... **(020) 89118951**
Bubble And Blend,42 Goodmayes Road Ilford ..... **(020) 36745017**
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Buckhurst Hill Bowling Club,72 Epping New Road Buckhurst Hill ..... **(020) 85040780**
Buckhurst Hill Convenience Store & Post Office, 167 Queens Road Buckhurst Hill ..... **(020) 85055216**
Buckhurst Hill County Primary School, Buckhurst Hl County Primary Lower Queens Rd Buckhurst Hl ..... **(020) 85057300**
Buckhurst Hill Cricket Club, Buckhurst Hill Cricket Club Roding Lane Buckhurst Hill ..... **(020) 85045652**
Buckhurst Hill Information Centre,George Ct Queens Rd Buckhurst Hill ..... **(020) 84989933**
Buckhurst Hill Parish Council, 50 Loughton Way Buckhurst Hill ..... **(020) 30899492**
62 Queens Rd Buckhurst Hl ..... **(020) 84989933**
FAX ..... **(020) 84989966**
Buckhurst Hill Station News Kiosk, Buckhurst Hl Stn Station App Buckhurst Hl ..... **(020) 85590640**
Buckhurst Hill Store, Ret,81 High Rd Buckhurst Hl ..... **(020) 32250071**
Buddies School Of Motoring, Ilford 249 Aldborough Rd Sth ..... **(020) 85989743**
Budget Insurance, Ins,905 Romford Rd E12 ..... **0872 4358686**
Budget Insurance Services, Walthamstow 390 Hoe St E17 ..... **0871 9719631**
Budget Windscreens, Mobile Windscreen Replacements, Ilford ..... **(020) 85991825**
Budo Store, Ltd,249 Markhouse Road E17 ..... **(020) 85568887**
Buhler And, Co,8 Chingford Road London ..... **(020) 85273652**
Build, Graphic Design, Unit 15,Hiltongrove Bsns Cntr Hatherley Mws E17 ..... **(020) 85211040**
Build Station, Ltd,60 Aldborough Road South Ilford ..... **(020) 37947820**
Builders' Warehouse,The, Walthamstow Selco Trade Centre Walthamstow Av E4 ..... **(020) 85018700**
Buildersmart, Ltd, 104 Manford Wy Chigwell ..... **(020) 85008814**
Or ..... **(020) 85008818**
Built On The Rock International Ministries, 140 Boundary Rd E17 ..... **(020) 85037006**
BUPA, Health Care 42-48 High Rd South Woodford ..... **(020) 89132800**
Nursing Homes
Harts House Nursing Home Harts Grove Woodford Green FAX ..... **(020) 85029444**
Roding Hospital Roding La South Ilford ..... **(020) 85511100**
Buraq Private, Ltd, 9 Hall La E4 ..... **(020) 85243209**
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Burch Services, Ltd, Burwell Indust Est Burwell Rd E10 ..... **(020) 85561222**
Burger King, Unit F Marshall Road E10 ..... **(020) 89881478**
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5 Parkland Clo Chigwell ..... **(020) 85001135**
Bury Social Club,Aldborough Rd Sth Newbury Pk Ilford ..... **(020) 85903571**
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Business, Bsns,281 Forest Road Walthamstow London ..... **(020) 35835286**
Business, Bsns,143 High Street London ..... **(020) 37192605**
Business, Bsns,Unit 6A 153 55 Ley Street Ilford ..... **(020) 36092147**
Business, Bsns,5 Station Parade High Street Wanstead Leytonstone London ..... **(020) 35814187**
Business, Bsns,86 Westbury Lane Buckhurst Hill ..... **(020) 35569275**
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Butcher, P,81 Norfolk Road Ilford ..... **(020) 85908460**
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Or ..... **(020) 85049000**
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Butt, & Co Acctnts Ltd,161 Ley Street Ilford ..... **(020) 85533504**
Butt Halal Meat, Ltd,152 Ilford Lane Ilford ..... **(020) 70416322**
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Buytech Ltd,Unit 15 Warley Close London ..... **(020) 85564654**
Buzby's Garage, Ltd,45 Salisbury Road E4 ..... **(020) 85241700**
Bven Logistics, Ltd, 3 Staffa Rd E10 ..... **(020) 85396661**
By Design, Jwlrs & Pwnbrkrs,218 High Street E17 ..... **(020) 85202310**
Bycity, Ltd,85 Brunner Road E17 ..... **(020) 85215653**
Byron, Gents Barbs,3A Broadway Market Fencepiece Road Ilford ..... **(020) 85012728**
C A E Diesel, Ltd, Sewardstone Hall Fm Sewardstone Rd E4 ..... **(020) 85248432**
C A E Diesel, Ltd,Sewardstone Hall Fm Sewardstone Rd E4 ..... **(020) 85278077**
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C Electrical Services, Ltd,1A Melford Rd Ilford ..... **(020) 89119101**
C & G Computer Supplies,The Shrubberies George La E18 ..... **(020) 85188266**
C G Metal Spinners, 34 Fairways Bsns Pk E10 ..... **(020) 85328314**
C H Domestic, Dom Ret Store,921 Romford Rd E12 ..... **(020) 85140241**
C K Solicitors, 717 Leytonstone Rd E11 ..... **(020) 85369911**
FAX ..... **(020) 85369922**
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Cafe Silver,88 Forest Road London ..... **(020) 33025848**
Cafegullotti, Ltd, Wholesale Retail,62 Borders Lane Loughton ..... **(020) 85023703**
Cafepoint,13 Highams Lodge Business Centre Blackhorse Lane E17 ..... **(020) 85233000**
Cagdas, Offlicence,461 High Road Leytonstone E11 ..... **(020) 85588433**
Cagdas, Mr S, Harrow Green New Agent, Offlicence, 461 High Road Leytonstone Leytonstone London ..... **(020) 85397583**
Cahit Nuts, Ret,184 High Street Walthamstow London ..... **(020) 36204827**
Cain Motors, Gar Servs,Sansom Road E11 ..... **(020) 85395026**
Calabash, Restaurant,12 Chapel Road Ilford ..... **(020) 89118350**
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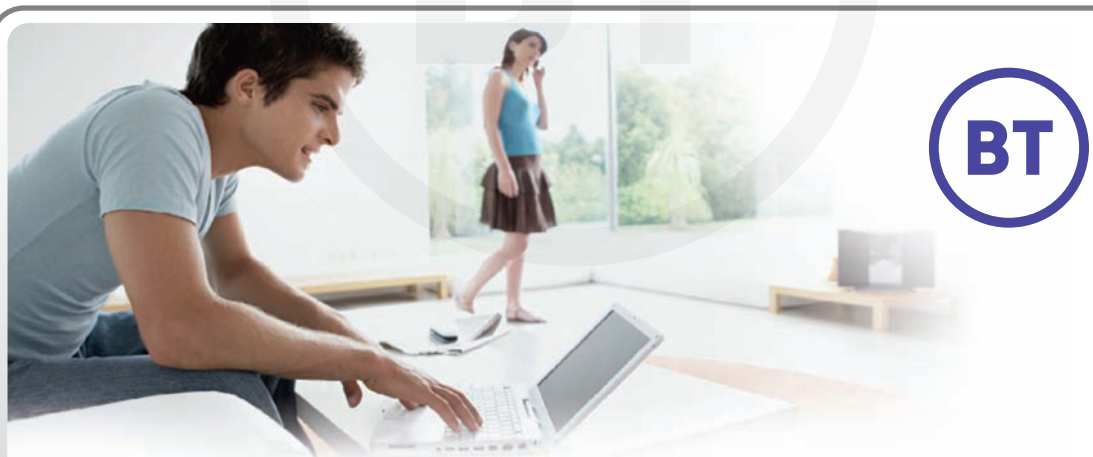

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52 Sewardstone Road E4 ....(020) 85291374
Camires Hair Lounge, Allure Beauty Care, 420 Green Lane Ilford ....(020) 85998084
Cams Nailed It, Unit 10, 49-51, The Village Arcade Station Road London ....(020) 37318455
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Shops
Barkingside 3 High St ....(020) 85518124
Ilford 36 Little Gearies Cranbrook Road ....(020) 85530903
Ilford 36 Cranbrook Rd IG1 ....0872 4358190
Loughton 246 High Rd ....(020) 85085727
Cani Property Services, Countrywide Ho High St E11 ....(020) 85306644
Canimsin Limited, 328 Hoe Street London ....(020) 82520433
Canon Business Solutions,
Consumables Sales
Consumables Sales 0844 8920844
Canopy Essex, Canopy Essex, 141 Beehive Lane Ilford ....(020) 36389190
Canopy Goodmayes, Canopy Goodmayes, 55 Goodmayes Road Ilford ....(020) 38025613
Cantale Tony Designs, Graphic Typographic, 4 Broadmead Rd Woodford Gn ....(020) 85046030
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Capital Carpets & Flooring Contractors, 68 Chigwell Road London ....(020) 85303401
Capital Finance, Kirkdale Ho Kirkdale Rd E11 ....(020) 85393322
Capital Granite, Ltd,
Unit 8 Lockwood Wy E17 ....(020) 85312963
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FAX ....(020) 85582155
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Capital Locums, Ltd, 156 Loughton Way Buckhurst Hill ....(020) 85591011
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Cardcraft, Ltd, 174a George Lane South Woodford London ....(020) 85305978
Care 2 Share, Ltd, 19 St Mary Rd E17 ....(020) 85207762
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76 Markhouse Road London ....(020) 34890687
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Care Management Group, Ltd,
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Care Optics, Opticians, 14 The Broadway Woodford Green ....(020) 35516075
Care UK-Ivy Grove, 71 Hatch Lane E4 ....(020) 32254075
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Career Advice London, Careers Advice, High Road London 0871 2217687
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Career Advice London, Careers Advice, Hoe Street London 0871 2217694
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Careers Enterprise, (Future) Ltd,
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Caremark, (Red Bridge), Caremark, 19B Mill La Woodford Gn ....(020) 85040111
Carers Support Group, (Waltham Forest),
St.Andrews Cntr Church Rd E17 ....(020) 85319652
Carers Trust, Unit 14, Bourne Ct Unity Trading Est, Southend Rd Woodford Green 0844 8004361
Caretech, Ltd, 26 Brisbane Road Ilford ....(020) 85183216
Carewatch,
Forest
508 High Rd Woodford Gn ....(020) 85052211
Caribbean Eatery, (Uk) Ltd,
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Caribean Foods, Ltd, 235 High Street E17 ....(020) 85099880
Carlton Construction, 21 High Street Wanstead London 0843 5156990
Carlton Construction, Ltd, 23 Lancaster Avenue E18 ....(020) 85329988
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Carlton Grove Developments, Ltd,
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80 Ruckholt Rd E10 ....(020) 85587459
Block A Core 5 80 Ruckholt Rd E10 ....(020) 85560255
Carlton Grove Developments, Ltd Ltd,
Lift Line 80 Ruckholt Road E10 ....(020) 85586332
Carlton Leisure, UK Ltd,
742 Eastern Av Ilford ....(020) 85544200
Carole Langley, Ltd, Flor,
33 Station Rd E4 ....(020) 85294130
FAX ....(020) 85243414
Carouse London, Ltd, 151 Forest Road Walthamstow London ....(020) 45370079
Carousel Amusements, 795 High Road Leytonstone London ....(020) 85582646
Carpenters Loughton Ltd,
99 Smarts Lane Loughton ....(020) 37128740
Or ....(020) 37128741
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Unit 10-11 The Deacon Estate Cabinet Way London ....(020) 85314190
Carpet 4 London, 50 St.Albans Crescent Woodford Green ....(020) 85051432
Carpet Factory Outlet, 186A Hoe St E17 ....(020) 85036533
Carpet & Flooring, Unit E1 Stour Rd E3 ....(020) 85255691
Carpet Shop, The, Crpt Shop,
5 Albert Crescent Chingford ....(020) 38595228
Or ....(020) 39358701
Carpet World London, 1 The Deacon Estate Cabinet Way E4 ....(020) 85235858
Carpet World, Ltd, Ltd, Carpet World, 2 Cabinet Way London ....(020) 85273475

CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer,

Ilford
353 Eastern Avenue Ilford 0843 5380167
100 High Rd 0870 1682167
Or 0870 7204167
Walthamstow
Unit 30 Selbourne Wlk Walthamstow 0870 1682242

CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, ...0800 0494040

Carrolls Jewellery, M, Mobile, 51 Queens Road Buckhurst Hill 07985 646636
Cars Hunt, Ltd, 769 High Road Ilford ....(020) 85905440
Cartel Financial & Property Services,
598 Green La Ilford ....(020) 85995935
Carter Clark, Insolvency Practioners, 64 Station Rd E4 ....(020) 85241447
Carter Devile, Solrs,
592 Green La Ilford ....(020) 85901066
82 Queens Rd Buckhurst Hill ....(020) 85060636
82 Queens Road Buckhurst Hill ....(020) 85042461
Carter Global, UK Ltd,
Unit 1c-1d Maybank Road Industrial Estate 109 Maybank Road E18 ....(020) 85042887
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Cartwright Cunningham Haselgrove, & Co, Solrs,
Chingford
233A Chingford Mt Rd E4 ....(020) 85242878
Walthamstow
282 Hoe St E17 ....(020) 85201021
Woodford Green
13 The Broadway ....(020) 85065200
FAX ....(020) 85065202
Carvery, Ltd, The, Unit 3 Lea Park Trading Estate Warley Close E10 ....(020) 85397555
Carvery, The, Unit 3 Lea Park Trading Estate Millicent Road E10 ....(020) 85339532
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Cash Converters Ilford, 87 Cranbrook Road Ilford ....(020) 85146010
Cash Converters Recruitment, Ltd, 797-801 High Road Leyton London ....(020) 79983381
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Walthamstow 12 St.James St E17 ....(020) 85215550
Cash Dynamics, Ltd, 8-10 Fowler Road Hainault Business Park Ilford ....(020) 85005462
Cashrite Store.Com, Cash Converters, 670-672 High Road Leytonstone 0870 1021212
Cassandra Obrien, 1 Kings Place Buckhurst Hill ....(020) 81090962
Cassia Contract Manufacturing,
Unit 2 Lennox Rd E17 ....(020) 85091440
Castle Motors, 1 Sansom Road E11 ....(020) 85392514
Castle, The, High Rd Woodford Gn ....(020) 85058615
Castleman, B, Flat 10 Homecherry House, 86 High Road Loughton ....(020) 85024490
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Catering By Clarke's, Ltd, 65 Century Rd E17 ....(020) 85033033
Catering Leasing Solutions, Ltd, 15 Beehive Lane Ilford ....(020) 85541229
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Catt, D, (Spitalfields) Ltd,
Stand 52 Market Pavilion New Spitalfields Mkt Sherrin Rd E10 ....(020) 85589787
FAX ....(020) 85562168
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Fairways Bsns Pk Lammas Rd E10 ....(020) 85187644
Celtmark, Ltd,
125 High Street Wanstead E11 ....(020) 89891098
Cennox, Post Office, 481 Hale End Rd London ....(020) 86170543
Central Accounting Services, 170 Church Road E10 ....(020) 85397599
Central Baptist Church, 101a Orford Road London ....(020) 85037577
Central Financial Services,
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Central Properties Estates, Ltd, 179 Hoe St E17 ....(020) 85200033
Central Radio Cars, Taxi, 13 Lukin Cres E4 ....(020) 85247000
Central Radio Cars, Taxi, 15 Rolls Pk Rd E4 ....(020) 85277000
Central Radio Cars, 9 Station App, Hoe St E17 ....(020) 85205111
Central Restaurant And Lounge,
271 Green Lane Ilford ....(020) 35658307
Or ....(020) 85994181
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Century 21 Cameron Adams, 30 Church La E11 ....(020) 85582000
Century 21 Goodmayes, Est Agt, 102 Goodmayes Road Ilford ....(020) 85472870
Century 21 Goodmayes, Ltd, Estate Agents,
102 Goodmayes Road Ilford ....(020) 85971900
Century 21 Harris & Martin Sales, Ltd,
87 Hoe St E17 ....(020) 89232121
Century 21 Primeview Estates,
312 High Rd Leyton E10 ....(020) 89238884
CHA, 347 Higham Hill Road E17 ....(020) 85275535
Chabad Lubavitch Centre, 395 Eastern Av Ilford ....(020) 85541624
Chader, Co, Flat 21, Harley Court Blake Hall Road London ....(020) 33021911
Chadwell Travel, (Goodmayes) Ltd,
514 High Rd Ilford ....(020) 85977483
FAX ....(020) 85993045
Chadwell Travel Ltd,
Chadwell Travel Highbury House 516 High Rd Ilford ....(020) 37592430
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Chaii Club, Ltd, 128 Hoe Street London ....(020) 37951799
Chaii Studio, 106 Ilford Lane Ilford ....(020) 35321080
Chaman Sweets & Bakers, Ltd, 296 High Street North E12 ....(020) 37192893
Chambers, T, & Son Ltd,
583 High Road Leyton Leyton ....(020) 85396491
Chan, B, Dent Surg,
11 High St E11 ....(020) 85304230
Chandarana, & Co, 297 High Rd Ilford ....(020) 84782475
Chandra Express, U K Ltd, 30a Woodford Avenue Ilford ....(020) 38879959
Channai Spice Hyderabad Biryani Ltd, 367 High Street North London ....(020) 30165259
Chaos Theory, 37 Mill Lane Woodford Green ....(020) 85043861
Chapel End Store, Nwsagts, 224 Chingford Road E17 ....(020) 85277549
Charcoal Grill Loughton, Ltd, 166 High Road Loughton ....(020) 85320961
Charis Christian Centre, 78 CAPWORTH STREET LEYTON LONDON ....(020) 89880000
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Charles Letchford & Sons, Ltd, Insurance Providers,
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Charles Peter, & Co,
359 Eastern Av Ilford ....(020) 85504455
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Charles Simmons Immigration Solicitors, 31 York Road Ilford ....(020) 85140000
Charles Simmons Solicitors, Solrs, 45 Cranbrook Rd Ilford ....(020) 89118841
Charles Simmons Solicitors, 45 Cranbrook Road Ilford ....(020) 79981517
Charlesworth, Ltd, 84a Gaysham Avenue Ilford ....(020) 38742212
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Charter Mandell,
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Chartered Insurance Institute, Ltd, 42-48 High Road South Woodford 0843 8162984
Chasha Bubble Tea, Ltd, 14 Cameron Road Ilford ....(020) 45395269
Chasni Mithai House, Sweet Shop, 627A High Road Ilford ....(020) 85908888
Chatha, J, 6 Connaught Road Ilford ....(020) 84786000
Chatham-Glyn Fabrics, Ltd, 74 Norlington Rd E10 ....(020) 85587705
Chaudharys Peri Peri, 195 High Street Walthamstow ....(020) 34419504
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FAX ....(020) 85518804
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Cherryland Patisserie, Cafe, 115 Fencepiece Road Ilford ....(020) 85026333
Cherrywood Projects, Ltd,
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Three Forest Cheshire Homes Lambourne Rd Chigwell (S.W Essex Appeal Fund) ....(020) 85008491
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327 Ley St Ilford ....(020) 89110273
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Chevron Distribution Limited, 123 Hall Lane London ....(020) 85248240
Chewton Rose Of,
Chigwell
728 Chigwell Rd Woodford Green ....(020) 85040977
Chicken 4 U, Take Away, 409 Ilford Lane Ilford ....(020) 84781569
Chicken Spot E17, Ltd, 392 Hoe Street E17 ....(020) 85211786
Chicken Wings Takaway, 19 St James Street Walthamstow ....(020) 81275820
Chicks Chicken And Pizza, 497 High Road Leytonstone London ....(020) 32080019
Chigwell And Hainault Synagogue,
Chigwell And Hainault Synagogue Limes Avenue Chigwell ....(020) 85000215
Chigwell Carpet Centre, 177 Manor Rd Chigwell ....(020) 85004545
Chigwell Cars, Ltd,
191 Manor Rd Chigwell ....(020) 85007777
Chigwell Catering, Fish Bar, 10a Brook Parade High Rd Chigwell ....(020) 85006127

Chigwell Construction, (London) Ltd,
Aaron House,Unit 8 Forest Road,Hainault Business Park
Ilford ..... **(020) 85004100**
Chigwell Convent Domus Mariae No.28732,
Marketing Pr Advertising,803 Chigwell Road
Woodford Green ..... **(020) 85058180**
Chigwell Day Care,College Nursery Luxborough Lane
Chigwell ..... **(020) 85052162**
Chigwell Food & Wine, Ltd,652 Chigwell Road
Woodford Green ..... **(020) 85046544**
Chigwell Golf Club,
(Clubhouse) High Rd Chigwell ..... **(020) 85002059**
Chigwell Golf Shop,56 High Road Chigwell **0843 5156020**
Chigwell & Hainault Synagogue,Limes Av
Chigwell ..... **(020) 85002451**
Chigwell Medical Centre,300 Fence Piece Road
Ilford **0844 3878866**
Chigwell Plumbers,32 Aragon Drive Ilford ..... **(020) 81720070**
Chigwell Primary Academy,Mandir Lane
Chigwell ..... **(020) 85002666**
Chigwell Riding Trust For Special Needs,
Grange Farm High Road Chigwell ..... **(020) 85006051**
Chigwell Row Infant School,43 Lambourne Road
Chigwell ..... **(020) 85003355**
Chigwell School,
Headmaster
Admissions Secretary ..... **(020) 85015702**
Development Manager ..... **(020) 85015706**
Director of Studies ..... **(020) 85015705**
Examinations Officer ..... **(020) 85015706**
Headmaster ..... **(020) 85015708**
HM Secretary ..... **(020) 85015701**
School Secretary ..... **(020) 85015703**
Second Master ..... **(020) 85015704**
Academic
Head of Art ..... **(020) 85015730**
Head of CDT ..... **(020) 85015731**
Head of Economics ..... **(020) 85015732**
Director of IT ..... **(020) 85015733**
IT Technician ..... **(020) 85015734**
Biology Prep. Room ..... **(020) 85015743**
Careers ..... **(020) 85015735**
Chaplain ..... **(020) 85015746**
Chemistry Prep. Room ..... **(020) 85015744**
Gymnasium ..... **(020) 85015756**
Head of Classics ..... **(020) 85015737**
Head of Foreign Languages ..... **(020) 85015739**
Head of Geography ..... **(020) 85015740**
Head of Mathematics ..... **(020) 85015738**
Head of Science ..... **(020) 85015741**
Head of VI Form ..... **(020) 85015736**
House Master Caswalls ..... **(020) 85015751**
House Master Lambourne ..... **(020) 85015752**
House Master Penn's ..... **(020) 85015753**
House Master Swallow's ..... **(020) 85015754**
Library ..... **(020) 85015757**
Music Department ..... **(020) 85015745**
Physics Prep. Room ..... **(020) 85015742**
Sports Hall ..... **(020) 85015755**
U.C.R ..... **(020) 85015750**
Boarding Houses/Sanatorium
Grange Court House Master ..... **(020) 85015760**
Grange Court Deputy House Master ..... **(020) 85015761**
Grange Court Assistant House Master ..... **(020) 85015762**
Hainault House Master ..... **(020) 85015764**
Hainault House Matron ..... **(020) 85015765**
Sanatorium ..... **(020) 85015763**
Sandon House Mistress ..... **(020) 85015766**
Bursar
Bursar ..... **(020) 85015710**
Bursar's Secretary ..... **(020) 85015711**
School Accountant ..... **(020) 85015712**
Housekeeper ..... **(020) 85015713**
Bursar's Fax Line ..... **(020) 85015714**
Caretaker ..... **(020) 85015719**
Catering ..... **(020) 85015715**
Head Groundsman ..... **(020) 85015717**
Maintenance ..... **(020) 85015716**
School Shop ..... **(020) 85015718**
Junior School
Master of the Junior School ..... **(020) 85015720**
Master of the Junior School Secretary ..... **(020) 85015721**
Under Mistress Junior School ..... **(020) 85015722**
Junior School Fax Line ..... **(020) 85015723**
Resources Room ..... **(020) 85015725**
Staff Room ..... **(020) 85015724**
JS Co-ord (Annex) ..... **(020) 85015726**
Lower Floor Office (Annex) ..... **(020) 85015727**
Upper Floor Office (Annex) ..... **(020) 85015728**
Residential
Housemaster's Residence ..... **(020) 85015770**
Master Junior School's Residence ..... **(020) 85015771**
Church House Residences ..... **(020) 85015772**
Stanmore House Residence ..... **(020) 85015773**
Chigwell School,High Rd Chigwell ..... **(020) 85015700**
Chigwell Smile,188 Manor Road Chigwell ..... **(020) 85013905**
Chigwell Spice, Ltd, Takeaway,
181 Manor Road Chigwell ..... **(020) 85000303**
Or ..... **(020) 85007808**
Chigwell Store Mace, Off Lic,6 Brook Parade High Road
Chigwell ..... **(020) 85006583**
Chigwell Window Centre,
Unit 8 Aaron House Hainault Business Park,Forest Road
Hainault ..... **(020) 85004900**
Children's Day,P.O Box 18 Ilford ..... **(020) 85508822**
Children's Society,The (Church of England Children's Society),
Charity Gift Shops
Chingford 43 Station Rd E4 ..... **(020) 85246923**
South Woodford 113 George La E18 ..... **(020) 89890042**
Childsplay, Chldns Desnr Clothg,
11-13 Clements Rd Ilford ..... **(020) 85145007**
Chillfrost, Comml Refrigration Whsle,
Independent Barn Forest Farm Forest Road
Ilford ..... **(020) 36381876**
Chillfrost, Comml Refrigration Whsle,
Independent Barn Forest Farm Forest Road
Ilford ..... **(020) 36743972**
Chillfrost, Ltd,Warehouse Forest Farm Forest Road
Ilford ..... **(020) 85000555**
Chilton Media Law, Ltd,8 West Street London ..... **(020) 78362764**
China Golden Gate Ltd,394 Lea Bridge Road
London ..... **(020) 85585882**
Chinaman,The,
Loughton 58 Borders La Loughton ..... **(020) 85088999**
Chinese And Pizza Tow, Takeaway,
357-59 High Rd Leytonstone E11 ..... **(020) 85589993**
357-59 HIGH ROAD LEYTONSTONE LONDON ..... **(020) 85588455**
Chinese & Herbal Medicine & Health Care Clinic,
44 The Broadway Loughton ..... **(020) 85089249**
Chinese Medicine & Health Care Clinic,41 Station Road
E4 ..... **(020) 85593480**
Chingford Audi,
Unit 6,Cork Tree Wy Hall La E4 ..... **0808 1000044**
FAX ..... **(020) 85299487**
Chingford Bespoke Mortgages, Mortgages,New Road
Chingford, London **0845 6676978**
Chingford Chinese Restaurant,4 Station Rd
E4 ..... **(020) 85293987**
Chingford C Of E Infant School,
Chingford Prim School 20 Kings Road E4 ..... **(020) 85297601**
Chingford Community Association,56 Friday Hill East
London ..... **(020) 36382013**
Chingford Dental Care,252a Chingford Mount Road
London ..... **(020) 34174937**
Chingford Dental Laboratories,118 Chingford Mount Road
E4 ..... **(020) 85311212**
Chingford Emergency Drain Cleaners, Drain Cleaners,
New Road Chingford, London **0845 6605738**
Chingford Emergency Plumbers, Plumbers,New Road
Chingford, London **0845 6604584**
Chingford Fruit & Veg,6 Albert Cres E4 ..... **(020) 85241441**
Chingford Funeralcare,31 Station Road E4 ..... **(020) 85241656**
Chingford Leisure Centre,
Unit 4,Larkswood Leisure Pk,175 New Rd E4 ..... **(020) 85238215**
Chingford Medical Practice,
FAX ..... **(020) 85017070**
Chingford Mount Dental Practice,
35 Hall La E4 ..... **(020) 85291246**
Chingford Mount Monumental Masons,90 Old Church Road
E4 ..... **(020) 85237194**
Chingford News & Wine, Convenience Store,
1 Crown Bldgs The Gn E4 ..... **(020) 85293278**
Chingford Radio Cars,
1A Hall La E4 ..... **(020) 85291111**
Chingford Removals, Removals & Storage - Domestic,
New Road Chingford, London **0845 6600481**
Chingford Rubbish Clearance, Waste Disposal Services,
New Road Chingford, London **0845 6693486**
Chingford School Of Tennis,
The Rolls Sports Ground Hickman Avenue
London ..... **(020) 85230900**
Chingford Smile,66 Station Road E4 ..... **(020) 85248433**
Chingford Tandoori,101 Old Church Rd E4 ..... **(020) 85295171**
Chingford Tyre, Co,
105 Chingford Mt Rd ..... **(020) 85317796**
Chingford Tyres & Spares, Tyres Sprs & Alloys,48 Hoe St
E17 ..... **(020) 85214521**
Chingford United Reform Church,2B Buxton Road
E4 ..... **(020) 85298888**
Chiro One Stop Shop,470 High Road Leyton
E10 ..... **(020) 85392423**
Chissick Estates,4 Carlton Dv Ilford ..... **(020) 85515333**
Chisti & Co Property Services,239 Cranbrook Road
Ilford ..... **(020) 36450724**
Chiswick, Janice, Prpty Servs Ltd,184 Manor Rd
Chigwell ..... **(020) 85012999**
Chitter Chatter Telecom, Ltd,
Selborne Walk
10 Selborne Wlk E17 ..... **(020) 85219121**
FAX ..... **(020) 85219992**
Chives Cafe, Coffee Cafe,5 Winchester Rd E4 ..... **(020) 85273670**
Chocdock, Ltd,3 Acacia Bsns Cntr Howar D Rd
E11 ..... **(020) 85392983**
Chocobella Desserts,836 Romford Road
Manor Park London ..... **(020) 31499682**
Chocolate Xplosion, Ltd,26 Goodmayes Road
Ilford ..... **(020) 45379894**
Chocolatine, Ltd,131 Wood Street London ..... **(020) 38745233**
Choices, Crisis Pregnancy Counselling,YMCA Forest Rd
E17 ..... **(020) 85239699**
Choir Connexion, Ltd,
75 Brookdale Rd E17 ..... **(020) 85093792**
Or ..... **(020) 85097288**
Chopra Manufacturing, Co Ltd,
240 Church Rd E10 ..... **(020) 85394148**
Chris Antoniou,18 Lee Grove Chigwell ..... **(020) 33028219**
Christ Apostolic Church,158 Grove Green Road
London ..... **(020) 89881743**
Christ Apostolic Church Livingword Centr,
Living Word Centre Argall Avenue E10 ..... **(020) 85566120**
Christian Alliance Housing Association, Ltd,
1B Copeland Rd E17 ..... **(020) 85091090**
Christian Campbell,Flat 5 Longlands Court 49 Manor Road
E17 ..... **(020) 85276193**
Christian Education Project,62 Harewood Drive
Ilford ..... **(020) 85513070**
Christofi Wells, & Co Solrs,708 High Rd Leytonstone
E11 ..... **(020) 85393123**
Chrome Residential, Ltd,41 High Road
London ..... **(020) 30627601**
Chrysalis Day Nursery & Pre-School,3 Church Hill
Loughton ..... **(020) 85081888**
Chrystalls Pharmacy,
12 The Broadway Woodford Green ..... **(020) 85040128**
Or ..... **(020) 85042815**
Chs Tv, Ltd, Radio & Tv,26 Clifford Road London **0843 8164396**
Chunky Chicken & Pizza, (Ilford) Ltd,
279 Ilford La Ilford ..... **(020) 84781114**
Church Hill Dental Practice,18 Church Hill
E17 ..... **(020) 85203872**
Church Hill Nursery School,47 Woodbury Road
E17 ..... **(020) 85204919**
Church Of God, (UK),37 Manor Pk Rd E12 ..... **(020) 89119494**
Churchcrest, Ltd,
2B Hatch La E4 ..... **(020) 85063670**
Churches & Other Places of Worship,
Chigwell
Chigwell & Hainault Synagogue Limes
Av ..... **(020) 85002451**
Church of the Assumption 98 Manford Way
Chigwell ..... **(020) 85003953**
Chingford
Chingford United Reform Church 2B Buxton
Rd ..... **(020) 85298888**
Christ The King Catholic Church 455 Chingford Rd
E4 ..... **(020) 85273087**
First Church of Christ Scientist Chingford 82 Woodland Rd
E4 Christian Science ..... **(020) 85240754**
Gants Hill
St.Augustines Church (RC) Presbytery Loudoun Av
Ilford ..... **(020) 85543568**
Goodmayes
St. Cedd's Church (RC) 4 Blythswood Rd
Ilford ..... **(020) 85909026**
Highams Park
Highams Park Methodist Church Winchester Rd
E4 ..... **(020) 85318663**
Ilford
Clayhall Synagogue
Sinclair Ho Woodford Bdge Rd Ilford ..... **(020) 85516533**
Clementswood Baptist Church 132 Ilford La
Ilford ..... **(020) 85143136**
Newbury Park Synagogue 23 Wessex Clo
Ilford ..... **(020) 85970958**
Churches & Other Places of Worship-contd.
Leyton
Cornerstone Church & Community Hall The Corner Stone
149 Canterbury Road Leyton ..... **(020) 85582121**
St. Eleftherios Greek Orthodox Church Ruckholt Rd
E10 ..... **(020) 85391425**
Loughton
Loughton Methodist Church 260 High
Rd ..... **(020) 85023071**
Loughton, Chigwell & District Synagogue The Spinnye
Borders La Loughton ..... **(020) 85080303**
Manor Park
St. Barnabas Church (CE) Browning Rd
E12 ..... **(020) 84722777**
Newbury Pk
South West Essex & Settlement Reform Synagogue Oaks
La ..... **(020) 85990936**
Walthamstow
Rivers Of Life Church 107 Roberts Road
London ..... **(020) 85279879**
St. Andrews Christian Centre St.Andrews Church & Hall
Church Rd E17 ..... **(020) 85312120**
St. Gabriels Church & Family Cntr Havant Rd
E17 ..... **(020) 85037505**
Wanstead
Our Lady of Lourdes(RC) 51 Cambridge Park
E11 ..... **(020) 89892074**
Woodford
Wanstead & Woodford Synagogue 20 Churchfields
E18 ..... **(020) 85041990**
Churchfield Pharmacy,211 High Road E18 ..... **(020) 85040563**
Churchfields Infants School,
Coopersale Clo Woodford Green ..... **(020) 85056740**
Lambourne Ct Navestock Cres Woodford Green ..... **(020) 85057877**
Elizabeth Ct Navestock Cres Woodford Green ..... **(020) 85059014**
Blenheim Ct Navestock Cres Woodford Green ..... **(020) 85059938**
Sunset Ct Navestock Cres Woodford Green ..... **(020) 85069699**
Churchfields Nursing Home,37 Churchfields
E18 ..... **(020) 85592995**
Churchfields School (South Woodford),
(Junior) Churchfields E18 ..... **(020) 85044650**
(Nursery) Churchfields E18 ..... **(020) 85055273**
Churchill, Est Agts,
242 Chingford Mt Rd E4 ..... **(020) 85249944**
157 Station Rd E4 ..... **(020) 85295500**
Churchill Curtain Cleaning Services,
30 Kings Rd E4 ..... **(020) 85248824**
Churchill Estates,
242 Chingford Mt Rd E4 ..... **(020) 85240000**
23 Electric Pde George La E18 ..... **(020) 85303333**
Or ..... **(020) 85306337**
FAX ..... **(020) 85308222**
157 Station Rd E4 ..... **(020) 85295500**
FAX ..... **(020) 85593374**
Churchill Estates Agencies, Ltd,
17 Queens Rd Buckhurst Hl ..... **(020) 85042222**
FAX ..... **(020) 84989999**
Churchill Estates Agents,309 High Road
Loughton ..... **(020) 85321042**
Churchill Estates, Ltd,242 Chingford Mt Rd E4 ..... **(020) 85248899**
Churchill Lettings, Est Agts,
Sales 141 Hoe St E17 ..... **(020) 85036060**
Sales 141 Hoe St E17 FAX ..... **(020) 85036160**
Churchill Lettings,72 Queens Rd Buckhurst Hl ..... **(020) 85044443**
Churchill Lettings & Jordan James,
Churchill Lettings & Propert High Rd Loughton ..... **(020) 84188120**
Churchill Lodge,50 Savill Row Woodford Green ..... **(020) 85047676**
Churchills International, Ltd,
17 Queens Rd Buckhurst Hill ..... **(020) 32250100**
Churley & Associates,716 Eastern Avenue
Ilford ..... **(020) 85185100**
Chutney,153 High Street Wanstead E11 ..... **(020) 89891534**
Chutney Indian Takeaway,
362 High Rd Woodford Green ..... **(020) 85590793**
Or ..... **(020) 85592449**
Circa Residential Property, Ltd, Letting Agt,144 George La
E18 ..... **0872 4358124**
Circa Residential Property, Ltd,144 George Lane
E18 ..... **(020) 85364480**
Circle Anglia,1-77 Sudeley Court 7 Broughton Place
E17 ..... **(020) 85315791**
Circle Anglia,3-81 & 6-54 Sudeley Court 7 Broughton Place
E17 ..... **(020) 85235346**
Circle Anglia,Sudeley Court 7 Broughton Place
E17 ..... **(020) 85278423**
Circle Anglia,8-73 Sudeley Court 7 Broughton Place
E17 ..... **(020) 85310556**
Circle Anglia,Tuscany House 6 Sherwood Close
E17 ..... **(020) 85231177**
Circle Anglia,Manston Court 2 Thornbury Way
E17 ..... **(020) 85273041**
Circle Anglia,Bodiam Court 8 Thornbury Way
E17 ..... **(020) 85234449**
Circle Anglia,Kestrel Court 14 Woolston Close
E17 ..... **(020) 85270316**
Circular Property Services,
2A St. Barnabas Rd Woodford Green **0800 7310595**
Citi Kitchen,21 Beehive Lane Ilford ..... **(020) 85182022**
Citroen Publishing, Ltd,5 Albion Hill
Loughton ..... **(020) 85081135**
City Beds, Ltd, Beds,Sofabeds,Mattresses, Ilford
20 Fowler Rd, Hainault Bsns Pk ..... **(020) 85027389**
Or ..... **(020) 85012426**
City Cab Rentals,9 Rigg Approach London ..... **(020) 85562435**
City Connect, Ltd,
Unit 32,The Exchange High Rd Ilford ..... **(020) 85143322**
City Copy Centre, Ltd,Unit 12A Bourne Court Southend Road
Woodford Green ..... **(020) 73368008**
City Gates Christian Centre,
Office 316 High Rd Ilford ..... **(020) 85140188**
City Gates School,330 Uphall Rd Ilford ..... **(020) 89118083**
City Heating Spares, Plmbg Supps,
Unit 13 Waltham Parkway, Billet Rd E17 ..... **(020) 85232429**
City Herbs, Ltd,Horner Ho Sherrin Rd E10 ..... **(020) 85589708**
City of London, Cemetery & Crematorium,
Aldersbrook Rd E12 ..... **(020) 85302151**
FAX ..... **(020) 85301563**
City Of London Cemetery & Crematorium, N,
City Of London Cemetery & Crematorium Aldersbrook Road
E12 ..... **(020) 85307824**
City of London Corporation,
City of London Cemetery & Crematorium Aldersbrook Rd
E12 ..... **(020) 85302151**
Markets
Spitalfields Markets E10 ..... **(020) 85187670**
Museums,Art Galleries & Tourist Attractions
Queen Elizabeth Hunting Lodge 8 Rangers Rd
E4 ..... **(020) 85296681**
Open Spaces
Epping Forest
Education Cntr Paul's Nursery Rd
High Beech ..... **(020) 85087714**

City of London Corporation-contd.
Open Spaces-contd.
Epping Forest-contd.
Information Cntr Paul's Nursery Rd High Beech ....(020) 85080028
Queen Elizabeth Hunting Lodge Rangers Rd E4 ....(020) 85296681
Superintendent's Office ....(020) 85321010
City Pets, Pet Shop, 62 Sewardstone Road Chingford, London 0845 1301116
City Plumbing, Ltd, 11 Raven Road London ....(020) 85045152
City Plumbing Supplies, Walthamstow Unit 13, Wltham Park Way Billet Rd E17 ....(020) 85235755
FAX ....(020) 85318474
City Property Services, 311 High Street North Manor Park London ....(020) 85484343
City Shopfitters, Ltd, 17 Westminster Gardens Ilford ....(020) 89116400
City Sound, Ltd, 367 Chingford Road E17 ....(020) 85317485
City Tutors, Providers of private lectures/tuition in Science, Enterprise Ho, 115 George La South Woodford 0800 0931165
City & Urban Scaffolding, (Essex) Ltd, 49 Wanstead Park Road Ilford 0800 0304361
City Visual Systems, Visual Systems, 35 Brackley Square Woodford Green ....(020) 85590800
City Waste Haulage Limited, Ltd, Logistics, 58 Firth Road London 0843 8164641
Cityedge, & Co, Chrtd Cert Acctnts, 43A High Street Barkingside ....(020) 85505295
Cityside Estates, Ltd, 174 Roding Lane South Ilford ....(020) 85515006
Cityspace Construct, Ltd, Interior Construction/Fit Out/Construction Mngmt, Sovereign Ho, Dorma Trdg Pk Staffa Rd E10 ....0870 9904154
Cityspace Group, Ltd, Office Furn/Int Construction, Sovereign Ho, Dorma Trading Pk Staffa Rd London 0870 9904150
Citywide Investigation, Private Investigator, 52 St. James's Street Walthamstow 0844 8408222
Citywide Investigations, Private Investigator, 51 Cann Hall Road ....(020) 08880330
Civils Consulting, Ltd, The Basement 35 York Road Ilford ....(020) 85531144
Claim4refunds, 205 Sterling Ho Langston Rd Loughton ....(020) 85020589
Or ....(020) 85021720
Or ....(020) 85023780
Claims For Refunds, Ltd, 205 Sterling Ho Langston Rd Loughton ....(020) 85085736
Claire Fashions, 150 Ilford Lane Ilford ....(020) 85143493
Claire, Ms Harjinder, Home Logic Homes Ltd, Constructionn, 333 Ley Street Ilford ....(020) 89116222
Claire's Accessories, (UK) Ltd, Ilford Unit 36, Middle Level The Exch, High Rd ....(020) 85143408
Clarence House Dental, 58 Clarence Avenue Ilford ....(020) 85548727
Clarke Hillyer, 502 Larkshall Rd E4 ....(020) 85019200
Clarke International, Ltd,
Service Div 2A Shrubland Rd E10 ....(020) 85564443
Spare Parts 2A Shrubland Rd E10 ....(020) 85586696
Clarkins Car Accessories, 345-51 Forest Road E17 ....(020) 85272171
Clark's Garage, 300-02 Chigwell Road Woodford Green ....(020) 85047477
Clark's Mini Cars,
Station App George La E18 ....(020) 89898588
Or ....(020) 89898888
Clarks Shop, The,
Ilford 116 High Rd ....(020) 85530547
Loughton Unit 4 Centric Pde 200 High Rd ....(020) 85081132
Walthamstow 36 Selbourne Wlk ....(020) 85203715
Class Fruit & Veg, 463 Lea Bdge Rd E10 ....(020) 85566427
Class Fruit & Veg, Ltd, Frt & Vegs, 463 Lea Bridge Road Leyton London ....(020) 85565865
Classic Nail Salon, The, 535 Cranbrook Road Ilford ....(020) 85181118
Classic Travel Of Loughton, Ltd, Trvl Agts, 261 High Rd Loughton ....(020) 85085588
Classic Upholstery, 1 Colworth Road E11 ....(020) 85396549
Classy Nails, Ltd, 208a Fencepiece Road Ilford ....(020) 33028683
Clayhall Dental Care, 137 Clayhill Av Ilford ....(020) 85502777
Clayhall Executive Cars, Ltd, 3 Seven Ways Pde, Woodford Av Ilford ....(020) 85505656
Or ....(020) 85506767
Clayhall Fish Bar, 13 Claybury Broadway Ilford ....(020) 85507648
Clayhall Synagogue, Sinclair Ho Woodford Bdge Rd Ilford ....(020) 85516533
Cleanwell London, Ltd, 9-11 Loughton ....(020) 85088129
Clear Sound & Vision, Ltd, 51 Marlborough Rd E18 ....(020) 89898777
Clearance Store Ltd, The, 74 Oakfield Rd E17 ....(020) 85033131
Or 0800 7312689
Clearview Financial Consultants, 28 Chalgrove Cres Ilford ....(020) 85504587
Clearwater Care, (Hackney) Ltd, 6 Harold Road E11 ....(020) 32080152
Clements Agency, Ltd, Connaught Ho 112 High Rd Loughton ....(020) 85081799
Clements Road Dental Practice, 152 Clements Road Ilford ....(020) 84780682
Click 4 A Cake, Ltd, 229a Aldborough Road South Ilford ....(020) 85995996
Cliftons, Print Finishing & Bk Bndrs, Uplands Bsns Pk Blackhorse La E17 ....(020) 85231133
Clinton Cards, Plc, Loughton
Head Office Crystal Bldg Langston Rd Loughton ....(020) 85023711
Clintons - Chingford North, 37 Station Road E4 ....(020) 85247594
Clintons Property Management, Est Agts, 168 Stainforth Rd Ilford ....(020) 85977342
Clip Mason, Unisex Hair Sal, 214 High St E17 ....(020) 85202265
Clock & Watch, Marketing Pr Advertising, 118 Wood Street E17 ....(020) 85201869
Clothing Discount Store, Ltd, 148 Chingford Road E17 ....(020) 85274249
Clow Group, Ltd, 562-84 Lea Bridge Road E10 ....(020) 85580300
FAX ....(020) 85580301
Club Communications, Ltd, 85 Brunner Road E17 ....(020) 85093983
Club Le Print, Unit 18 The Sidings Hainault Rd E11 ....(020) 89881037
Clue Adventures, (Leyton) Ltd, Coach And Horses 391 High Road Leyton E10 ....(020) 85566615
Cm Sealants, Kendon Ho Selby Rd E11 ....(020) 85196358
CMC Estates, Ltd, 332 Hoe Street E17 ....(020) 85208746
C-Mercs Seedbed Cntr, Seedbed Cntr Langston Rd Loughton ....(020) 84189713
Cmg, 2 Hartley Road E11 ....(020) 89890106
Cms Accountacy Services Ltd, 399 Copperfield Chigwell ....(020) 85012173

COASTGUARD H.M

In Emergency dial 999 and ask the operator for Coastguard

Cobra Alarms, 155 Station Rd E4 ....(020) 85295710
Cobra Security Systems, Ltd, 155A Station Road E4 ....(020) 85295710
Cocked Hat, Harvester Rstnt Southend Rd Woodford Gn ....(020) 85513848
Coco Colour & Extensions Specialist, 180 Queens Rd Buckhurst Hl ....(020) 85592279
Coconut Bay Restaurant, 120 Horns Road Ilford ....(020) 35928371
Cocoon Group Services, Ltd, 41 Colville Road London ....(020) 45296855
Coffee House, 78 Chingford Mount Road London ....(020) 37547255
Coggan Associates, 17 Gordon Avenue E4 ....(020) 85275346
Coggers In Bloom, Ltd, 849 Forest Road London ....(020) 85271051
Coldham Shield & Mace, Solrs, Chingford 123-125, Station Road Chingford ....(020) 85246323
Colegrave Arms, Public House, 145 Cann Hall Rd E11 ....(020) 85220184
Coles & Wall, (Growers) Ltd, Market Pavilion New Spitalfields Mkt Sherrin Rd E10 ....(020) 85582424
Colins Store, Store, 83 Palmerston Rd E17 ....(020) 85213177
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Colorbond, Ltd, Unit 12 Avenue Indust Est Justin Rd E4 ....(020) 85310222
Colourscript, Ltd, Unit 4, Whilems Works Forest Road Ilford ....(020) 38759727
Combi Boiler Services, Ltd, 319 High Road Leytonstone 0843 5156972
Combi Boilers, Ltd, 313 High Rd Leytonstone E11 ....(020) 85584017
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Or ....(020) 84787700
Comfort Cars, Ltd, 361 Henley Road Ilford ....(020) 84781623
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Commercial Fiscal Solutions, 76 Station Way Buckhurst Hill ....(020) 85591182
Commercial Trade Services Group, Ltd, Unit 10 Lea Pk Trading Est Warley Clo E10 ....(020) 85589988
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Commongate Hotels, Ltd, 131-133 Markhouse Rd E17 ....0872 4365462
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Community Fibre, B 89 Leyspring Road E11 ....(020) 85303151
Community Fibre, 12 Montfort Gardens Ilford ....(020) 85000770
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Complete Cladding, Co Ltd, The, Freephone Quotes 13 Roundmoor Dv Cheshunt 0800 7314064
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Or ....(020) 85277658
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55-57 George Lane E18 ....(020) 85304602
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Cooper & Parks, Ltd, High Vw Pde Woodford Av Ilford ....(020) 30227003
Cooper Young, Acctnts & Auditors, 7 Kirkdale Rd E11 ....(020) 85390700
Cooper Young, & Co, 109 Snakes La Woodford Gn ....(020) 84980163
FAX ....(020) 85059797
Cooper Young, & Co, 406 Eastern Av Ilford ....(020) 85544000
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1 Station Rd ....(020) 85292347
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London
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Walthamstow 323 Higham Hl Rd ....(020) 85271961
Wanstead 87 High St ....(020) 89895400
Woodford Bridge 686 Chigwell Rd ....(020) 85047987
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Highams Pk 10 Winchester Rd E4 ....(020) 85033258
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Coppermill Primary School, Copper Mill Infants School Edward Road E17 ....(020) 85097272
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Conservators Of Epping Forest Nursery Rd Loughton ....(020) 85321010
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Courier Service & Removals 24hr, 108 Farmer Road Leyton, London 0870 3611484
Courier Service & Removals 24hr, 114 George Lane Woodford, London 0870 3611492
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Chigwell ..... **(020) 85012342**
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Crown & Crooked Billet,13 Cross Road
Woodford Green ..... **(020) 85029192**
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Ilford ..... **(020) 85581961**
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Crystal Nails,95 George Lane E18 ..... **(020) 89898994**
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Unit 6, Loughton Business Centre Langston Road
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FAX ..... **(020) 85278963**
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Leytonstone London ..... **(020) 37000096**
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FAX ..... **(020) 84980110**
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Leyton London ..... **(020) 39528927**
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E17 ..... **(020) 85212424**
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Ilford **0845 1947265**
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103 Hoe Street Walthamstow London ..... **(020) 85205151**
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Or ..... **(020) 89898862**
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Superstores
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Currys,Leyton Mills Unit C Marshall Road
London ..... **(020) 80918641**
Currys Digital, Elec Retlrs,
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Chigwell ..... **(020) 85003443**
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Ilford ..... **(020) 85539999**
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Ilford ..... **(020) 84785669**
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Woodford Green ..... **(020) 85507262**
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Woodford Green ..... **(020) 33251900**
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Loughton **0843 5157160**
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E11 ..... **(020) 85586428**
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London ..... **(020) 85297494**
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D S Watson, D S Watson, D S Watson,561 Lea Bridge Road
E10 ..... **(020) 85589120**
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FAX ..... **(020) 89891199**
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FAX ..... **(020) 85060089**
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Ilford ..... **(020) 85542328**
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Ilford
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Ilford ..... **(020) 84780505**
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E4 ..... **(020) 85233323**
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Woodford Green ..... **(020) 85055133**
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South Woodford ..... **(020) 89894020**
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Daniels,133 George Lane E18 ..... **(020) 89890390**
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Loughton ..... **(020) 85085172**
Danluker, Ltd,172 Kings Avenue
Woodford Green ..... **(020) 30939761**
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109 Maybank Rd Woodford **0871 9781131**
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Ilford ..... **(020) 80134674**
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3 Estate Wy E10 ..... **(020) 85394885**
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Ilford ..... **(020) 85518330**
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Ilford ..... **(020) 39038946**
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E12 ..... **(020) 84712204**
Dashs Off License, Off License,123 Fencepiece Rd
Ilford ..... **(020) 85006175**
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181 Wood St E17 ..... **(020) 85202971**
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3 Broadway Mws Woodford Gn ..... **(020) 85048286**
FAX ..... **(020) 85048297**
David Anthony's,116 George Lane
South Woodford ..... **(020) 89892028**
David Bowden & Associates,27 Selby Rd E11 ..... **(020) 82210221**
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Loughton ..... **(020) 85080156**
David Smith Financial, David Smith Financial,
78 The Broadway Loughton ..... **(020) 85020916**
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Davidson, Sandra, Est Agts,
Seven Kings
353 Green La Ilford ..... **(020) 85977372**
FAX ..... **(020) 89838979**
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Davies-James, Paul,14 York Hl Loughton ..... **(020) 84189100**
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34-36 High St Barkingside ..... **(020) 85514228**
59A High Street Barkingside FAX ..... **(020) 85506698**
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Dawn,326 High Road Ilford ..... **(020) 36094088**
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New Spitalfields Market Sherrin Road E10 ..... **(020) 85567919**
Dawsongroup, Plc, Heavy/Small Gds Rental,
New Spitalfields Market 17 Sherrin Road E10 ..... **(020) 89884005**
Day Lewis Pharmacy,
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Day Lewis, Plc,6 Claybury Broadway Ilford ..... **(020) 85503669**
Day Or Night Locksmiths,
Locksmiths, 24 Hour, Emergency Auto Locksmith,Eton Rd
Ilford **0845 1647423**
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Woodford Gn ..... **(020) 84988200**
DB Chingford, Ltd,38 Kings Road E4 ..... **(020) 85294444**
Dc White, Ltd, Accident Repair,424 Hoe St
E17 ..... **(020) 85206134**
DCC 4 X 4,51B Marlborough Rd E18 ..... **(020) 85300505**
D'cruz & Grew, Dent Surgery,6 The Broadway
Woodford Gn ..... **(020) 85040262**
D-D The Aquarium Solution, Ltd,
11 Fowler Rd, Hainault Bsns Pk Ilford ..... **(020) 85012492**
Ddn,26 Fairlop Road London ..... **(020) 85390900**
Dean Associates,
163 Francis Rd E10 ..... **(020) 85566774**
FAX ..... **(020) 85566868**
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Loughton ..... **(020) 85089875**
Debden House Centre,Debden Green
Loughton ..... **(020) 85083008**
Debden House Centre,Debden House Debden Green
Loughton ..... **(020) 85083008**
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Excess Electrical Materials,Unit D 52 Larkshall Road
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Excess Electrical Materials, Ltd,
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F.A.F, Ltd, Chimney Servs,
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F L K Solicitors,304 High Road Leyton London ..... **(020) 85589699**
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F N H Furniture,64 Wood Street E17 ..... **(020) 85206243**
F S People,
84 Queens Rd Buckhurst Hl ..... **(020) 85058855**
F2GO, Takeaway,890 Romford Road E12 ..... **(020) 85532277**
Fab Bakers, The, Ltd,119a High Street Wanstead
Leytonstone London ..... **(020) 85301129**
Fab Hijab,Unit 14-15 The Exchange High Road
Ilford ..... **(020) 85140055**
Fabio Restaurant,13 Brook Parade High Road
Chigwell ..... **(020) 85006080**
Fabric Prime, Ltd,127 High Street London ..... **(020) 37190923**
Fabric Textile Central, Ltd,134 High Street
London ..... **(020) 80916315**
Fabrics Direct, Uk Ltd,1a Westerham Road
Leyton London ..... **(020) 85328636**
Faces Leisure, Llp,458-60 Cranbrook Road
Ilford ..... **(020) 85548899**
Faction Lifestyle,Flat 7 Montgomerie Court 22 Forest View
E4 ..... **(020) 37243985**
Factory Clearing House, Ltd,38 Station Road
London ..... **(020) 39045396**
Factory Settings, Ltd,
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Fags & Mags, Nwsagts,
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Loughton ..... **(020) 85081377**
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Fairlop Pharmacy, Pharmacy,87 High Street
Barkingside ..... **(020) 85513018**
Fairlop Waters,
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FAX ..... **(020) 84919007**
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Fairways Newsagent, Nwsagt,13 Chapel Road
Ilford ..... **(020) 85534279**
Fais Mortgages,
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Faizan Blinds, Ltd,4 Broadway Parade,Fencepiece Road
Barkingside ..... **(020) 84708862**
Faizan Halal Meat, Ltd,45 Wood Street E17 ..... **(020) 85209995**
Familycare Homes, Ltd,28 Leigh Avenue Ilford ..... **(020) 38874296**
Famz Doner Kebab Ltd,545 Cranbrook Road
Ilford ..... **(020) 84967852**
Fancy Cloth Centre, Fancy Goods & Txtls,246 High Street North
E12 ..... **(020) 85524374**
Fareacres Pre-School & Day Nursery,1 Chelmsford Road
E18 ..... **(020) 85053248**
Fareacres Pre-School Nursery,681 Cranbrook Road
Ilford ..... **(020) 85507847**
Farmfoods, Ltd,
261 High Rd Ilford ..... **(020) 84784644**
Walthamstow 46 High St E17 ..... **(020) 85217277**
Farmiloe, S,74A High Street Wanstead E11 ..... **(020) 89893714**
Farouk Randera,2-6 Fowler Road
Hainault Business Park ..... **(020) 35561626**
Farr O'neil Residential Estate Agents,76A Queens Rd
Ll Buckhurst Hl ..... **(020) 85049344**
Fashion Avenue,
237A High Rd Loughton ..... **(020) 85088213**
Fashion Fair, Retail,184 High Street E17 ..... **(020) 85037048**
Fashion Nails,80 High Street Barkingside ..... **(020) 36458564**
Fast Link,
97 Ilford La Ilford ..... **(020) 85532225**
Fast Open Auto Locksmith,
Locksmiths, 24 Hour, Emergency Auto Locksmith,
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Fast Track Electrics, Ltd,
2A Browning Rd E11 ..... **(020) 85304488**
Fat Fish,25 The Broadway Woodford Green ..... **(020) 36869232**
Fat-Catz-Copy-Catz, Ltd,
Aldborough Hall Farm Aldborough Road North
Ilford ..... **(020) 85993777**
Favourite Chicken,
2 Rex Pde Snakes La Woodford Gn ..... **(020) 85044484**
Favourite Chicken & Ribs,385 Eastern Avenue
Ilford ..... **(020) 85181110**
Fayers, W, & Son, Bldrs Mrcnts,
FAX ..... **(020) 85050626**
Fb Gants Hill,355 Eastern Avenue Ilford ..... **(020) 31055528**
Feel Good Look Good Beauty Salon,472 Cranbrook Road
Ilford ..... **(020) 85180033**
Feline Corporation, Ltd,24 Violet Road E17 ..... **(020) 32080100**
Fellowes, R.J, & Son, Solrs,
21 Church Hl E17 ..... **(020) 85207392**
FAX ..... **(020) 85090759**
Femight, Ltd, African Food Mail Order,
Enquiries **0800 0325633**
Fencepiece Dental Practice,139a Fencepiece Road
Ilford ..... **(020) 85009909**
Fencepiece Road Medical Centre,
83 Fencepiece Road Ilford ..... **(020) 85003526**
FAX ..... **(020) 89241188**
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E10 ..... **(020) 85393339**
Fenton Flooring & Ceramics, Crpts Anticio Moduleo,
157 Queens Road Buckhurst Hill ..... **(020) 85041296**
Fenton Flooring Contracts, Ltd,
157 Queens Rd Buckhurst Hl ..... **(020) 85040529**
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Ferndown Residents Association Ltd 2,
Ferndown Woodford Road E18 ..... **(020) 85308162**
Ferndown Residents Association, Ltd,
Ferndown Woodford Road E18 ..... **(020) 89894038**
Fernleaf Carehome, Ltd,
52 Bedford Road Ilford ..... **(020) 89118696**
8 Eastwood Road Ilford ..... **(020) 85979922**
Few Metal,163 Railway Arches Midland Rd E10 ..... **(020) 89883205**
Fg Barbers Ltd,689A High Road Ilford ..... **(020) 35245762**
Fh Auto Tech,103 Lea Bridge Road London ..... **(020) 35249583**
Fh Law Solicitors,732 Romford Road
Manor Park London ..... **(020) 89117100**
Fiaz Sohail Enterprises,107 Manor Road E10 ..... **(020) 85565994**
Fields Engine Service, Ltd,
Engs 2A Leslie Rd E11 ..... **(020) 85395205**
Filrooms, Ltd, Education,
51 Granleigh Road E11 ..... **(020) 85399205**
Finance & Leasing, (London)ltd,
40 High Rd E18 ..... **(020) 85304247**
Or ..... **(020) 85305031**
Financial Staffing Solutions, Ltd,158 Hermon Hl
E18 ..... **(020) 85322644**
Finch & Sons Garage Sevices,236 Billet Road
E17 ..... **(020) 85314645**
Findlay Wetherfield Scott, & Co, Chrtd Acctnts,
137A Station Rd E4 ..... **(020) 85240119**
Fine Fair Consultancy, Ltd,
Ilford
552 Ley St ..... **(020) 85540500**
Fine Lines, (UK) Ltd,
Unit 1 41-43 Roebuck Road Hainault Business Park
Ilford ..... **(020) 85009199**
Finegold's Insurance Services, Ltd,9 Mellows Road
Ilford **0843 8163484**
Finesse, Unisex Hrdrsrs,19 York Road Ilford ..... **(020) 84786339**
Finger Licking Chicken, Takeaway,41 Palmerston Road
E17 ..... **(020) 85202737**
Fingertips,
196 Queens Rd Buckhurst Hl ..... **(020) 85055469**

FIRE

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120 Roding Road Loughton ..... **(020) 85085580**
Fireaway Pizza, Takeaway,10 State Parade High Street
Barkingside ..... **(020) 85504583**
Fireplace Design, Centre, Fireplaces & Gas Fires,
Unit 6 Chingford Indust Cntr Hall La E4 ..... **(020) 85291010**
Firetruck Communications, Ltd,29 Russell Road
Buckhurst Hill ..... **(020) 70622773**
First Academy Foundation,
62-64 Cranbrook Road Ilford ..... **(020) 85143388**
First Call Scaffolding, Ltd,Meridian House 62 Station Road
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Golden Anchor, Traditional Fish Chips,28 The Broadway Loughton ....**(020) 85086058**
Golden Curry, Takeaway & Rstnt, 14 Clements Road Ilford ....**(020) 85145111**
Golden Fleece,The,166 Capel Rd E12 ....**(020) 84780024**
Golden Herbs,56 Chingford Mount Road London ....**(020) 32430070**
Golden Parts, Ltd,786 High Road Ilford ....**(020) 39033594**
Golding, Dennis, Mtr Eng,3 Garfield Road E4 ....**(020) 85297979**
Goldings Hill Post Office,11 Englands Lane Loughton ....**(020) 85025503**
Goldline Garage, Mot & Gar,1A Carlyle Road E12 ....**(020) 89114632**
Golds Cafe,424 Cranbrook Road Ilford ....**(020) 85184984**
Gold's Pharmacy, Golds Chemist 24 Seven Ways Parade Woodford Avenue Ilford ....**(020) 85501050**
Goldsmith Personal, Ltd, 98 Hoe St E17 ....**(020) 85093766**
Goldstar Care Services, Ltd, Olympic House 28-42 Clements Road Ilford ....**(020) 84787000**
Golfe Group, Ltd,Edmond House 1a Perth Road Ilford ....**(020) 85181266**
Good Deals On Wheels, Ltd,129 Wards Road Ilford ....**(020) 82208540**
Good Estate Agent Loughton,The, Caxton House Old Station Road Loughton ....**(020) 84187888**
Good Friend Chinese Restaurant,23 Winchester Road Chingford London ....**(020) 85270777**
Good Health Practice,The,161 Queens Road Buckhurst Hill ....**(020) 85058353**
Good & Ready Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith, Abbotsford Rd Ilford **0845 1647426**
Good & Ready Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths, Leyspring Rd LONDON **0844 4117997**
Good Vibes Coffee Shop Ltd, Unit 2 Montague House, 527 Green Lane Ilford ....**(020) 83065158**
Good View, Wholesale Retail,324 Lea Bridge Road E10 ....**(020) 85396787**
Goodcare, Ltd,19-21 The Avenue E4 ....**(020) 85276643**
Goodfellas,119b Old Church Road London ....**(020) 85299299**
Goodingham, Bros,Shaftesbury Ct Shaftesbury Rd E10 ....**(020) 85566011**
Goodmayes,616 Green Lane Ilford ....**(020) 85901882**
Goodmayes Baptist Church, Goodmayes Baptist Church Kinfauns Road Ilford ....**(020) 85995827**
Goodmayes Consulting Services, Ltd,1 Westwood Road Ilford ....**(020) 82520913**
Goodmayes Fish & Chip, Co Ltd,43 Goodmayes Road Ilford ....**(020) 85993448**
Goodmayes Food And Wine Stall,22 Goodmayes Road Ilford ....**(020) 30152889**
Goodmayes, Ltd, Flights, 514 High Rd Ilford ....**(020) 85977483**
Goodmayes Medical Centre, 595 Green Lane Ilford ....**(020) 36687499**
Or ....**(020) 85977940**
Goodmayes Motor Centre,670 Green La Goodmayes ....**(020) 85902748**
Goodmayes News,Goodmayes Road Ilford, Essex ....**(020) 85973210**
Goodmayes Primary School,Castleton Road Ilford ....**(020) 85905810**
Goodmayes Turkish Kebab, 760 High Road Ilford ....**(020) 85038143**
Or ....**(020) 85976565**
Goodmays Green Lane Post Office,612 Green Lane Ilford ....**(020) 85902325**
Goodstart, Gym,The Britannia P H 493 High Road Leytonstone Leytonstone London ....**(020) 85580002**
Goodwin Tyres, 111 Green Lane Ilford ....**(020) 84788484**
Goose Wlathamstow, Pub,264 Hoe St E17 ....**(020) 85204751**
Gordon Lomond, Ltd, Spclst Flooring Contr, 635 Lea Bridge Rd E10 ....**(020) 85216133**
Gordon Pennington Property Maintenance, Ltd,64 Queens Rd E17 ....**(020) 85200538**
Gordon Tomalin Partnership, Ltd,298 Green La Ilford ....**(020) 85038090**
Gorefco, Llp, Professional & Financial,79 Althorne Gardens South Woodford London ....**(020) 85304307**
Gormley, Margaret-Kelly,Flat 3, 61 Handsworth Avenue London ....**(020) 85560153**
Gossip Nails, Nail Salon,49 Old Church Road Chingford London ....**(020) 85246888**
Goto, 187 High St E17 ....**(020) 85091588**
Gourmet London, Ltd,155 Manor Road Chigwell ....**(020) 85003322**
GOVERNMENT OFFICE FOR THE EAST OF ENGLAND,Eastbrook Shaftesbury Rd Cambridge ....**(01223) 372500**
Gp Practices,357 High Road Woodford Green ....**(020) 34901181**
Grace & Albert Cookshop,406 Hale End Road London ....**(020) 85234447**
Grace, E.W, Glss Mrcnt, 28 High Rd Buckhurst Hill ....**(020) 85055656**
Grace System Services, Ltd,459 New North Road Ilford, Essex ....**(020) 39353034**
Gracelands Cms,Seedbed Cntr Langston Rd Loughton ....**(020) 85022250**
Grafton Brickwork Services,100 Station Road London ....**(020) 37236278**
Graham Bldr,Graham Builders Woodford Av Ilford ....**(020) 85510252**
Graham Page Trading,Prospect Bsns Pk Langston Rd Loughton ....**(020) 85321022**
Grand Trunk Road,219 High Road E18 ....**(020) 85051965**
Grandaestheticsx, Ltd,118 High Street Barkingside Ilford ....**(020) 85509749**
Granditer Menswear Ltd Ta Base, Woodford Gn Woodford Trdg Est Southend Rd ....**(020) 85513344**
Grant Haze, (London) Ltd, Walthamstow Bsns Cnt Clifford Rd E17 ....**(020) 85319696**
Grant, L, Ymca,5 Blackhorse La E17 ....**(020) 85278505**
Gravel Lane Autos, Mot Vhcle Rprs, Unit 2 Brownings Farm Gravel Lane Chigwell ....**(020) 85026868**
Gravesend & North Kent Hospital, Bath St Gravesend ....**(01474) 360500**
Grays Of Chingford,Chingford Mount Road London ....**(020) 85230713**
Grays Tyre & Exhaust,81 Chingford Mount Road E4 ....**(020) 85273871**
Great Wall,12 Roding Lane South Ilford ....**(020) 85517953**
Greater London Northeast Scout Hq, Scouts Glne, 429 Wanstead Park Road Ilford ....**(020) 85540299**
Greek On Broadway,9 The Broadway London ....**(020) 31548581**
Green, A, (Coaches) Ltd, 357A Hoe St E17 ....**(020) 85201138**
Green, J,669a Lea Bridge Road London ....**(020) 85206473**
Green Lane Motor Spares, Ilford 47 Green La ....**(020) 85530160**
Green Leaf Introducers Services, Ltd,708 Lea Bridge Road Leyton London ....**(020) 30624484**
Green Man,191 Old Church Road E4 ....**(020) 85249101**
Green Owl, Ltd,The,44 Queens Rd Ll Buckhurst Hl ....**(020) 85054400**
Greenberg Glass, Ltd, 9 Jubilee Av E4 ....**(020) 85273333**
Greenland Travel & Tourist, Trvl Agt,800 Eastern Av Ilford ....**(020) 85544004**
Greens Health & Fitness, 5 Larkswood Leisure Pk New Rd E4 ....**(020) 85237474**
FAX ....**(020) 85237544**
Greenwich Leisure, Ltd,
Kelmscott Leisure Centre Markhouse Rd E17 ....**(020) 85207464**
Leyton Leisure Lagoon 763 High Rd Leyton E10 ....**(020) 85588858**
Greggs The Bakers,
Barkingside 75 High St ....**(020) 85504113**
Chingford 4 Albert Cres E4 ....**(020) 85248554**
Hainult 197 Manford Wy Chigwell ....**(020) 85002166**
Ilford 15 Chapel Rd Ilford ....**(020) 84787445**
209 High Rd Ilford ....**(020) 84785757**
North Chingford 25 Station Rd E4 ....**(020) 85244826**
Wanstead 85 High St E11 ....**(020) 89897094**
Grill 79, Ltd,79 Queens Road Buckhurst Hill ....**(020) 85049498**
Grill on The Green, Ltd,Church View Buildings 1 The Green London ....**(020) 85248438**
Grillo Star, Ltd, Whsle Ret,352 High Rd Woodford Gn ....**(020) 85058999**
Grip Van, (London) Ltd, B08 Leyton Industrial Village Argall Avenue Leyton ....**(020) 33252471**
Grocery Hut, Ltd,571 Cranbrook Road Ilford ....**(020) 85500170**
Group One Investigations, Private Investigator, Huntingdon House Selsdon Road ....**(020) 08881052**
Groupcall, Ltd,Estate Ho High Rd Chigwell ....**(020) 85027344**
Grove Coachworks,Marshfield Filling Station Sewardstone Rd London **0843 5155400**
Grove Hill Hotel,38 Grove Hill South Woodford London ....**(020) 89893344**
Grove Pharmacy,73 Grove Road E17 ....**(020) 85216436**
Grove Windows, Ltd, Double Glazing Mfrs, 16A Raven Rd E18 ....**(020) 85058113**
Or ....**(020) 85056810**
Groves, Les, Tlr,74B Queens Road Buckhurst Hill ....**(020) 85042227**
Growatt New Energy Technology, Ltd, Unit 1 Hainault Business Park Ilford ....**(020) 85006618**
Gsa Records,Temple House Flat 1 London ....**(020) 39524988**
GSL,King George Hospital Barley Lane Ilford ....**(020) 85972048**
Gsm Exchange, Mobile Phone Repairs,156 High Street E17 ....**(020) 85097614**
GSM Exchange, Ltd,156 High Street E17 ....**(020) 85218880**
Gsr Studio, Ltd,174 High Road Woodford Green ....**(020) 70182648**
GT Joinery Woodworking, Ltd,205 Ley Street Ilford ....**(020) 82328585**
Guardian Care Services, Ltd,Holmwood Road Ilford ....**(020) 85905564**
Guardians, 27 High St Barkingside ....**(020) 85514002**
Guide Dogs For The Blind Assn,Findlay House Manor Road Woodford Green **0845 3727421**
Guide Dogs For The Blind Association,
Puppy Walking Team At Redbridge 7 Manor Road Woodford Green **03451 430212**
Redbridge Reception 7 Manor Road Woodford Green **03451 430225**
Guide Dogs for the Blind Association,The, FAX, Guide Dogs, Findlay Hse Manor Rd Woodford Gn **0845 3727343**
Guild Architectural Restoration, Ltd,61 Leybourne Road London ....**(020) 36698025**
Gul Enterprises, Mobile Acces,232 High St E17 ....**(020) 85212666**
Guls Courture Bridal Studio Ltd 2,95A Ilford Lane Ilford ....**(020) 36851225**
Gulsun Ltd,Ley Street Ilford ....**(020) 85143566**
Gunn, C.A.G, Plmbg, Htg,19 Rokeby Gardens Woodford Green ....**(020) 85045122**
Gupta, Dr R.K,260 Higham Hill Road E17 ....**(020) 85272677**
Gupta, S.K, Dent Surg,399 High Rd E10 ....**(020) 85391653**
Guru Gobind Singh Khalsa College, Roding La Chigwell ....**(020) 85599160**
Guru Nanak Sat Sang Sabha, (Karamsar) UK, Ilford Co Court Buckingham Road Ilford ....**(020) 85535470**
Guru Nanak Sat Sang Sabha, (Karmsar) UK,404 High Road Ilford ....**(020) 84788090**
Guru Nanak Sat Sang Sabha Maidenhead, Ilford Co Court Buckingham Road Ilford ....**(020) 85141987**
Guru Soundz, 46 Dacre Gdns Chigwell ....**(020) 85944040**
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Gwyn Jones Primary School, 219 Hainault Rd E11 ....**(020) 85567904**
219 Hainault Road E11 ....**(020) 85565564**
Gym,The, Ltd, Whsle Ret, Roding Ho 970 Romford Rd E12 ....**(020) 84784290**
H A Q Hamilton Hughes, & Co,26 Blackhorse Road Walthamstow ....**(020) 85098007**
H D S Driving School, 1 Habgood Rd Loughton **0845 6017730**
H.& K.(Commissions), Turf Acctnts, Loughton 71 The Broadway ....**(020) 85020222**
H.L.Hawes, & Son Ltd,153 Station Rd E4 ....**(020) 85593235**
H & M Security, Ltd, Security Servs, 474 Larkshall Rd E4 ....**(020) 85232227**
Or ....**(020) 85232249**
H.R.P Sales, Ltd, Refrig Eqpt Splrs, Unit 12, Waltham Parkway Billet Rd E17 ....**(020) 85319329**
H R S Electricals, Elec,446 Green Lane Ilford ....**(020) 37596513**
H T K Heaven, Ltd,Arch 312-316 Courtenay Rd E11 ....**(020) 85340287**
H & T, Ltd,211 High Road Ilford ....**(020) 89119190**
H & T Pawnbrokers,
Branches
Leyton 281 High Rd ....**(020) 85398332**
Walthamstow 234 High St E17 ....**(020) 85218156**
Ilford 91 Cranbrook Rd ....**(020) 85143334**
H & Z Motorbike,209 Coppermill Lane London ....**(020) 36201616**
haart, Est Agt,
Branches
Leytonstone 49 Church La E11 (Residential Sales) ....**(020) 85391194**
Loughton 232 High Rd ....**(020) 85023838**
South Woodford 143 George La E18 (Residential Sales) ....**(020) 85305991**
Walthamstow 143 Hoe St E17 ....**(020) 85206731**
Woodford Green 728 Chigwell Rd Woodford Gn ....**(020) 85050700**
Haart Estate Agents, Est Agt,143 George La E18 ....**(020) 85306060**
Haart Lettings Barkingside,54 High St Barkingside ....**(020) 85503927**
Haart Lettings Walthamstow,143 Hoe St E17 **(020) 85215906**
Haart Lettings Wanstead,64 High St Wanstead E11 ....**(020) 85304592**
Haart Leytonstone Lettings,49 Church La E11 ....**(020) 85392116**
Hagon Products,7 Roebuck Road Hainault Business Park Ilford ....**(020) 85026222**
Hainault Baptist Church,Franklyn Gardens Ilford ....**(020) 85003654**
Hainault Baptist Church,Franklyn Gdns Ilford ....**(020) 85003654**
Hainault BBQ Kebab, 210 New North Road Ilford ....**(020) 85015300**
Hainault Coffee,217A Manford Wy Chigwell ....**(020) 85010009**
Hainault Food & Wine,597 New North Road Ilford ....**(020) 85013527**
Hainault Forest Community Association,
General Enquiries 100B Manford Wy Chigwell ....**(020) 85004311**
Day Nursery ....**(020) 85016862**
Hainault Forest Golf Club, Hainault Forest Golf Club Romford Road Chigwell ....**(020) 32432007**
Hainault Forest Golf Complex,
Pro Shop ....**(020) 85002131**
Hainault Forest Private Golf Club, Chigwell (12pm onwards) ....**(020) 85002097**
Chigwell Secretary ....**(020) 85000385**
Hainault Golf Club, Ltd,Romford Road Chigwell ....**(020) 85014574**
Hainhault Golf Club, Ltd,Hainault Forest Golf Club Romford Road Chigwell ....**(020) 85014840**
Hair 186,186 High Road Woodford Green ....**(020) 85043111**
Hair & Beauty Art Vision, Ltd,208 High Road Leytonstone London ....**(020) 39768363**
Hair By Licious Limited,33 Green Lane Ilford ....**(020) 85534332**
Hair By T.A, Hair Saloon,14 Chapel Road Ilford ....**(020) 85148649**
Hair Candy, Ltd,23 High Street Wanstead E11 ....**(020) 89897611**
Hair & Comb, Healthcare & Social,83 Old Church Road London ....**(020) 85248513**
Hair Design,88 Leyswood Dv Ilford ....**(020) 85904823**
Hair Hunters,72C George Lane E18 ....**(020) 89899231**
Hair Ilford, Ltd,Middle Level The Exchange High Rd Ilford ....**(020) 89116217**
Hair Male,143 High Road South Woodford London ....**(020) 85592400**
Hair Nest,653 High Road Leyton E10 ....**(020) 85398162**
Hair Son, Llp,Boleyn Court Epping New Road Buckhurst Hill ....**(020) 85044655**

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Hair Studio,The,102 Tanners Lane Ilford....**(020) 85508412**
Haircraft,144 Loughton Wy Buckhurst Hill....**(020) 85042232**
Hairforce 1, Trade,29 Green Lane Ilford....**(020) 84788830**
Hairlines, Hrdrsrs,585 Forest Road E17....**(020) 85272226**
Hak Enterprises, Ltd,112 Wood Street
Walthamstow....**(020) 85211361**
Hale End Sub Post Office,481 Hale End Road
E4....**(020) 85272448**
Hale Retail, UK Ltd,166 London....**(020) 85306909**
Hales Consulting, Ltd,Bourne Ct Unity Trdg Est Southen D Rd
Woodford Gn....**(020) 85512796**
Halfords Autocentre,
573 High Rd Ilford....**(020) 85993459**
Halifax,
Current Accounts....**03457 203040**
Branches
Barkingside 58-62 High St....**(020) 82109704**
Ilford 84-86 High Rd....**(020) 82109636**
Leyton 606-608 Lea Bridge Rd E10....**(020) 82736958**
Leytonstone 17 Church La E11....**(020) 82736902**
Loughton 186 High Rd....**(020) 82731409**
Walthamstow 176-178 High St E17....**(020) 89190510**
Halifax Estate Agents,
Barkingside 40 High St IG6....**(020) 85502136**
Haliloz, Ltd,1c Hall Lane London....**(020) 85241608**
Hallmark Labels,
Unit 10 Oakwood Hill Indust Est Oakwood Hl
Loughton....**(020) 85320620**
Hamid Fabric,52a High Street London....**(020) 85216059**
Hamilton, & Co,128 Ilford Lane Ilford....**(020) 85146654**
Hamilton Fox, (South Woodford) Ltd,180 George La
E18....**(020) 89897612**
Hammer Properties,
10-17 Sevenways Pd Woodford Av Ilford....**(020) 84916644**
Hammond Walker, Ltd, Acctnts,8A Cranbrook Road
Ilford....**(020) 85535531**
Hamra Hair Beauty,635 High Road Leytonstone
London....**(020) 35815985**
Handfield Deleeuw Rayner, & Co, Acctnts,427 High Rd
Woodford Gn....**(020) 85049693**
Handweavers Studio & Gallery,The,29 Haroldstone Rd
E17....**(020) 85212281**
Hansons Estates, Sales & Lettings,
5 Cameron Rd Ilford....**(020) 85901222**
Hansons Estates, Ltd,5 Cameron Road N/A....**(020) 85901626**
Happy Dragon Arts Limited,103 Horn Lane
Woodford Green....**(020) 85052229**
Happy Kidz Zone, Ltd,Unit 23a The Exchange High Road
Ilford....**(020) 85142002**
Happy Orkids, Ltd,Ilford Jewish Primary School Forest Road
Ilford....**(020) 85007817**
Hardas Consulting Ltd,
Flat 8 Churcher House 88 Jack Cornwell Street
London....**(020) 89119117**
Hardly Pharma,3 Ranelagh Gardens Ilford....**(020) 85549159**
Hare Wines Limited,22-24 Rigg Approach E10 .**(020) 85567784**
Harish Autos U K, Ltd,4 Little Ilford Lane Lane
London....**(020) 30845883**
Harkia Accountants, Harkia Accountants,
727 High Road Leytonstone E11....**(020) 85391295**
Harkin, Julie, Casting Ltd,Tramworks 24-28 Hatherley Mews
London....**(020) 73360433**
Harley Fitzrovia Health, Harley Fitzrovia Health,
Unit 1 Evergreen Apartments 253-69 High Road
Woodford Green....**(020) 80628026**
Harling, E.E.C, & Partners,
FAX....**(020) 85053116**
Harmony Hair Salon, Salon,53 Hainault Road
Leytonstone London....**(020) 85396237**
Harmony Medical Distribution, Ltd,629 High Rd Leytonstone
E11....**(020) 85187337**
Harold White Funerals, Funeral Directors,95 Old Church Road
E4....**(020) 85291530**
Harold White Funerals, Funeral Servs,178 Queens Road
Buckhurst Hill....**(020) 85057051**
Harold White Funerals, Funeral Directors,99 Wood Street
E17....**(020) 85204166**
Harold Wood Funeral Services, Ltd,45 New Nth Rd
Ilford....**(020) 85016907**
Harriot Ellis Recruitment Specialists, Ltd,
8 Lee Gro Chigwell....**0870 2420925**
Harris, Howard, Optcns,474 Cranbrook Road
Ilford....**(020) 85183666**
Harris Walters Solicitors,
406 High Rd Ilford....**(020) 84780888**
Harrison Catering Services,
School Kitchen Loxford School Of Science & Technology Loxford
Lane Ilford....**(020) 84785616**
Harrison HCB,1 Trent Road Buckhurst Hill....**(020) 82570509**
Harrisons, Buy & Sell,6 Station Road E17....**(020) 85215555**
Harrow Green Post Office,
Harrow Green Post Office 355 High Road Leytonstone
E11....**(020) 85565334**
Harrow Road Surgery,108-110 Harrow Rd
Leytonstone....**0844 4778944**
Hart 2 Hart, Taxi Service,70 Rivenhall Gardens
E18....**(020) 89894989**
Hart, D.H, Holdings Ltd,
19 Market Pavilion New Spitalfields Market Sherrin Road
E10....**(020) 85398787**
Hart, R.W, Ltd, Off Furn Retlr,742 Forest Rd
E17....**(020) 85203151**
Harts House Nursing Home,
FAX....**(020) 85029444**
Harvest Seafood,Unit 3 Leyton Business Centre Etloe Road
London....**(020) 34898921**
Harvest Seafood,Unit 3 Leyton Business Centre Etloe Road
London....**(020) 37743547**
Harvester Beehive, Harvester Rstnt,The Harvester Beehive La
Ilford....**(020) 85503361**
Harvester Restaurants,
Chingford
Larkswood Leisure Pk 175 New Rd E4....**(020) 85292990**
Woodford Green
Cocked Hat Southend Rd Woodford Gn....**(020) 85513848**
Harvey 1 Stop Shop, Ltd, Conner Shop,371 High Road
Ilford....**(020) 85539583**
Harveys Furnishing Group, Ltd,
Chingford Unit 2 Cork Tree Way Hall Lane E4....**(020) 85593085**
Hasan And Co,497b High Road Ilford....**(020) 35380641**
Hasko, Takeway,522 Lea Bridge Rd London....**(020) 85588101**
Haslaw, & Co Ltd,
45 Station Rd E12....**(020) 84787188**
45 Station Road E12....**(020) 85145551**
Haslers,
Hawke House Old Station Road Loughton....**(020) 85083633**
Hawke House Old Stn Rd Loughton....**(020) 84183300**
Hasmat-Ali, S,
2 Balmoral Rd E10....**(020) 85390362**
Hasmat-Ali, S,2 Balmoral Road E10....**(020) 85583717**
Hathi, A.M, Dent Surg,153 Hainault Road E11 ..**(020) 85584478**
Hauptstern Group, Ltd,The,17 Springfield Drive
Ilford....**(020) 34098533**
Haus Of Blonde,15 Queens Road
Buckhurst Hill....**(020) 36127605**
Haven Care, Ltd,Olympic House 28-42 Clements Road
Ilford....**(020) 89118931**
Haven House Foundation,Whitehouse High Rd
Woodford Gn....**(020) 85059944**
Haven - The Survivors' Network,The,Peterhouse 122 Forest Rise
E17....**(020) 85200755**
Havey House Nursery,Harvey House 1a Harvey Road
E11....**(020) 85394435**
Havin London Ltd,111 George Lane London....**(020) 36895910**
Hawad Exchange, Convenience,108 High Street
Walthamstow London....**(020) 35837490**
Hawes, H.L, & Son Ltd,
883 High Rd Leytonstone E11....**(020) 85329600**
Hawes, H.L, & Son Ltd,106 Tanners Lane
Ilford, Essex....**(020) 85504047**
Hawes, James S & B.E, Ltd, Funrl Dirs,
5 The Broadway E4....**(020) 85271508**
Hawk Systems,Unit 6-6b Uplands Business Park Blackhorse Lane
E17....**(020) 85314473**
Haydar Ozcan, Haydar Ozcan,54 Boardman Avenue
Chingford London....**(020) 34419786**
Haysel Print Services, Label Mkrs,
Forest Indust Pk Forest Rd Ilford....**(020) 85000756**
Headcorn Constructions, Ltd,6 Fairmeadside
Loughton....**(020) 39714709**
Headlam Rackhams, Co Ltd, Crpt & Rug Whslrs,
6 Jubilee Avenue E4....**(020) 84982840**
Heales Cycles,
477 Hale End Rd E4....**(020) 85271592**
FAX....**(020) 85314283**
Healthplus Clinics, Ltd,1A South Vw Rd
Loughton....**(020) 85320559**
Healthwatch Redbridge,
3Rd Floor Ladbrokes Ltd 16 Clements Rd Ilford...**(020) 85531236**
Healthy Feet First, Ltd,86 Hoe Street E17....**(020) 85206016**
Healthy Living Projects, Ltd,
11A Green La Ilford....**(020) 85143283**
Healthy Living Projects, Ltd,322 High Rd
Ilford....**(020) 84786478**
Heap & Partners,Bourne Ct Unity Trdg Est Southen D Rd
Woodford Gn....**(020) 85505013**
Heart & Soul Restaurant,512 Lea Bridge Road
E10....**(020) 85369903**
Heartfelt Funeral,The, Co, Wholesale Retail,
132 Snakes Lane East Woodford Green....**(020) 85051276**
Hearts Day Nursery,89 Chingford Mount Road
E4....**(020) 85271290**
Heat for Homes,
Unit G,The Acorn Centre 29 Roebuck Road,Hainault Business Park
Ilford....**(020) 85000510**
Heatcraft, Ltd,3 Chigwell Rd E18....**(020) 89891320**
Heathcote School,
Secondary School Normanton Pk E4....**(020) 84985110**
Heathway Properties, Ltd,86 Spring Grove
Loughton....**(020) 85024996**
Heating Parts Specialist, Ret,61 Fullers Road
South Woodford London....**(020) 36458067**
Heaven House London Ltd,378 Ilford Lane
Ilford....**(020) 35606134**
Hedin, (Holdings) Ltd,Seedbed Cntr Langston Rd
Loughton....**(020) 85320500**
Hedz,24 Kirkdale Road E11....**(020) 85589132**
Heenas Beauty,7 High View Parade,Woodford Avenue
Ilford....**(020) 79980355**
Heeni Lawson, Ltd,7a Ley Street Ilford....**(020) 85540017**
Helin Print,282 Chingford Road London....**(020) 85270890**
HELM Asset Management,5A,Station Pde High St Wanstead
E11....**(020) 85329444**
Henry Morgan Ophthalmic Opticians, Optcns,
3 Bank Bldgs The Av E4....**(020) 85272723**
Henry Stewart Conference Studies, Llp,33 Alderton Hill
Loughton....**(020) 85081057**
Henscott Solicitors, Solicitors,
45 Selbourne Walk Walthamston, London....**0870 8800007**
45 Selbourne Walk Walthamston, London Fax **0870 8800006**
Henscott Solicitors,
413 Chingford Road E17....**(020) 85276349**
Or....**(020) 85278638**
Her Glow Ltd,High Road Leytonstone London....**(020) 85587070**
Herb Master,83 George La E18....**(020) 85302062**
Herbal Traditions,19a Green Lane Ilford....**(020) 31050499**
Herbert, Daryl, Osteopath,
Churchill Medical Centre 1 Churchill Terrace E4 ..**(020) 85241505**
Heritage Care,90 Kirkland Av Ilford....**(020) 85504949**
Heritage Care, Ltd, Care Serv Provider,
(Headquarters) 112 High Rd Loughton....**(020) 85023933**
Heritage Insurance Brokers, Ltd,
194 Cann Hall Rd E11....**(020) 85192044**
Or....**(020) 85361921**
Heritage Insurance Brokers, Ltd,194 Cann Hall Road
Leytonstone....**0843 8162897**
Hern & Company,Unit 3 Buckingham Court Rectory Lane
Loughton....**(020) 84183520**
Heron's Nest,Unit 7,180-182 George Lane E18 ..**(020) 85302572**
Hetheringtons Countrywide,
Loughton
252 High Rd....**(020) 85085424**
Hetrag Superstore, Ltd,96 Francis Road E10....**(020) 85560280**
Hewitt Carpers,24A Hatch Lane E4....**(020) 85240378**
Hexagon Property, Co Ltd,115 Fencepiece Road
Ilford....**(020) 85026227**
Hf Food And Wine Ltd,289 Higham Hill Road
London....**(020) 85272269**
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Chingford London....**(020) 81092757**
Hi Juice Bars,
The Exchange High Rd Ilford....**(020) 85535222**
Hi Klas Fashion, High Class Fash,430 Hoe Street
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London....**(01992) 914565**
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455 High Rd Woodford Gn....**(020) 84989333**
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E11....**(020) 85569898**
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Loughton....**(020) 85087323**
High Performance Cricket Centre, Ltd,
Unit D Fowler Road 43-49 Fowler Road Ilford....**(020) 35899165**
High Street Operators, High Street Oprs,12 Palmerston Road
E17....**(020) 85092121**
High Tech Appliances Centre, Dom Appl,375 High Street North
Manor Park London....**(020) 84703518**
Highams Lodge Management C/O Koopmans, Ltd,
Unit 13 Blackhorse Lane Highams Lodge....**(020) 37549710**
Highams Lodge Petrol Station,
Highams Ldg Filling Stn Blackhorse Lane E17....**(020) 85235225**
Highams Market & Off Licence, Off Licence,27 Winchester Rd
E4....**(020) 85233333**
Highams Park Motor, Co Ltd,35 Winchester Road
E4....**(020) 85233443**
Highams Park School,
34 Handsworth Av E4....**(020) 85274051**
FAX....**(020) 85033349**
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Highbury Quadrant Congregational Church,
254 Capworth Street E10....**(020) 73596806**
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Walthamstow London....**(020) 85210427**
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Highland Solicitors,
Ground Floor Suite 3 Excelsior House 3-5 Balfour Road
Ilford....**(020) 39417656**
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First Floor Office 2 Chingford 490 Larkshall Road
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Highmark Welding Installations, Ltd,53 Whitehall Gardens
E4....**(020) 85593873**
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Gainsborough Gospel Hall Gainsborough Avenue Manor Park
London....**(020) 85532994**
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E4....**(020) 85271400**
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New Spitalfields Mkt 15 Sherrin Rd E10....**(020) 85585995**
Hillbrow Produce, Ltd,
Unit 4 New Spitalfields Market 23 Sherrin Road
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Woodford Green....**(020) 85592553**
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Hills News,643 High Road Leytonstone
Leytonstone....**(020) 33022519**
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128 Church Hl Loughton....**(020) 85085287**
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Hilma Estate Management, Co,
Prpty Dvlpmts & Conversions,
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FAX....**(020) 85565558**
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Loughton....**(020) 85087547**
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E10....**(020) 85580884**
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IG1....**0843 2210232**
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184 George La E18....**(020) 89898542**
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Ilford 52 Cranbrook Rd....**(020) 85532808**
Loughton 212 High Rd....**(020) 85321163**
Holland & Barrett,162 High Road Ilford....**(020) 80624246**
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3 Selborne Wlk E17....**(020) 85205459**
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E17....**(020) 85093501**
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Sevenkings 706-720 High Rd 0845 6407301
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Meter Cupboard Honeysuckle Court Buckhurst Way
Buckhurst Hill....(020) 85047132
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Ilford....(020) 85530827
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74 Hoe St E17 ....(020) 85214646
Horizon Residential Care, Ltd,5 St. Mary Road
E17....(020) 85201639
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London....(020) 37594539
Horizontal Matters, Ltd,157 Wadham Road
London....(020) 37594212
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Hornchurch Management Services,The Shrubberies George La
E18....(020) 85307851
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Leytonstone, London....0845 2505041
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Forest Gate, London....0845 2505042
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Hatfield Ldg 30 Hatfield Clo Ilford....03701 924583
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Howdens Joinery,Unit 2 Hainault Indust Est 40-44 Peregrine Rd
Ilford....(020) 81040000
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E17....(020) 85318413
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Manor Park ....(020) 85140244
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Hull, & Company,FRICS, Est Agts,
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Surveyors
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Human Relief Foundation,764 Leyton High Road
Leyton....(020) 34908252
Human Relief Foundation,755 Romford Rd
E12....(020) 85146540
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125 Hoe St E17 ....(020) 85210755
Hunalp Beauty,100a Wood St E17 ....(020) 85090907
Hussain, & Co,
447B High St Nth E12 ....(020) 85481135
Hussain Fabrics, Fabric Shop,86 Ilford Lane
Ilford....(020) 84787791
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Hutchings, Dr A,
FAX ....(020) 85188435
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E17....(020) 85204960
Hutchinson 3G, UK Ltd,
Unit 40 The Mall Shopping Centre Selborne Walk
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E12....(020) 84720255
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E10....(020) 89880866
Hymas, Refrigeration Service, Sales & Serv,
178 Grove Gn Rd E11 ....(020) 85394222
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I Media Box,28 Vine Gardens Ilford ....(020) 84781021
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I Spot Property, Ltd,187 Hoe Street E17 ....(020) 85214145
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Loughton....(020) 85325000
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Buckhurst Hill....(020) 85053315
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London....07956 275222
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Ideal Housing Solutions, Ltd,Excelsior Ho 3 Balfour Rd
Ilford....(020) 89118555
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Ideal Property Consultants, Ltd,
83 Station Rd E4....(020) 85239444
Ideal Residentials,88 Ley St Ilford ....(020) 84782999
Ideal Shoe Repairs, Shoe Repairs,62 Ilford Lane
Ilford....(020) 85535193
Ideal Vision,40 Station Road E4 ....(020) 85242887
Identity Hair & Beauty,125 Fencepiece Road
Ilford....(020) 85005202
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London....(020) 86167117
Ifixez, Internet Cafe,104 Hoe Street E17 ....(020) 85200400
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Ilford....(020) 85992555
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Walthamstow London....(020) 85203048
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Ilford....(020) 33437121
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Clements Rd Ilford ....(020) 84780758
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Ilford....(020) 36742782
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Ilford....(020) 84780636
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Ilford Radio Cars, Mini Cabs,315 High Rd
Ilford....(020) 85534114
Ilford Recorder,539 High Rd Ilford ....(020) 84784444
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Morland Rd Ilford ....(020) 85541995
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Manor Park London....(020) 85143452
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London....(020) 85098444
Imagine The Future Consulting, Ltd,131 Queens Road
Buckhurst Hill....(020) 85046712
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89 Vallentin Road Walthamstow London....(020) 38276015
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E18....(020) 88855111
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E10....(020) 85582468
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Olympic Ho 28-42 Clements Rd Ilford ....(020) 84786222
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Unit 12,Bourne Ct Southend Rd
Woodford Gn....(020) 85517888
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E10....(020) 85564749
Impressions Worldwide Ltd., Gift Shop,Henley Ct Ilford La
Ilford....(020) 85145731
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Locksmiths, 24 Hour Emergency Auto Locksmith,The Lowe
Chigwell....0845 1647428
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E18....(020) 85188001
Independent Asian Fostering Bureau,
FAX ....(020) 85532989
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10 Clarendon Road London....(020) 85188646
Independent Home Care,James Yd Larkshall Rd
E4 ....(020) 85319779
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300 High St Nth E12....(020) 85489454
India Garden Ashlin Ltd,
12 Nightingale Lane London....(020) 36384526
Or ....(020) 85304650
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Loughton....(020) 85087799
Indian Ocean, Indian Takeaway,16 Burnside Av
E4 ....(020) 85313835
Indiano, Ltd, Takeaway,
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Or ....(020) 39726400
Or ....(020) 39726408
Or ....(020) 39726411
Or ....(020) 39726412
Or ....(020) 39726946
Indiano Pizza,
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Or ....(020) 85090999
Indra Travel Services, Ltd,
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E10....(020) 85584866
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Loughton....(020) 85082500
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Walthamstow....(020) 37275448
Ingenius Accountants,74 Corbett Road
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Woodford Gn....(020) 85060700
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Inovexia Limited,
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E11....(020) 89881111
Inspiration,93 George Lane E18....(020) 85329164
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FAX ....(020) 85971198
Inspirations Hair Art, Ltd, Hair Salon,668 Lea Bridge Road
E10....(020) 85396515
Inspire Dental Service Walthamstow,67A-67 Palmerston Road
E17....(020) 85211483
Instant Mortages, Ltd,
374 High Road Woodford Green....(020) 84989222
FAX ....(020) 85052260
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Aldersbrook Road Manor Park....(020) 89894661
Institute of Videograpy,The,
174 Roding Rd Loughton....0845 7413626

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Integrity Claims Management, Ltd,
Partners House 22 Montague Road E11.....**(020) 85566363**
IntenseCity UK, Limited Company, Sports,105 Chingford Road
Walthamstow.....**(020) 33758609**
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E11.....**(020) 89899058**
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Unit 2 Forest Indust Pk Forest Rd Ilford.....**(020) 85007786**
Or .....**(020) 85008935**
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528 Chigwell Road Woodford Green.....**(020) 85049652**
International It. Com, Ltd, It Solutions,
79 Station Rd E4.....**0800 9177770**
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19 Fowler Rd, Hainault Business Pk Ilford.....**(020) 85016610**
International Lift Equipment, Ltd,
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92 Cranbrook Road Ilford, Essex.....**0844 7767300**
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Unit 7 Forest Trading Estate Priestley Way E17....**(020) 85275002**
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Walthamstow Bsns Cntr Clifford Rd E17.....**(020) 85315050**
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Intoto Loughton,Vogel House 127 High Road
Loughton.....**(020) 85088976**
Investigation, Tracing and Tracking, Private Investigator,
Gateway Bsns Cntr 210 Church Rd London.....**0844 2478490**
Investigations 1st, Private Detectives,
61 Cranbrook Road .....**(020) 08880337**
Investigations 24hrs, Private Investigator,
Broadway House High Road **07017 041890**
Investment Seekers, Ltd,
51 Newlands Rd IG8.....**(020) 85297766**
FAX .....**(020) 85249991**
Invotex Limited,40 Queens Road
Buckhurst Hill.....**(020) 85042298**
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22 Broadway **0800 2346450**
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London.....**(020) 85582044**
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Manor Park London.....**(020) 80016986**
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Emergency 24Hr Auto Locksmith,Vicarage Ln
Essex.....**0845 1647186**
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London.....**(020) 84728342**
Islamic Aid, Charity,47 Theydon Street London....**0845 1308990**
Islamic Aid, Charity,Islamic Aid, 47 Theydon Street
Walthamstow, London.....**03001 113001**
Islamic Sharia Council,34 Francis Road E10.....**(020) 85587872**
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34 Francis Rd E10.....**(020) 85580581**
Island Travel & Tours,742 Eastern Av Ilford.....**(020) 85542500**
Island Travel & Tours,742 Eastern Av Ilford.....**(020) 85546200**
Islington & Shoreditch Housing Association,28 Hurst Road
E17.....**(020) 85091306**
Islington & Shoreditch Housing Association,
Repton House 2 Jacks Farm Way E4.....**(020) 85318653**
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Izmir Fashions Limited,
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Or .....**(020) 31721404**
J A B Mirrors & Glass,
FAX .....**(020) 86758382**
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E12.....**(020) 85532550**
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Unit 1a, Lea Pk Trading Est Warley Clo E10.....**(020) 85393282**
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J & H Trading, Ltd,Pegasus Wks Roebuck Rd Hainault Bsns Pk
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J J Network Services, Ltd,
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Buckhurst Hl.....**(020) 85048833**
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J P Pan Centre, Ltd,220 High Road Ilford .....**(020) 35517411**
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J Reynolds (Builders) Ltd 46-48 Nightingale Lane
London.....**(020) 85307777**
J & R News,
437 High St Nth E12.....**(020) 85528694**
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739 Romford Rd E12 Mobile **07071 229745**
J S Entertainments,Unit 5-7A,109 Maybank Rd
E18.....**(020) 85058115**
J T K Food & Wine, Ltd,279 Hampton Road
Ilford.....**(020) 84787800**
J.T.L Hire Company,67 High Street
Walthamstow, London.....**0870 1165138**
J.T Produce, Ltd,
24 Market Pavilion New Spitalfields Mkt, Sherrin Rd
E10.....**(020) 85588757**
Stand 26 Market Pavilion New Spitalsfield Mkt
E10.....**(020) 85563228**
FAX .....**(020) 85565873**
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Loughton.....**(020) 85022359**
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Woodford Green.....**(020) 85040248**
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Jakes Hamburgers,631 High Road Ilford.....**(020) 85994990**
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Woodford Green.....**(020) 85058709**
James Dry Cleaners,632 Chigwell Rd
Woodford Gn.....**(020) 85059185**
James, J,11 Woodford Av Ilford .....**(020) 85511933**
James Meryl Opticians,24 Forest Road
Loughton.....**(020) 85081325**
James Randall,29 Ashford Road London .....**(020) 80624594**
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E10.....**(020) 85397766**
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E17 .....**(020) 85098666**
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London.....**(020) 86178057**
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149A Queens Rd Buckhurst Hl.....**(020) 85041663**
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Ilford.....**(020) 85516363**
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Jas Beauty, Sal,113 Ilford La Ilford.....**(020) 89119123**
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Ilford.....**(020) 31491633**
Jas Store London, Convenience Store,227 High St
E17.....**(020) 85206183**
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Ilford.....**(020) 84782553**
Jasmine Tandoori,169 Dersingham Avenue
London.....**(020) 31491891**
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Emergency 24hr locksmith,Ley Street Essex....**0845 1647187**
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Walthamstow London.....**(020) 37943129**
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Jaycan Ltd,438 High Road Leyton
London,London .....**(020) 33028590**
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Jb Newsagents, Servs,178 Higham Hl Rd E17 ..**(020) 85278286**
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JB Transmissions Services,
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STREET WALTHAMSTOW.....**(020) 85206411**
Jenkin Partnership, Ltd,The,38 Church Hl
Loughton.....**(020) 85021339**
Jenngs Bet,27 Old Church Road London .....**(020) 80916727**
Jenpiana Hakia,354 High Street North E12 .....**(020) 84711496**
Jerk Hut, Ltd,257 Hoe St E17.....**(020) 85208599**
Jerk & Juice Restaurant, Fast Food Restaurant,
268 High Road Leytonstone E11 .....**(020) 85555909**
Jesses Cafe,68 High Street E17 .....**(020) 85215215**
Jessgrove, Ltd,Higham Hl Joint Service E Billet Rd
E17.....**(020) 85312665**
Jesus Power House Ministries, Ch Charity,
Suite 10 Cranbrook Ho 61 Cranbrook Rd Ilford....**(020) 84784766**
Jet Enterprise London Ltd,27 Waverley Avenue
London.....**(020) 36852923**
Jet Fly, Ltd,
303 High Rd Leytonstone E11 .....**(020) 85561818**
Jet, (Murco) Ltd, Petrol Stns,
Leyco Filling Station 462 Leyton High Rd
E10.....**(020) 85589882**
Jetplus Services, Ltd,153 Wood Street E17 .....**(020) 85215311**
Jewel Lock & Locksmith,
Locksmiths, 24 Hour Emergency Auto Locksmith,
Chigwell Rd Woodford Green.....**0845 1647429**
Jewel Lock & Locksmith,
Locksmiths, 24 Hour, Emergency Auto Locksmith,
Grange Pk Rd London.....**0845 1647389**

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14 Churchfields,S Woodford E18 .....**(020) 85597529**
Jewish Blind & Physically Handicapped Society,
Flat 14 Aztec House 163 Tomswood Hill Ilford .....**(020) 85000009**
Jewish Care,
Residential Homes
Vi & John Rubens Ho 5 Clarence Av
Ilford Resdts(2nd Flr) .....**(020) 85182830**
Jewish Joint Burial Society,
1 Victory Rd E11.....**(020) 89895252**
1 Victory Rd E11 FAX .....**(020) 89896075**
Jewish Lads' & Girls' Brigade,3 Beechcroft Rd
E18.....**(020) 89898990**
Jewson, Ltd, Bldrs Mrcnts,
Leytonstone
Joseph Ray Rd E11.....**(020) 85568844**
FAX .....**(020) 85584839**
Jey, & Sons Ltd,749 High Road Leytonstone
Leytonstone London .....**(020) 70629069**
Jeya, & Co, Solrs,
322 High St Nth E12.....**(020) 85521999**
FAX .....**(020) 85529933**
Jfades, Barb Shop,42a Woodford Avenue
Ilford.....**(020) 81271238**
J'harts Repro Services, Prntg & Wedding Stny,
119 Markhouse Road E17.....**(020) 85037633**
JI Financial Services, Ltd,30 Regents Drive
Woodford Green.....**(020) 85011743**
Jigsaw Day Nurseries, Ltd,
Head Office
Jigsaw Day Nursery
Unit 2 Larkswood Leisure Pk 175 New Rd
E4.....**(020) 85247063**
Jigsaw Mortgages, Ltd,Bosworth House 4 Church Hill
Loughton.....**(020) 85022980**
Jilani Chicken & Chips,8 Claybury Broadway
Ilford.....**(020) 85508833**
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E4 .....**(020) 85319919**
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JJ's Paws, Ltd,287 Ilford Lane Ilford .....**(020) 30623726**
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Walthamstow London.....**(020) 85314112**
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Ilford.....**(020) 84788222**
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Ilford.....**(020) 85143572**
Jodi Group Company,62 Bloxhall Road Leyton .**(020) 82812354**
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Unit E 11-17 Fowler Road Hainault Business Park
Ilford.....**(020) 85007510**
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87A High St Wanstead E11.....**(020) 85322222**
FAX .....**(020) 85322233**
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1e Willow Street, Chingford E4 .....**(020) 85249090**
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Residents 36 Goodmayes La Ilford.....**(020) 85982179**
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Ilford.....**(020) 85531503**
John Price, & Co, Property Conslts,
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FAX .....**(020) 85023444**
John Simmons, & Co, Prpty Mngmt,
141 High Rd Loughton .....**(020) 85024455**
FAX .....**(020) 85080195**
Johns, D.W, & Sons, Funrl Dirs,108 Station Rd
E4 .....**(020) 85291154**
Johns School Of Motoring,162 Hoe St E17.....**(020) 85201033**
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Chigwell.....**(020) 85010405**
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Walthamstow London.....**(020) 85201434**
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E12.....**(020) 89118736**
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Warehouse Forest Farm Forest Road Ilford .....**(020) 85007636**
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Jonathan Richards Accountants, Acctnts,487A Hale End Road
E4 .....**(020) 85313066**
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Or .....**(020) 85010318**
Jones, J, & Sons,150 Loughton Wy Buckham .....**(020) 82810881**
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Woodford Green.....**(020) 32252021**
Joseph Clarke School,
31 Vincent Rd E4 .....**(020) 85230774**
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Ilford.....**(020) 85180444**
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339 Hall La E4 .....**(020) 85312916**
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Ilford.....**(020) 89118899**
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London.....**(020) 85200803**
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Ilford.....**(020) 85972827**
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junkanddisorderly.com, Waste disposal & domestic, George Lane London **0844 3345509**
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Junkanddisorderly.com, House Clearances, High Rd, Leyton London **0844 3345637**
junkanddisorderly.com, Waste disposal & domestic, High Road Leyton London **0844 3345501**
junkanddisorderly.com, Waste disposal & domestic, Manor Park Road London **0844 3345503**
Junkanddisorderly.com, House Clearances, Manor Pk Rd London **0844 3345639**
Junkanddisorderly.com, House Clearances, Station Rd, Chingford London **0844 3345648**
junkanddisorderly.com, Waste disposal & domestic, Station Road Chingford, London **0844 3345512**
Junkanddisorderly.com, House Clearances, Wallwood Rd London **0844 3345638**
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K A Insurance Services, Ltd, 118 Windsor Road Ilford **0843 8163452**
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K. G Fabrications, Ltd, 210 Maybank Rd E18 ..... **(020) 85058420**
K G M Motor Insurance Services, Ltd, KGM Ho Eastwood Clo E18 ..... **(020) 85307351**
K G M Motor Insurance Services, Ltd, 14 Eastwood Close South Woodford **0843 8162986**
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FAX ..... **(020) 85560886**
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K M S, Acctnts & Tax Conslts, 161 Forest Rd E17 ..... **(020) 85033375**
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K.S Domestic Appliances, 54 Beulah Road London ..... **(020) 85093772**
K1 Tyres & Wheels, Ltd, 41 Chigwell Road London ..... **(020) 85188010**
K9 Clinic, 194 Green Lane Ilford ..... **(020) 39047288**
Kaba, (UK) Ltd, 20 Waltham Park Way Billet Road E17 ..... **(020) 85232187**
Kabelan, Ltd, 758 Eastern Av Ilford ..... **(020) 85182120**
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The Square Mill La Woodford Gn ..... **(020) 85045457**
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Kamile Hair & Beauty Salon, 747 High Rd Leytonstone E11 ..... **(020) 85396531**
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KANR Legal Services, Limited Company, Business, 5 Burns Close London ..... **(020) 78713076**
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Kapasi Auto Spares, Car Acces, 768 High Rd Leyton E10 ..... **(020) 85397968**
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Karbhari, & Co., 133 Ley Street Ilford ..... **(020) 89118111**
Karbhari Kour Accountant, Acctnts, 133 Ley St Ilford ..... **(020) 89116120**
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Kashmir Food Store, Ltd, 705 Cranbrook Rd Ilford ..... **(020) 85510042**
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Kays Corner Shop, 371 Green Lane Ilford ..... **(020) 85998883**
Kaysted, Ltd, 137 Beehive Lane Ilford ..... **(020) 85510381**
Kaz Takeaway, Ltd, 45 Queens Road Buckhurst Hill ..... **(020) 85045299**
Kc Eggs, 69 Cambridge Park E11 ..... **(020) 89896442**
Kc Kitchen, Grill Periperi Chicken, 777 Cranbrook Road Ilford ..... **(020) 85519990**
Kds Appliances, Ltd, K D S Appliances Ltd 33-35 Beehive Lane Ilford ..... **(020) 85181988**
Keating Jewellers, Ltd, 123A High St E11 ..... **(020) 89892532**
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Levelheaded,9 Brancepeth Gardens Buckhurst Hill ....(020) 85052151
Levy, A, & Son Ltd,Uplands Bsns Pk E17 ....(020) 85317651

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BDS(Lond) LDS,RCS(Eng)
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5 Argall Av E10 (Sales) ....(020) 85390237

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Leyton Bespoke Mortgages, Mortgages,High Road Leyton, London 0845 6676964
Leyton Dental Surgery,724 High Road Leyton London ....(020) 85396022
Leyton E10 Locksmith, Locksmith Services,
Hainault Buildings High Road London 07010 600495
Leyton Emergency Drain Cleaners, Drain Cleaners,High Road Leyton, London 0845 6604919
Leyton Emergency Plumbers, Plumbers,High Road Leyton, London 0845 6604198
Leyton Engineering,
Fairways Business Park Lammas Rd E10 ....(020) 85563709
Leyton Green NHS, Neighbourhood Health Service,
180 Essex Rd E10 ....(020) 85390756
Leyton Green Post Office,674 High Road Leyton E10 ....(020) 85588313
Leyton Insurance Consultants Limited, Ltd, Ins Prodivers,
430 High Road Leyton, London 0843 8162863
Leyton Legend Barbers, Barbershop,269 High Road Leyton Leyton London ....(020) 85561685
Leyton Midland Cars,
637 High Rd Leyton E10 ....(020) 85390127
Or ....(020) 85581100
Or ....(020) 85588642
Or ....(020) 85588644
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637 High Road Leyton E10 ....(020) 89881762
Leyton Office Cleaning, Ltd,41A St. Georges Rd Leyton 0845 2692985
Leyton Orient Community Sports Programme,100 Oliver Rd E10 ....(020) 85565973
Leyton Plumbers Merchant,712 Lea Bridge Road E10 ....(020) 85564981
Leyton Removals, Removals & Storage - Domestic,High Road Leyton, London 0845 6600556
Leyton Rubbish Clearance, Waste Disposal Services,
High Road Leyton, London 0845 6684355
Leyton Senior High For Girls,
London Borough Of Waltham Forest Colworth Rd E11 ....(020) 84962800
Leyton Sixth Form College,100 Essex Rd E10 ....(020) 89289000
Leyton Snooker Club, Ltd,788 High Road Leyton E10 ....(020) 85582461
Leyton Taxi Parts 2004,
Unit 6 Acacia Business Cntr 3 Howard Rd E11 ....(020) 85564433
Leyton Telecom,
FAX ....(020) 85582163
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Leytonstone Bespoke Mortgages, Mortgages,Hainault Road Leytonstone, London 0845 6676965
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Hainault Road Leytonstone, London 0845 6605058
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Leytonstone Halal Meat, Ltd,765 High Road Leytonstone E11 ....(020) 85563520
Leytonstone Islamic Association,8 London ....(020) 85397251
Leytonstone Kiosk,Leytonstone Underground Stn Church Lane E11 ....(020) 85585887
Leytonstone Local, Off Lic,749 High Rd Leytonstone E11 ....(020) 85393920
Leytonstone Locksmiths, Locksmiths,
2 Cann Hall Road ....(020) 71757956
Leytonstone Removals, Removals & Storage - Domestic,
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Leytonstone Bsns & Enterprise School 159 Colworth Rd E11 ....(020) 89887420
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London....(020) 38025824
Liberty Legal Solicitors Llp,182 High Road
Roman Road Ilford....(020) 73776804
Libraries,
Branches
Debden ....(020) 85085869
Harrow Green Library 6a Cathall Rd E11 ....(020) 84961063
Loughton ....(020) 85020181
Libraries - Essex County Council,
Buckhurst Hill
165 Queens Road 03456 037628
Chigwell
Hainault Road 03456 037628
Debden
68 The Broadway ....(020) 85085869
Epping Forest College Borders Lane 03456 037628
Loughton
Traps Hill ....(020) 85020181
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In EMERGENCY dial 999 and ask for "COASTGUARD"
Lighthouse Fish Bar London, Ltd,
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E11....(020) 89898740
Lightside,The,6 Gainsborough Rd E11....(020) 85562776
Ligita Hairdressing Salon,57 High Street E17 .(020) 85205784
Lilac Investments Essex Limited,1 Empress Avenue
London....(020) 36636428
Li-Lo Leisure Products, Ltd,
Sterling Ho Langston Rd Loughton ....(020) 85325800
Lime Tree Surgery,
321 High Rd Leytonstone E11 ....(020) 85568911
Lime Tree Surgery,38 Cann Hall Rd E11....(020) 85199914
Limes Farm Infant School,
Limes Farm County Prim & Infant School Limes Avenue
Chigwell....(020) 85011115
Limes Farm Junior School,
Limes Av Chigwell ....(020) 85007566
Lin, Hrdrsrs,29 Woodford Avenue Ilford ....(020) 85511338
Linards Carpets,
St. Swithins Fm Woodford Bdge Rd Ilford ....(020) 85500016
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56 Grove Rd E17....07071 202890
Linear Kitchens, Ltd,17 Lyndhurst Drive
Leyton....(020) 86753605
Linens Direct, Ltd,
301A High Rd Loughton ....(020) 85084229
Linguine,Hainault Forest Golf Club Romford Road
Chigwell....(020) 85001678
Linguistics On Point, Translation Servs,20 Rodney Place
E17....(020) 85235791
Link Legal Solicitors,42 Redbridge La East
Ilford....(020) 85512979
Link Up Solutions,39 St Georges Rd Leyton 0845 4569564
Linkhaven Estates, Ltd,
Amanveer House 523 Green Lane Ilford ....(020) 85994922
Links Legal Solicitors,42 Redbridge La East
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Linkside Lawn Tennis Club,,
Linkside Lawn Tennis Club Overton Drive
London....(020) 89895773
Linkslegal, Ltd,Links Legal Solicitors 42 Redbridge Lane East
Ilford....(020) 85504821
Linton Contractors, Linton Contrs Ltd Ltd, Civ Engng,
26A Roding La Sth Ilford ....(020) 85506800
Linus Auto Locksmith Serv, Locksmith,Chingford Rd
London....0845 1283717
Linus Auto locksmith services, Emergency 24hr locksmith,
Woodbine Pl London....0845 1647293
Lion Care, Ltd,186 Forest Rd Loughton....(020) 32255500
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Lion & Key Ho 475 High Rd Leyton E10....(020) 85565498
Or ....(020) 85587850
Lions Gents Hairdressers,636 Lea Bridge Road
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46 Hatch La E4....(020) 85248614
Little Bears Nursery School Limited,3 The Green
E11....(020) 85329562
Little Characters,
12 Station Rd E4....(020) 85593667
Little Diamonds Nursery,206 Northcote Road
E17....(020) 85093420
Little Fidgets,7b Forest Road Loughton ....(020) 33059136
Little Green Man Nursery,15 Lemna Road
Leytonstone....(020) 85397228
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162 Loughton Wy Buckhurst Hl....(020) 85057911
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Little Rainbow Nursery, Ltd,
64 Essex Road E12 ....(020) 84717370
Little Temptations, Ltd,97 Sixth Avenue E12....(020) 85143080
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Ilford....(020) 84785947
Littlemoore Food, Ltd,771 Romford Road E12..(020) 84785224
Living Flames Baptist Church, Charity,363 Fulbourne Road
E17....(020) 85230811
Lloyds Bank, Plc,
Personal Customers 03453 000000
Lloyds Pharmacy,
Chigwell 155 Manford Wy ....(020) 85004929
413 Hoe St E17 FAX ....(020) 85037312
Ilford 2 Brooks Pde Green La ....(020) 85992495
208 New North Road Ilford....(020) 85002099
Walthamstow 196 Higham Hill Rd E17 ....(020) 85319057
Lloyds Residential Property Services, Ltd,
Woodford Green
356 High Rd Woodford Gn....(020) 85055005
Lmo Uk Llp,
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Lmsl Group, Ltd, Landlord,63 New Wanstead
E11....(020) 85307133
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Loughton....(020) 84986590
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333 Forest Road E17 ....(020) 85310121
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907 Romford Road ....(020) 71758082
Lock & Locksmiths 24 Hours,
Locksmiths, 24 Hour, Emergency Auto Locksmith,Capel Rd
London....0845 1647391
Locks & Locksmiths 24 Hours,
Locksmiths, 24 Hour Emergency Auto Locksmith,High Rd
Essex....0845 1647311
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Locksmiths, 24 Hour Locksmith,Salisbury Hall Gardens
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Locksmiths 24hr Service, Locksmiths,Mobile Unit
London....0871 2217669
Locksmiths 24hr Service, Locksmiths,Mobile Unit
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London....0871 2217677
Locksmiths 24hr Service, Locksmiths,Mobile Unit
London....0871 2217812
Locksmiths 24hr Service, Locksmiths,Mobile Unit
London....0871 2217815
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217955
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217956
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217957
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217962
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217963
Locksmiths 24hr Service, 24 Hour Locksmith,Mobile Unit
London....0871 2217967
Locksmiths Shop, Locksmith, 24 Hour,Higham Hill
London....0844 4117237
Locksmiths Shop, Locksmiths, 24 Hour,Manor Rd
Chigwell....0844 4117277
Locktec Security Group,
Unit 1 24-26 Fowler Road Hainault Business Park
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Loders Croklaan, Ltd,
65 Rokeby Gardens Woodford Green ....(020) 39712086
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UNIT 2 FIRST FLOOR SWAN HOUSE 9-10 Johnston Road
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Logo This, Ltd,69 Sewardstone Road E4 ....(020) 85249955
Lohia Electronics,186 High Road Leytonstone
London....(020) 85196981
Lola, A,799A Romford Road E12 ....(020) 85143565
Lollys Coffee,153 Willingale Road Loughton....(020) 85021506
Lond Catering Equipment Supply,
Catering Equipment Supply,4 Lorne Road
E17....(020) 85091263
Londek, Retail,66 Cranbrook Road Ilford ....(020) 84782548
London Airports Taxi Transfer, Taxis,Hainault Road
London....0871 2217441
London Airports Taxi Transfer, Taxis,High Road
London....0871 2217440
London Airports Taxi Transfer, Taxis,High Street
London....0871 2217442
London Airports Taxi Transfer, Taxis,Hoe Street
London....0871 2217448
London Airports Taxi Transfer, Taxis,Mile End Road
London....0871 2217434
London Airports Taxi Transfer, Taxis,Woodford Road
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London Anglers Association,
Forest Rd Hall Harvey Pk Rd E17....(020) 85207477
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355-359 Ley Street Ilford ....(020) 84783817
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Births Deaths and Marriages 106 Grove Rd
Walthamstow....(020) 84962716
Environmental Health & Trading Standards
Sycamore Ho,Town Hall Complex Forest Rd
Walthamstow ....(020) 84963000
Walthamstow Central Library High St
Walthamstow....(020) 84961100
London Building Maintenance, Ltd,558 Romford Rd
E12....(020) 85148088
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London & City Finance,28 Monkswood Gardens
Ilford....(020) 85509050
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London Darbar, Ltd,198 Cranbrook Rd Ilford ....(020) 85183533
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London D I Y Centre,
603 Lea Bdge Rd E10....(020) 85036820
London Ductworks, Ltd,1 Raven Rd E18....(020) 82708877
London Ductworks Ser,6 Raven Road London..(020) 36028178
London Ductworks Ser,6 Raven Road London..(020) 36097603
London Ductworks Ser,Project House / 6 Raven Road
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London East Security Centre Limited,21 Clarence Gate
Woodford Green....(020) 85002062
London East Security Centre, Ltd,
641 Romford Rd E12....(020) 85539000
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Ilford....(020) 84780778
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42A South Access Road E17 ....(020) 85093664
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13 Oakwood Hill Industrial Estate Oakwood Hill
Loughton....(020) 85080586
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E10....(020) 85569045
FAX ....(020) 85390339
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London Locksmith Service,301 Lea Bridge Rd
London....0800 8186174
London Locksmith Service,4 Station Rd
London....0800 8186370
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London & Quadrant,Glebelands 33 Church Road
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E17....(020) 85093256
London & Quadrant,Tourers House 7 Track Street
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London & Quadrant,Saddlers House 27 Track Street
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London & Quadrant,Saddlers House 27 Track Street
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London & Quadrant,Flat 1 Tyndall Gardens 60 Tyndall Road
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London & Quadrant Housing,Emanuel Court 29 Capworth Street
E10....(020) 85565017
London & Quadrant Housing Trust,
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Leytonstone London ....(020) 89892170
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Ilford....(020) 86170977
London School Of English Language, Ltd,325-331 High Road
Ilford....(020) 84788748
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Or ....(020) 85051795
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Ave Hotel 90 Church Road E12....(020) 84780407
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Chiropody Surgery 163a Longwood Gardens
Ilford....(020) 85516729
Longwood House Dental Care, Dent,150 Longwood Gdns
Ilford....(020) 85510088
Longwood Parade Post Office,156-158 Longwood Gardens
Ilford....(020) 85501516
Longwood Pharmacy,164-66 Longwood Gardens
Ilford....(020) 85500895
Looker's Garage, MOT & Servicing,Eynsford Road
Ilford Essex....(020) 85901820
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Office 15 First Floor Alfred House 9-11 High Beech Road
Loughton....(020) 84189101
Lords Solicitors, Solrs,466 Cranbrook Road
Ilford....(020) 85182244
Lordz Catering, Ltd,Unit 20 Leyton Business Centre Etloe Road
London....(020) 37939267
Lorraine, Electronics Surveillance,
716 Lea Bdge Rd E10....(020) 85584226
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Enquiries 0845 6027498
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Loughton Academy, The, The Loughton Acad,
Sports Pavillion Langston Rd Loughton ....(020) 85028950
Loughton Bathrooms, Shwrm,
5 Peterson Ct Lower Rd Loughton ....(020) 85082985
Loughton Bathrooms, Bathroom Supplier,5 Lower Road
Loughton....(020) 84187907
Loughton Bathrooms, Ltd,
4 Lower Rd Loughton....(020) 85023800
Loughton Car Hire, Ltd,Debden Stn Chigwell La
Loughton....(020) 85080888
Loughton Clinic, Ltd,115 High Road Loughton.(020) 85087741
Loughton Community Gymnastics Cic,
40 Oakwood Hill Industrial Estate Oakwood Hill
Loughton....(020) 85320888
Loughton Contracts, Plc,
8 Loughton Business Cntr 5 Langston Rd
Loughton....(020) 85089394
8-9 Loughton Business Centre 5 Langston Road
Loughton....(020) 85082056
Loughton Cricket Club,
Club House The Uplands Loughton....(020) 85082489
Gen Enqs ....(020) 85022064
Loughton Dental Clinic,98 High Rd Loughton .(020) 85084195
Loughton Glass,11 Forest Road Loughton ....(020) 85086669
Loughton Mental Health Centre,
8 High Beech Rd ....(020) 82714000
Loughton Methodist Church,260 High Road
Loughton....(020) 85023071

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Loughton Scaffolding Merchants, Ltd, Enterprise House 10 Church Hill Loughton....(020) 85320044
Loughton Self Drive, Ltd, Debden Stn Chigwell La Loughton....(020) 85080888
Loughton Town Council, 1 Buckingham Ct Loughton....(020) 85084200
FAX....(020) 85084400
Loughton Training Centre For The Mentally Handicapped, Adult Training Cent Torrington Dv Loughton....(020) 85084537
Loughton Tyres, Ltd, Tyre Servs, Unit A4 Seedbed Centre Langston Road Loughton....(020) 85020208
Love Toast,215 High Street E17....(020) 85203926
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Low Hall Nursery School,Low Hall La London....0843 5154522
Loxford School Of Science & Technology, Loxford School Of Science & Technology Loxford Lane Ilford....(020) 85147754
Loxford Social Club, Pte Club,104 South Park Drive Ilford....(020) 85981850
Loyal Teddies,216 New North Road Ilford....(020) 38748026
Loyola Preparatory School, 103 Palmerston Rd Buckhurst Hl....(020) 85047372
LPS Estates, Ltd,625 High Rd Leytonstone E11 .(020) 85393677
LS Accountants Services, Ltd,316 Ilford Lane Ilford....(020) 36490474
Lucaray,562 Cranbrook Road Ilford....(020) 37540327
Lucas McMullen Jacobs,258 High Rd Loughton....(020) 84183222
Lucilla Schoolwear, Ltd,180A Cranbrook Road Ilford....(020) 85545133
Lucky Castle,8 Copper Beech Close Ilford....(020) 85500177
Lucky Centre,304 High Street North London....(020) 85868530
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Lugano,3 Powell Road Buckhurst Hill....(020) 85052695
Lulu Luxe, 76 High Street Ilford....(020) 35602523
Or....(020) 35602524
Lumley's, Crpts & Flooring, 45b Queen's Rd Buckhurst Hl....(020) 85052800
Or....(020) 85052255
Luna & Sunny, Ltd,7 Church Lane E11....(020) 85187463
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FAX Unit 2 Hookers Rd E1....(020) 85276667
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Luppolo Pizza, Ltd,34-40 High Street Wanstead E11....(020) 85308528

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Lynk Management Consultants, Ltd, 83 Woodford Rd E18....(020) 85364100
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Lynridge Hotel, Ltd,52 Eastwood Road Ilford....(020) 85994187
Lynx Dry Cleaning Supplies, Pegasus Wks Roebuck Rd, Hainault Business Pk Ilford....(020) 85000202
Lynx Dry Cleaning Supplies, Ltd, Unit S, Pegasus Wks Roebuck Rd Hainault....(020) 85002786
2-8 Roebuck Road Hainault Business Park Ilford....(020) 81720383
Or....(020) 85015247
Lyonswood Investigations and Forensics Group, Private Investigator,228 High Street North Manor Park....0844 7766255
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M A Electronics, Ltd,746a Romford Road E12....(020) 85533441
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M A S, (London) Co,56 Gordon Road Ilford....(020) 39680256
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M & Carpet & Furniture, Crpt Shop,237 Hoe St E17....(020) 85204100
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M G A Ceramic Wholesale Distributor, 188 Chingford Mt Rd E4....(020) 85241326
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M & G Construction, Ltd, Gilbert Ho Stanley Rd Ilford....(020) 84782725
M G Hair & Body Treatments, Ayurbedik Treatment, 34-36 Cameron Road Ilford....(020) 85990909
M G Products, Ltd, 137 Beehive La Ilford....(020) 85515565
M & H, Sons Ltd,618 Green Lane Ilford....(020) 85903493
M & J Motors, Car Rprs, Brunner Rd E17....(020) 85092004
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FAX....(020) 84183550
M K Carpets & Furniture,192 Ilford La Ilford....(020) 85140442
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M & M Accountants,528 Forest Road Walthamstow....(020) 85099708
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M.mile Studios, Ltd,15 Clifford Road Walthamstow London....(020) 85318362
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M P Builders,9 Woodstock Gardens Ilford....(020) 82153148
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M R Solicitors Llp,140 High Road London....(020) 80919514
M S, & Co, Acctnts,7 Amwell View New North Road Ilford....(020) 85015122
M & S Management Services, Ltd,58 Friday Hill East E4....(020) 85244700
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Maala Dining, Events,300-10 High Road Ilford.(020) 89110500
Maan Plumbing & Diy,314 High Rd Leyton E10....(020) 85584855
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McCarthy & Stone, (Developments) Ltd, Sales Office,Sovereign Pl 2 St.Johns Rd Loughton....(020) 85023640
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McDonald's Restaurants, Ltd, Restaurants Barkingside 21 High St....(020) 85512016
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McGowan Carr, Ltd, Independent Financial Advisers, PO Box 50910 London E4....0870 8508012
McGrath, Ltd Bros, 43 Horsley Road E4....(020) 85295578
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Machine Mart, Ltd, 503 Lea Bridge Road E10....(020) 85588284
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Made In Portugal Delicatessen, Ltd,171 Shernhall Street E17....(020) 85037970
Madina Foods, 793 Romford Road,Manor Park London....(020) 85148999
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Man Foods, Ltd, Whsle Food Supplier, Unit 5 Dorma Trading Park Staffa Road E10....(020) 85582078
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Manor Car Services, Mini Cabs, 420 High St Nth E12....(020) 85034444
Manor Deli,716 Chigwell Rd Woodford Gn....(020) 85050634
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Manor Glazing, Ltd,863 Romford Rd E12....(020) 85140066
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Manor Park Christian Centre, High Street North London....(020) 84709930
Manor Park Community Association,524 London....(020) 85140903
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Loughton FAX ..... **(020) 85083259**
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Maslen Motors,876 Lea Bridge Road E17 ..... **(020) 85390033**
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Chigwell ..... **(020) 85599100**
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Woodford Gn ..... **(020) 85054259**
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341 Cranbrook Road Ilford ..... **(020) 85543079**
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Loughton ..... **(020) 84187700**
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Walthamstow ..... **(020) 85203949**
Mews Productions,
The Hiltongrove Bsns Cntr, 12-15 Hatherley Mws
London **0843 5154801**
Mexstone Limited,514 Lea Bridge Road E10 ..... **(020) 85391667**
Mezbani Bangladeshi Restaurant,
576 Cranbrook Road Ilford ..... **(020) 36851879**
Or ..... **(020) 36851880**
Mezze,
24 The Broadway Woodford Green ..... **(020) 85044034**
Mezze Ocakbasi,1-2 Johnston Road
Woodford Green ..... **(020) 85054312**
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Ilford ..... **(020) 85535828**
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MGM Investigations, Private Investigator,
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123 Hoe St E17 ..... **(020) 85204151**
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E10 ..... **(020) 85584089**
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(Surgery - 24 Hrs) 655 High Rd Leyton E10 ..... **(020) 85393538**
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Mighty Pound, U K Ltd,175 High Road Ilford ..... **(020) 45313184**
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Harrow Gn Lib Cathall Rd E11 ..... **(020) 85589270**
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Milano Couture,Unit 16 27 Selborne Walk E17 ..... **(020) 85214134**
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Milano Pizza,
550 High Road Leytonstone London ..... **(020) 45014376**
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Ilford ..... **(020) 85506969**
Milk 2, Ltd,23A St. James's Street E17 ..... **(020) 85219185**
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E10 ..... **(020) 85394044**
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Gateway Bsns Cntr 210 Church Rd E10 ..... **(020) 30223025**
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Locksmiths, 24 Hour, Emergency Auto Locksmith,Byron Av
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Mizrahi, Dr Orthodontist,128 Woodford Avenue
Ilford ..... **(020) 85519336**
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E17 ..... **(020) 85271830**
mkfashion.co.uk, Clothes Shop - Ladies,
Units 22 & 23, Lower Level The Exchange High Rd
Ilford **0871 6631053**
mkfashion.co.uk, Clothes Shop - Ladies,33 Selbourne Walk
Walthamstow **0871 6631193**
Mmk & Associates, Acctcy,388 Lea Bdge Rd
E10 ..... **(020) 85586007**
Moben Kitchens, Ltd,
Branches
Ilford 63 Cranbrook Rd Ilford ..... **(020) 85147597**
Kings Rd 4 Kings Rd E4 ..... **(020) 85292521**
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583 Cranbrook Rd Ilford ....(020) 85517512
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Mobile & PC Solutions,286 High Road Leyton
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Mode Beauty Essentials,Caxton House Old Station Road
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Mode Beauty Therapy, Ltd,Caxton House Old Station Road
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Model Platform, Ltd,222 Grove Green Road
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Mohamed Ayub,284 High Road Leyton London ..(020) 83067482
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59 Cranbrook Rd Ilford ....(020) 85144777
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Ilford ....(020) 85545147
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Moss, F.E, Glaz,Bldrs Mrcnt,678 Green Lane
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Mossford Construction, Co Ltd,110 High Rd
Loughton ....(020) 85086060
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Motorwise Auto Solutions, Ltd,633 Eastern Avenue
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Ilford ....(020) 84919066
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Mr Gadget Solutions, Ltd,Unit 14 London ....(020) 85206990
Mr. Gordan Goldie,747 High Road
Buckhurst Hill ....(020) 85059819
Mr Khaled Rahman,
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Mr Lender,West Wing Sterling House Langston Road
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Mr Saghir Ahmed,44 Wood St E17 ....(020) 85209317
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Mr. Shuaib Rasool, Stationary,113 George Lane
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Mulberry Interiors,8 Church Hill Loughton ....(020) 85081294
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Munro Instruments, Ltd,Unit 6,406 Roding La Sth
Woodford Gn ....(020) 85517000
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E11 ....(020) 85307291
Murkem, Ltd,110 High Street E17 ....(020) 85202020
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E11 ....(020) 89894122
Murray, W, & Co,
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708 Lea Bdge Rd E10 ....(020) 89880444
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Ilford ....(020) 85500899
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Arodene Ho 43 Perth Rd Ilford ....(020) 85184336
FAX ....(020) 85548430
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Walthamstow London ....(020) 85218440
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Walthamstow London ....(020) 80010276
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Ilford ....(020) 85143681
N C S Plumbing & Heating Services, Ltd,440 Larkshall Rd
E4 ....(020) 85233103
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720a Eastern Avenue Ilford ....(020) 85549064
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11-17 Fowler Rd Hainault ....(020) 85000077
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77 Wallwood Rd E11 ....(020) 85396855
Nacro Housing in London,
67 Mornington Rd E11 ....(020) 85564009
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2a Hickling Road Ilford ....(020) 38761024
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Nail Beauty Salon,170 Hoe Street E17 ....(020) 85092578
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Walthamstow London ....(020) 33024709
Nails,90 Snakes Lane East Woodford Green ....(020) 85056793
Nails And Hair City, Ltd,11 Snakes Lane
Woodford Green ....(020) 85043566
Nails & Cocktails, Nail Bar & Beauty Treatments,
2 Churchview Buildings Chingford ....(020) 39030749
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Chingford 267 Chingford Mount Rd 0500 970594
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Walthamstow 19 High St 0500 970599
Walthamstow 41 Wood St 0500 970590
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Charitable Trust,45 Russell Road London 07041 478120
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Loughton ....(020) 85024701
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Ilford ....(020) 85186020
National Union of Teachers,The,
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266 Chingford Mt Rd 0800 5540245
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FAX 0845 5860212
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589 Lea Bdge Rd 0800 5540636
FAX 0845 5860636
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E11 ....(020) 89896945
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Woodford Green
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Ilford Essex ....(020) 36514649

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E12....(020) 85526438
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E12....(020) 85481210
Nelson College London, Ltd,
Olympic Ho 28 Clements Rd Ilford....(020) 85140033
Commercial Ho 406-10 Eastern Av Ilford....(020) 85181154
Netcafe,24 High Street London....(020) 85208829
Netherhouse,Sewardstone Road Chingford....0843 5154582
Nets International, Ltd,Unit 5 Oakfield House 1-6 Oakfield Road
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Ilford All Enquiries....(020) 33320008
Ilford FAX....0872 0850217
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Buckhurst Hill....(020) 85042420
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Ilford....(020) 85503545
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Ilford FAX....0872 0850112
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London....(020) 85299982
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Loughton....(020) 85023308
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Leyton London....(020) 85569716
New Direction Studio,60 Queens Road
Buckhurst Hill....(020) 85040504
New Fame Foods, Food,115-27 Cranbrook Road
Ilford....(020) 89119581
New Generation Salon,701 High Rd, Leyton
E10....(020) 85563395
New Graces Chinese Restaurant,299 High Road Leytonstone
E11....(020) 85398284
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Loughton....(020) 85086178
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London....(020) 85566621
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New Life,The Shrubberies 9 George Lane
London....(020) 36433728
New London Metal, Mr Haci Yildirim, Ret,
Units 12 And 13 Cromwell Industrial Estate Staffa Rd
London....(020) 89881989
New Look, Ladies Fash Retlr,
Branches
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4 Tanners La Ilford....(020) 85504366
Or....(020) 85506838
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Loughton....(020) 85024019
New North Rd Service Station,215-17 New North Road
Ilford....(020) 85013340
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Manor Park London....(020) 45370948
New Tech Fr Limited,736A Eastern Avenue
Ilford....(020) 36483404
New Tech Roofing, Ltd,41 Thaxted Road
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New York Nail,59 Station Road E4....(020) 85248157
New York Nails,243 Hoe Street London....(020) 34172430
Newbury Group Practice,
40 Perrymans Fm Rd Ilford....(020) 85541094
Or....(020) 85182414
Or....(020) 85543944
Newbury Park Primary School,Perrymans Farm Road
Ilford....(020) 85546343
Newbury Park Synagogue,
23 Wessex Clo Ilford (24 Hr Ansaphone)....(020) 85970958
Newham Community Renewal Programme,
Centres
Trinity East Av E12....(020) 84728947
Newham London Borough of,
Education Department
Debden House Residential Centre Debden Ho Debden Gn
Loughton....(020) 85083008
Schools
Comprehensive
Little Ilford Browning Rd E12....(020) 84788024
Nursery
Sheringham Sheringham Av E12....(020) 85532479
Primary
Essex Sheridan Rd E12....(020) 84720322
Monega Monega Rd E12....(020) 84720533
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St. Winefride's R.C Church Rd E12....(020) 84780510
Youth Centres & Clubs
Shipman Prince Regent La E16....(020) 74761189
Housing Department
Wardens - Elderly Persons Dwellings
2 Clifton Rd E16....(020) 74744963
Jack Cornwell Community Cntr Jack Cornwell St
E12....(020) 85533459
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Division,495 High St Nth E12....(020) 85578969
Newham University Hospital,Glen Rd E13....(020) 74764000
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Newport Childrens' Centre,167 Dawlish Road
E10....(020) 89889600
Newport Nursery School,167 Dawlish Road
E10....(020) 85588229
Newsagent,362 Manford Way Chigwell....(020) 85000221
Newsbox,152 Church Hill Loughton....(020) 85081994
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Next Room Karaoke Studio, Karaoke,Hoe Street
London....0871 2217029
Next Room Karaoke Studio, Karaoke,New Road
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Next Room Karaoke Studio, Karaoke,Woodford Road
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Music Studios & Practice Rooms,Hainault Road
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Music Studios & Practice Rooms,High Road
Leyton, London....0871 2217150
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Music Studios & Practice Rooms,High Street North
London....0871 2217152
Next Room Music Productions,
Music Studios & Practice Rooms,Hoe Street
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Music Studios & Practice Rooms,New Road
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London....0871 2217158
Next Room Music Recording, Recording Services-Sound,
Hainault Road London....0871 2217275
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High Road Leyton London....0871 2217274
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Hoe Street London....0871 2217281
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Wood Road London....0871 2217282
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Loughton....(020) 85088300
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5-6 Broadway Parade The Broadway London....(020) 36381271
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7 Johnston Rd Woodford Gn....(020) 85062333
Nicholas,Razak & Mallery, Acctnts,70 Wood St
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Nichols Bros (Wood Turners), Ltd,
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Nichols Interiors & Construction, Ltd,96 The Ridgeway
E4....(020) 85293636
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Nickel Press,703 High Road Ilford....(020) 85903264
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Ilford....(020) 85548100
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E10....(020) 85398440
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Nino's Restaurant, Italian Restaurant,
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Noor Ul Islam Primary School,
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Manor Park
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Chigwell Medical Centre 300 Fencepiece Road
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117 Worcester Cres Woodford Gn....(020) 85026555
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Oceans Delight, Trade,620 Chigwell Road
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699 High Rd Ilford....(020) 85990008
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FAX....(020) 85204805
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Owl, The,The Owl Lippitts Hill Loughton....(020) 85020663
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PRS Flooring, Unit 15 The Sidings Hainault Rd E11....**(020) 85569192**
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Queen's Road Opticians, 55 Queen's Rd Buckhurst Hl....**(020) 85045175**
Queens Road Osteopathy,48A Queens Rd Buckhurst Hl....**(020) 85029244**
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Quick Claims Management Ltd,The,397 High Rd Woodford Gn....**(020) 85591444**
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R B Services, Property Maintenance, Enquiries **0870 6083223**
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Homes 5 Blueberry Clo Woodford Gn....**(020) 85597585**
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R.C.T Construction, Ltd, 105 Station Road London....**(020) 85593533**
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Raja, J, & Co, 962 Eastern Av Ilford....**(020) 85904500**
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Reception FAX ....**(020) 82724603**
District Nurse ....**(020) 82724690**
Epping Forest Day Unit ....**(020) 82724630**
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E4 ....(020) 85298543
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Manor Park London ....(020) 33408135
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Woodford Green ....(020) 85041145
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E17 ....(020) 85279261
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Loughton ....(020) 85087247
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Ilford ....(020) 85540102
Richard Baker Harrison, Ltd, Chem, Min Distribs,
FAX ....(020) 85549282
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Buckhurst Hill ....(020) 85058800
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117 The Ridgeway E4 ....0872 4365479
Ridgeway Hotel, Ltd,
115 The Ridgeway Chingford ....(020) 85239258
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Right Choice Mobility, 391 Larkshall Road E4 ....(020) 85277487
Right Solutions, Ltd, 54 New Road Ilford ....(020) 85973270
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Ilford
14 Roding Lane Sth Ilford ....(020) 85507981
Ring Back, 20 Bosgrove E4 ....(020) 85299483
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Walthamstow London ....(020) 34895282
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London Loughton ....(020) 85084205
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Ilford Unit 42, The Exchange, Mid Level High Road
Ilford 0844 8269813
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Unit 42 The Exchange, High Road Ilford 03448 269813
River Island, Walthamstow, Clothing Store, 24 Selborne Walk
Walthamstow 03448 472570
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River Surgery, The,
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Loughton ....(020) 36056826
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Manor Park London ....(020) 38760790
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Rmr Recruitment, Ltd, Beckett Ho Ilford Hl
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RNID - for Deaf & Hard of Hearing People,
Unit 25 Bourne Ct Unity Trading Est, Southend Rd
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Head Office & General Enquiries West Quay Rd
Poole 0845 1226999
Roadsure, Ltd, Ins, 14 Eastwood Cl E18 ....0872 4365629
Rob Retail, Ret, 233 High Road
South Woodford London ....(020) 85040159
Robbins, Helen, Solrs,
6 Gainsborough Rd E11 ....(020) 85580038
Robert Bell Salon, 7 Jubilee Parade Snakes Lane
Woodford Green ....(020) 85051642
Robert Clements, Ltd, The Sidings Hainault Rd
E11 ....(020) 85566595
Robert, Gerrard, & Co, 144 Station Road E4 ....(020) 85293333
Robert Lewis, Ltd, 2 Cheviot Way Ilford ....(020) 85991300
ROBERT LEWIS (MARYLEBONE), Ltd,
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Roberts, E.J, Roofing Ltd,
33 Skeltons La E10 ....(020) 85390077
FAX ....(020) 85390099
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13 Mulberry Way South Woodford ....(020) 89891829
FAX ....(020) 89894644
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Robin Hood, The, Pblc Ho, Robin Hood Htl Epping New Rd
Loughton ....(020) 85081104
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North London ....(020) 34893143
Robins And Day, Robins And Day Chingford Road
North London ....(020) 80012741
Robins Pie & Mash,
14 High St Wanstead E11 ....(020) 89891988
Robins Pie & Mash, Ltd, Unit E10 Seedbed Centre Langston Road
Loughton ....(020) 85081513
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Robinson Sterling Chartered Accountants,
616D Green La Ilford ....(020) 85984130
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616D Green Lane Ilford ....(020) 85861789
Robinson Sterling Financial Planning, Ltd,
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Commercial Mortgage Broker, New Road
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Commercial Mortgage Broker, High Road
Leyton, London 0871 2218134
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Commercial Mortgage Broker, Hainault Road
Leytonstone, London 0871 2218135
Roche Commercial Mortgages (Manor Park),
Commercial Mortgage Broker, High Street North
Manor Park, London 0871 2218136
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South Woodford, London 0871 2218143
Roche Commercial Mortgages (Walthamstow),
Commercial Mortgage Broker, Hoe Street
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Alderton Hl Loughton ....(020) 85081173
Or ....(020) 85320990
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Woodford Gn ....(020) 32250000
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Loughton ....(020) 85080101
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2A Chadwick Rd Ilford ....(020) 85148513
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Rohpharm, Ltd, Dispng Chemst,
149 Cranbrook Rd Ilford ....(020) 85143254
ROJ Coffee, Ltd, 24 Queens Road
Buckhurst Hill ....(020) 85040913
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Rolamvale, 11 Forest Road Loughton ....(020) 85025625
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E4 ....(020) 85272676
Roliam Road Services,
9 Oakwood Hill Industrial Estate, Oakwood Hill
Loughton ....(020) 85086262
9 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ....(020) 85081234
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185 Hoe St E17 ....(020) 85204555
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Romford Glass, (London) Ltd,
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Rona Partnership, Chrtd Survyrs, 225 Cranbrook Rd
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Roof-Link Industrial Services, Ltd, Brooklyn Lodge Mott St
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Rosemount Flooring, Ltd, Flooring,
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Ilford....(020) 85545691
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Or ....(020) 85399662
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E18....(020) 85303222
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301 Cranbrook Rd Ilford....(020) 85543481
Rossmore Hotel, Ltd,301-309 Cranbrook Road
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Walthamstow London....(020) 85098777
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FAX ....(020) 85033520
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Rowe Sports, Spts Shop,1 New Road E4 ....(020) 85241495
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70 Cranbrook Rd ....(020) 85533815

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E16....(020) 85001255
Royal Epping Forest Golf Club,
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E4....(020) 85292195
Royal Forest,The,4 Rangers Rd E4 ....(020) 85237246
Royal Oak, Pblc Ho,Royal Oak P.H 219 Kings Head Hill
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Loughton....(020) 85320283
Royal Scot Crystal, Ltd,2 Westfield Loughton ..(020) 85082435
Royal Society Of St. George,The,10 Church Hl
Loughton....(020) 32255011
R&R Couriers, Ltd, Logistics,124 Stocksfield Road
London....0843 8164656
RS Car Sales, Ltd,83-85 Russell Road E10 ....(020) 37950500
RS Worldwide, Htl Mngmt Servs,
121 Olympic Ho 28 Clements Rd Ilford ....(020) 84788494
279 Ilford Lane Ilford....(020) 89119546
Rs Z & Z Store, Offlicence,530 High St Nth
E12....(020) 89119173
Rubyrose Healthcare,Woodland Grange Care Home Rectory Lane
Loughton....(020) 85089220
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877 High Rd Leytonstone E11 ....(020) 85188333
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Unit 4 East 10 Enterprise Park Argall Way
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Woodford Gn....(020) 85051925
Rupas Techniques Ltd,523 Cranbrook Road
Ilford....(020) 85180999
Ruperts, Furn Rprs,33 Victoria Road E18 ....(020) 85306229
Rushcroft School,Rush Croft Sports College 57 Rushcroft Road
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Russells, Solrs,
119 Station Rd E4 ....(020) 85295933
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E11....(020) 85559321
Ruttycom, Garage,109 Railway Arches Lea Bridge Road
E10....(020) 85390576
Ruz, Ret,736-40 Romford Road E12 ....(020) 84781924
Rvl,Second Floor 210 Estate Way E10....(020) 85583845
RyanCare Fostering,
5A Wellington Rd E11 ....(020) 89894970
Ryancare Fostering, Ltd,5A Wellington Road
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Rydal Group Practice,
375 High Rd Woodford Green ....(020) 85046686
Ryman The Stationer,
Branches
Ilford The Exchange Shopping Centre High
Road ....(020) 85533534
Walthamstow 249 High St E17 ....(020) 85202829
S A A M Logistics, Uk Ltd,736-740 Romford Road
Manor Park London ....(020) 85530008
S & A Gregory, Ltd,Lynwood Steeds Way
Loughton....(020) 85082861
S & A Hairdressing, Ltd, Sal,742 Romford Road
E12....(020) 85146450
S A Law Chambers,
Ilford
160 Cranbrook Rd Ilford ....(020) 85540012
S.B Accountancy,23 Tudor Road E4....(020) 85230727
S & B Food, Ltd,116 High Street E17....(020) 85208350
S.J.M.Alloys & Metals,191a Princes Road
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638 Lea Bdge Rd ....(020) 85564222
S K S Double Glazing, Ltd,Offices Rear Of 58 Ilford Lane
Ilford....(020) 85145642
S M Khairul Islam,Durham Place,6 Eton Road
Ilford....(020) 34904995
S N R Property, Co U K Ltd,8 Parklands
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S P L Drywall, Ltd,34 Anne Way Ilford ....(020) 38276208
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S.S Builders Merchants, Ltd,
40 Bickley Rd Leyton....(020) 85390414
FAX ....(020) 85214618
404 Hoe St Walthamstow ....(020) 85206525
S & S Investigations, Private Investigator,
230 High Street North 0844 8021574
S S R Thanga Maligai,246 High Street North
E12....(020) 85526577
S T Bennett, & Co,Warwick Ho 116 Palmerston Rd
Buckhurst Hl....(020) 85052941
SA Law Chambers,Heraldic House 160-62 Cranbrook Road
Ilford....(020) 85184051
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177 High St Chigwell (Parts Dept,) ....(020) 85003561
Saar Takeaway, Ltd,22 Hoe Street
Walthamstow....(020) 37958577
Saay Tharn, Bistro,
Loughton
13 Forest Rd Loughton....(020) 85084423
Sabina Ilford, Hair Cosms,106 High Road
Ilford....(020) 36328255
Sabras,400 High Street North London....(020) 84702007
Sac Structural Engineering,Suite 202 344-48 High Road
Ilford....(020) 37249557
Sackwild, D, & Associates, Dent Surgs,16 Glebelands Avenue
E18....(020) 89891935
Saddlers,9 The Shrubberies George Lane E18....(020) 89892222
Saddlers Taxis,
Station App Loughton....(020) 85025555
Saddlers Taxis,Chingford E4 ....(020) 85247777
Saddlers, UK Ltd,8 Yew Clo Buckhurst Hl....(020) 85051111
Sadlers Taxis,Station App Loughton ....(020) 85086600
Sadler's Taxi Service,
Loughton
Station Approach Loughton....(020) 85022322
Or ....(020) 85080107
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Saeeds Fabrics,96 High Street London....(020) 85091836
Safe Skills, Ltd,23 Malmesbury Rd E18....(020) 85056901
Safedale,32 Queens Road Buckhurst Hill ....(020) 85042162
Safeside Supported Living Services, Ltd,3 Sheredan Road
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Safestore Self Storage,
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778-784 High Rd Ilford ....(020) 85038140
FAX ....(020) 85038148
Saffron Accessories, Ltd,197 Larkshall Road
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Saffron Supplies, Ltd, Clothing Wholesaler Ladies,
12 St.Marys Road Ilford, Essex....0845 5081598
SAFT Power Systems, Ltd,
Ilford
97-101 Peregrine Rd Ilford....(020) 84981177
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Manor Park ....(020) 85865861
Sahara For Life,211 Forest Rd E17 ....(020) 85231115
Sahara Homes,477-81 Cranbrook Road Ilford ....(020) 85542057
Saho Financial Services, Financial Services,
232 High Street North E12 ....(020) 84704444
Sahra Homes,477-81 Cranbrook Road Ilford....(020) 85186091
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63 Ethelbert Gdns Ilford ....(020) 85507944
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Ilford Lane Ilford....(020) 85530145
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Low Hall Chingford Walthamstow Av E4....(020) 85232617
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E17 (General Enquiries) ....(020) 85216113
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St.Andrews, Church Hall,The Drive Ilford ....(020) 85549721
St.Aubyn's School,
Woodford Green
Woodford New Rd
Woodford Gn (Sports Centre) ....(020) 85590676
St.Catherine Care Home,15 Cann Hall Road
E11....(020) 85550722
St.Cedd's RC Church,
Goodmayes 4 Blythswood Rd
Ilford (Presbytery) ....(020) 85909026
St.Eleftherios Greek Orthodox Church,Ruckholt Road
E10....(020) 85391425
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St.Francis' Hospice,
Shops
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65 Falmouth Av E4 ....(020) 85273072
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E17....(020) 85037505
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St.James cars,28 St.James's St E17 ....(020) 85217777
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St.James United Reformed Church,Palmerston Road
Buckhurst Hill....(020) 85050300
St.John Fisher Catholic Primary School,
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Burney Dv ....(020) 85086315
St.John's Lodge Management, Ltd,
St.Johns Lodge St.Johns Road Loughton ....(020) 85086256
St.John's RC Special School,
Woodford Bridge Turpin's Lane
Woodford Bdge ....(020) 85041818
St.Joseph's Catholic Infants School,
St.Joseph's R C Infants School 1 Marsh Lane
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St.Joseph's Convent,57 Cambridge Park E11...(020) 89893142
St.Lukes Care Home,330 Ilford Lane Ilford....(020) 85535395
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St.Mary'S Church,St Marys Vicarage High Road
Chigwell....(020) 85599574
St.Marys Church House, (Warden),
St.Marys Church Ho Orford Rd E17 ....(020) 85215361
St.Mary's C Of E Primary School,
1 Brooke Rd E17....(020) 85211066
St.Marys Welcome Centre,8 Church End E17 ..(020) 85201430
St.Patrick's Catholic Cemetery,
St.Patrick's Rc Cemetery Lodge 57 Langthorne Road
E11....(020) 85392451
St.Patrick's Catholic Primary School,1 Longfield Avenue
E17....(020) 85094300
St.Saviours C Of E Primary School,
33 Verulam Avenue E17 ....(020) 85202739
St.Saviours Primary School,33 Verulam Avenue
E17....(020) 85200612
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Sai-Pac, (UK) Ltd, Packing,Polythene Bags,
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South Pk Bsns Cntr 310 Green La ....(020) 85904563
Saji Property Services, Ltd,10-12 Argyle Road
Ilford....(020) 30789338
Sajid Food Store, Convience Store Btchr,704 High Road Leyton
Leyton London....(020) 32080012
Saki Soft, Ltd,
Unit 16 Bourne Court Unity Trading Estate Southend Road
Woodford Green....(020) 85500111
Salamis Restaurant,
402A Cranbrook Road Ilford....(020) 85540900
Or ....(020) 85548233
Or ....(020) 85548579
Saleem Khan,261A High Road Leytonstone
E11....(020) 85191238
Saleem Optical, Ltd, Opticians,7 Palace Parade High Street
E17....(020) 85205535
Salennix, Ltd,18 Southview Crescent Ilford....(020) 85181155
Saliko,88 Market Pavilion New Spitalfields Market Sherrin Road
E10....(020) 85187269
Salim Caterers,90 Palmerston Rd E17 ....(020) 85092555
Sali's Lounge, Ltd,19 Winchester Road
Chingford London....(020) 37957463
Sally Hair & Beauty Supplies, Ltd,
Branches
Ilford 537 Cranbrook Rd Ilford ....(020) 85541210
Salmon Brothers Plumbing,209 Ashburton Avenue
Ilford....(020) 31512575
Salon 182, Ltd,182 High Road Loughton ....(020) 85024212
Salon At 74, Ltd,74 Beulah Road E17....(020) 82792667
Salon Connections,
157 High St Barkingside....(020) 84182490
Salon, Ltd, Salon,561 High Road Leytonstone
Leytonstone London ....(020) 70418897
Salon Services, Ltd,Unit A2 Seedbed Centre Langston Road
Loughton....(020) 85022009
Salters Garage,Unit D 224 Billet Road E17 ....(020) 85275067
Salvation Army,
Local Corps & Community Centres
Ilford Corps
15 Clements Rd ....(020) 84782961
Walthamstow
Charity Shop 434 Forrest Rd E17 ....(020) 85214980
Salvation Army Charity Shop,208 High Road
Ilford....(020) 84788015
Salvation Army Walthamstow,The,2 Rodney Place
E17....(020) 85313264
Salvation Army Walthamstow,The,
The Salvation Army Walthamstow,434 Forest Road
E17....(020) 85213029
Salvation Army Woodford Corps,The,58 Cranbourne Avenue
E11....(020) 89898569
Salway Cookhouse,172 High Road
Woodford Green....(020) 85592122
Salway Evangelical Church,Salway Hall Forest Approach
Woodford Green....(020) 85059619
Sam Auto Electric,317 High St Nth E12....(020) 84700846
Sam Travel And Tours,714 Romford Road
London....(020) 45011305
Sam Travel Centres,
Main 803 Romford Rd E12 ....(020) 84788911
805 Romford Rd E12....(020) 85533433
FAX ....(020) 85534374
Samaritans Purse,Victoria House Victoria Road
Buckhurst Hill....(020) 85591180
Samaritan's Purse International,
Buckhurst Hill
Victoria Ho Victoria Rd Buckhurst Hl....(020) 85592044
Victoria House Victoria Rd Buckhurst Hl ....(020) 85046843
Samcon Technologies, Ltd,67 Chingford Mount Road
E4....(020) 85230698
Same Day Office Space,
Ilford
Olympic Ho 28 Clements Rd Ilford....(020) 85144965
Samia Hussain,52 Queens Road London....(020) 85037143
Samita Ltd T/A Samita Doors & Panel, Trvl Agent,
402 Green Lane Ilford ....(020) 85995432
Sam's Accounting Services, Ltd,
Walthamstow
92 Forest Rd E17....(020) 85098484
FAX ....(020) 85098282
Sam's Fish & Chips,
15 Station Rd E4....(020) 85239394
Samsco Global, Mr M.M.Ahmed, Technology,661 High Road
Ilford....(020) 85999966
Samuel, H, Ltd, Wtchmkr & Jwlr,
Ilford The Exchange High Road ....(020) 85145098
Sana Mechanical & Electrical, Ltd,Unit 37 Selborne Walk
E17....(020) 85205016
Sande Housing,23 Cambrian Road London....(020) 70188730
Sandra Davidson, Est Agts,
Seven Kings
353 Green La Ilford ....(020) 85977372
FAX ....(020) 89838979
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10 Roding Lane South Ilford ....(020) 85502671
Or ....(020) 85517111
Sandringham Commercials, Ltd,
Woodford Green
51 Hillside Avenue ....(020) 85051683
Sandu, Misc,52 Pyrles Lane Loughton....(020) 85082698
Branches
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Chingford 50 Old St 0800 0304321
Debden 65 The Bdwy Loughton....0800 0304321
Ilford 88 High Rd 0800 0304321
Ilford 144 High Rd 0800 0304321
Leytonstone 662 High Rd E11....0800 0304321
Loughton 253 High Rd 0800 0304321
North Chingford 39 Station Rd E4....0800 0304321
South Chingford 35 Old Church Rd E4....0800 0304321
Walthamstow 207 High St E17....0800 0304321
Wanstead 74 High St E11....0800 0304321
Sanghera Fashion Fabrics, Ret,60 Queens Road
E17....(020) 85201628
Sanjana Textile, Ltd,287 High Street North
London....(020) 84711133
Santander,
Sapphire,182 High Road Woodford Green....(020) 32250020
Sapphire Communications, Ltd,76 Herongate Road
E12....(020) 85307272
Sarahkiki, (London) Ltd,30a Woodstock Gardens
Ilford....(020) 33028620
Saravana Bhavan, Indian Rstnt,300 High Street North
London....(020) 85524677
Sarwar Trading Ltd,7 Queens Road
Buckhurst Hill....(020) 37749385
SAS Consultancy, Accountancy,
220 Wards Road Ilford ....(020) 85180888
Sasi Cash & Carry,279 Forest Road E17....(020) 85231711
Satedoc 2, Electnc Splrs,773 Romford Rd E12 .(020) 85533222
Satha, Solrs,378 High St Nth E12 ....(020) 84719484

Sathguru, Plmbrs Elec Mrcnts,
114 Aldborough Rd Sth Ilford ..... **(020) 85900451**
Or ..... **(020) 85900718**
Sathguru, Plmbrs,110-12 Aldborough Road South
Ilford ..... **(020) 35817340**
Sathiyams Bar And Restaurant,379 High Street North
London ..... **(020) 85520111**
Satsang Sweets Mart, Sweet Shop,149 Ley Street
Ilford ..... **(020) 85148288**
Saunier Duval Specialists,799 Romford Road
London **0843 5156991**
Savills, (L&P) Ltd, Est Agts & Survyrs,
Branches
Loughton
The Triangle Smarts La ..... **(020) 84986600**
FAX ..... **(020) 84986666**
Saxons Direct,2 Valley Side Parade E4 ..... **(020) 85247549**
Sbk Tuition,203 Redbridge Lane East Ilford ..... **(020) 85516432**
Sc Andrews,
17 Ethelbert Gardens Ilford ..... **(020) 36730279**
Or ..... **(020) 36730280**
Scarborough Garage,
2A Scarborough Rd E11 ..... **(020) 85392662**
2A Scarborough Road E11 ..... **(020) 85580999**
Scher & Ward, Optcns,
278 High Rd Loughton ..... **(020) 85085852**
Schools,
London Borough of Redbridge
255-259 High Road Ilford ..... **(020) 84781554**
Primary
Aldersbrook Ingatestone Rd E12 ..... **(020) 89890210**
Christchurch Wellesley Rd Ilford ..... **(020) 84785560**
Churchfields School (South Woodford)
(Infants) Churchfields E18 ..... **(020) 85050386**
(Junior) Churchfields E18 ..... **(020) 85044650**
(Nursery) Churchfields E18 ..... **(020) 85055273**
Downshall Meads La Ilford (Junior) ..... **(020) 85902157**
Fairlop Colvin Gdns Hainault ..... **(020) 85003857**
Farnham Green Primary Farnham Rd
Seven Kings ..... **(020) 85991206**
Fullwood 21-24 Burford Close Ilford ..... **(020) 85513288**
Gearies Gaysham Av Ilford (Infants) ..... **(020) 85501803**
Gearies Gaysham Av Ilford (Junior) ..... **(020) 85504755**
Gilbert Colvin Strafford Av Ilford ..... **(020) 85504630**
Gordon Golfe Road Ilford (Infants) ..... **(020) 84782977**
Highlands Highlands Gdns
Cranbrook (Junior) ..... **(020) 85540044**
John Branston Newcastle Av Hainault ..... **(020) 85004640**
Manford Inf School Manford Wy Chigwell ..... **(020) 85002143**
Mayes Park Primary Goodmayes Lane
Ilford ..... **(020) 85992263**
Mossford Green Fairlop Road Ilford ..... **(020) 85501602**
Nightingale Ashbourne Av E18 ..... **(020) 89899987**
Parkhill Lord Avenue Ilford (Infants) ..... **(020) 85501730**
Redbridge College Gardens
Ilford (Junior) ..... **(020) 85517429**
Roding Primary School Roding Lane North
Woodford Green ..... **(020) 85043706**
St.Anthony's Catholic Mornington Rd
Woodford Gn ..... **(020) 85044706**
St.Augustines Catholic Loudoun Avenue
Ilford ..... **(020) 85543453**
St. Peter's & St. Paul's Catholic Gordon Rd
Ilford ..... **(020) 84781267**
Uphall Primary School Uphall Rd Ilford ..... **(020) 84782993**
Woodlands Loxford La Ilford (Junior) ..... **(020) 84784612**
Secondary
Canon Palmer High R.C Aldborough Road South
Ilford ..... **(020) 85903808**
Hainault Forest High Harbourer Rd
Ilford ..... **(020) 85004266**
Ilford County High for Boys Fremantle Rd
Ilford ..... **(020) 85516496**
Ilford Ursuline High School Morland Rd
Ilford ..... **(020) 85541995**
Loxford High Loxford La Ilford ..... **(020) 85144666**
Loxford High Loxford La Ilford (FAX) ..... **(020) 85146257**
Oaks Park High 45 Oaks La Ilford ..... **(020) 85902245**
Trinity Catholic High (Lower) Sydney Rd
Woodford Green ..... **(020) 85048946**
Trinity Catholic High (Upper) Mornington Rd
Woodford Green ..... **(020) 85043419**
Wanstead High Redbridge La West E11 ..... **(020) 89892791**
Woodbridge High St. Barnabas Rd
Woodford Green ..... **(020) 85049618**
Woodford County High for Girls High Rd
Woodford Green ..... **(020) 85040611**
Special
Hatton Roding La Sth Woodford Green ..... **(020) 85514131**
Newbridge 258 Barley La Ilford ..... **(020) 85991768**
New Rush Hall Fencepiece Road Ilford ..... **(020) 85013951**
Newbury Park Perrymans Fm Rd Ilford ..... **(020) 85182423**
Schools Marketing Company, ... **(020) 85307801**
Science of Mind,24 Beresford Road E4 ..... **(020) 85298097**
Scissors & Blades,234 Chingford Mount Road
Chingford London ..... **(020) 70416272**
Scope,
Scope Residential Unit
Woodford Court 6 Snakes Lane West
Woodford Green ..... **(020) 85029502**
Scope Shops
Barkingside 151 High St ..... **(020) 85503765**
Walthamstow 210 High St E17 ..... **(020) 85205273**
Scorpio Furniture, Ret Furn,847 Romford Road
E12 ..... **(020) 85533688**
Scott, & Sons Ltd,Unit 8,97 Peregrine Rd, Hainault Business Pk
Ilford ..... **(020) 85004736**
Scotts Removals,
55 Hall La E4 ..... **(020) 85291559**
15-16 Hickman Av London **0843 5156867**
Scottys Tyres, Car Tyre,1 Market Parade ,Forest Road
Walthamstow London ..... **(020) 85234567**
SCOUT ASSOCIATION,
All General Enquiries Gilwell Pk
E4 ..... **0845 3001818**
Scout Association Burton,
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
SCOUT ASSOCIATION,
County of Birmingham,The,
All General Enquiries Gilwell Pk
E4 ..... **0845 3001818**
Scout Association, (Durham County),
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
Scout Association For Gloucestershire,
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
Scout Association-Hampshire,
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
SCOUT ASSOCIATION,THE,
All General Enquiries E4 ..... **0845 3001818**
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
Gilwell Park E4 (Admin) ..... **(020) 85245246**
Scout Association,The,
All General Enquiries Gilwell Pk E4 ..... **0845 3001818**
Scout Association,The,Gilwell Pk E4 ..... **0845 3001818**
Scouts,The,The Scout Association Gilwell Park
E4 ..... **(020) 85247793**
Scrivens Opticians,
262 High Road Leyton E10 ..... **(020) 85584724**
13 Old Church Rd E4 ..... **(020) 85298998**
ScrutinEyes Detectives, Private Detective,414 Hoe Street
Walthamstow **0843 5121699**
Scylla Select, Ltd,697 High Road Leyton
Leyton ..... **(020) 31610590**
Seal, Equipment Autos Ltd,
214 New North Rd Ilford ..... **(020) 85005709**
Or ..... **(020) 85009516**
Sean Corr Joinery Limited,
Unit 7 Roebuck Trading Estate Roebuck Road Hainault Business
Park Ilford ..... **(020) 85007300**
Search A Mortgage, Ltd, Mortgage Advisor,164 Hoe Street
London **0871 7891112**
Search Enquiries "Talk to the Web",
Directory enquiry service for websites,10 Forest Wy
Woodfordgreen **0906 3495000**
Seatrade Europe,
Office 12 New Spitalfields Market 23 Sherrin Road
E10 FAX ..... **(020) 81271687**
Secom, Plc,Ash Lodge 48 Peregrine Road Ilford ..... **(020) 84981800**
Second Nature, Organic Foods,78 Wood St
E17 ..... **(020) 85207995**
Secret Garden Costan, Ltd,The,184 High Road Leytonstone
E11 ..... **(020) 45688175**
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Unit C Rear Of 112 Station Road Chingford ..... **(020) 35834377**
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E12 ..... **(020) 85523685**
Seeleys, Chrtd Survyrs,
Regency Ho Kings Pl Buckhurst Hl ..... **(020) 85055881**
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Walthamstow Selco Trade Centre Walthamstow Av
E4 ..... **(020) 85018700**
Select Enterprises, (South East) Ltd,
Crown House 227 Aldborough Road South
Ilford ..... **(020) 85970050**
Select Estate & Lettings,288 High St Nth E12 ..... **(020) 84701500**
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Intense Driving Course,44 Darnley Rd
Woodford Green, Essex **03455 050321**
Select Right Properties, Ltd,25 Goodmayes Road
Ilford ..... **(020) 85996000**
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Manor Park London ..... **(020) 84782727**
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102 Cavendish Rd E4 ..... **(020) 85273814**
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843 High Rd Ilford ..... **(020) 85900113**
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Senoz, Ltd,168A High Road Loughton ..... **(020) 85023644**
SENSE,The National Deaf-Blind & Rubella, Association,
Charity Shops
239A High Rd Loughton ..... **(020) 85083055**
585 Lea Bdge Rd E10 ..... **(020) 85215077**
Senthuran Thirunavukkarasu, Wines Shop,636 Chigwell Rd
Woodford Green ..... **(020) 85051629**
Sentinel Group Security, Ltd,Cranbrook Ho Cranbrook Rd
Ilford ..... **(020) 85142520**
Sentor Trading, Ltd,406 Green Lane Ilford ..... **(020) 85981861**
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Ilford ..... **(020) 85515655**
Servebrook, Chemst,36 The Broadway
Loughton ..... **(020) 85021915**
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Oakwood Hl Indust Est Oakwood Hl Loughton ..... **(020) 85024291**
Service Spares,
177 Francis Rd E10 ..... **(020) 85589100**
Set Market, Ltd, Grcr,745 Eastern Av Ilford ..... **(020) 85993279**
Setapart People, Salon,700 High Road Leytonstone
E11 ..... **(020) 85569522**
Setex Global Sourcing, Ltd,Suite 1 First Floor 9 The Shrubberies
E18 ..... **(020) 45411973**
Seven Kings Cars,614 High Rd Ilford ..... **(020) 85900132**
Seven Kings Mini Cars,
614 High Rd Ilford ..... **(020) 85909990**
Or ..... **(020) 85992814**
Seven Kings Muslim Education Trust,645 High Rd
Ilford ..... **(020) 85906130**
Sevendec Consulting, Ltd,13 Southview Crescent
Ilford ..... **(020) 85548881**
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Sevenoaks Sound & Vision, Ltd,7A-9a Goldings Hill
Loughton ..... **(020) 85320770**
Sewardstone Land, Ltd,
Unit 5 Netherhouse Farm Sewardstone Road
London ..... **(020) 33256751**
Sexton, B.J, & Co, Cert Acctnts,
2 Shrubberies E18 ..... **(020) 85329205**
Sf Preston, Chrpdst,156 Hermon Hl E18 ..... **(020) 89895876**
SG Electrics, Ltd,10 Martinsfield Close Chigwell **(020) 85010539**
Shabnam Superstore, Ltd,125 Belgrave Road
Ilford ..... **(020) 85540973**
Shades,
54 Larkshall Rd E4 ..... **(020) 85248439**
Or ..... **(020) 85248658**
54 Larkshall Road E4 ..... **(020) 84985810**
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678 Chigwell Rd Woodford Gn ..... **(020) 85048098**
Or ..... **(020) 85054419**
Shadid, A, Ltd,116 George Lane E18 ..... **(020) 85307774**
Shah Exclusive,675 High Road Ilford ..... **(020) 85900000**
Shah, H, Bargain Bed Centre,
Bargain Bed Centre 3-5 Market Parade Forest Road
London ..... **(020) 85232319**
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572-574 Romford Road London ..... **(020) 85532436**
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401 Ilford Lane Ilford ..... **(020) 85143720**
Or ..... **(020) 85532231**
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Unit 3 Imperial Chambers 10-17 Seven Ways Parade Woodford
Avenue Ilford ..... **(020) 85513333**
Shahzad Halal Butcher, Btchr,146 Richmond Road
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London ..... **(020) 33022700**
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271 Hoe St E17 ..... **(020) 85037979**
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London ..... **(020) 36914785**
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68 Bulwer Rd E11 ..... **(020) 85569555**
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Ilford ..... **(020) 85515503**
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Woodford Green ..... **(020) 85045808**
Shanti Healthcare, Ltd,75 Harold Road
Leytonstone ..... **(020) 85564037**
Shapla Kitchen, Takeaway,Flat Above Shop 15 Winchester Road
E4 ..... **(020) 85232164**
Sharer Chapman Investments, Ins,31 Sewardstone Rd
E4 ..... **0872 4365622**
Sharer Chapman Investments, Ltd, Insurance Providers,
31 Sewardstone Road Chingford **0843 8163497**
Sharma Law Solicitors,531 High Rd Ilford ..... **(020) 84782500**
Sharma, Dr P.C,
13 Langthorne Rd E11 ..... **(020) 85397769**
Sharman Detectives, Private Investigator,2 Cann Hall Road
Leytonstone **0844 8500532**
Sharods, Ltd,3 High Street Barkingside ..... **(020) 85515550**
Sharpen Up By Martin, Hrdrsrs,
229 Clayhall Av Ilford ..... **(020) 85504272**
Or ..... **(020) 85505655**
Sharps Bedrooms,63 Cranbrook Rd Ilford ..... **(020) 85148960**
Shaw, A,29 Station Road E4 ..... **(020) 85293174**
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Shaw-Lloyd, & Co,91 De Vere Gardens Ilford ..... **(020) 85182662**
Shcomms Ltd,207 Ley Street Ilford ..... **(020) 34896656**
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Shell,470 Larkshall Road E4 ..... **(020) 85272600**
Shell,53 Sewardstone Road E4 ..... **(020) 85237012**
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London ..... **(020) 85017445**
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Chingford London ..... **(020) 85245303**
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E17 ..... **(020) 85206756**
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31B Green La Ilford ..... **(020) 85145064**
Sherrygreen,James Yd Larkshall Rd E4 ..... **(020) 85231060**
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Ilford ..... **(020) 85543361**
Shesha Dera, Ltd,9 Claybury Broadway Ilford ..... **(020) 38590889**
Shield Double Glazing, Ltd,
Unit 3 Gilbert House 406 Roding Lane South
Woodford Green ..... **(020) 85502929**
Shield Safety Solutions, Health & Safety,
Unit 1 Gateway Business Centre Church Road
London ..... **(020) 85396504**
Shikha Indian Take Away,164 Queens Road
Buckhurst Hill ..... **(020) 85591050**
Shirins Tandoori,712 Romford Rd E12 ..... **(020) 85147381**
Shirin's Tandoori, Wholesale Retail,712 Romford Road
E12 ..... **(020) 85530619**
Shirin'S Tandoori,712 Romford Road London ..... **(020) 37370288**
Shoe Zone,121 High Road Ilford ..... **(020) 89118570**
Shomadan, Ltd,672 Romford Road
Manor Park London ..... **(020) 30894452**
Shop, Shop,526 Chigwell Road Woodford Green ..... **(020) 85051133**
Shop, Shop,First And Second Floor 69 71 Goodmayes Road
Ilford ..... **(020) 36388049**
Shop, Shop,410 Green Lane Ilford ..... **(020) 85909487**
Shop, Shop,249 High Road
South Woodford London ..... **(020) 85044303**
Shop, Aj,409 Ley Street Ilford ..... **(020) 85181771**
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E11 ..... **(020) 89899989**
Shree Mathji Sanatan, Hindu Temple,
159 Whipps X Rd E11 ..... **(020) 89897539**
159 Whipps Cross Road E11 ..... **(020) 89892034**
Shree Sanatan Dharm Mandal Ilford,3-9 Norman Road
Ilford ..... **(020) 85144781**
Shri Guru Ravidass Sabha Newham-London,28
London ..... **(020) 84781530**
Shri Trimmings, Ltd,606 Romford Road Manor Park
London ..... **(020) 85942020**
Shrub & Tub, Plant Habitat,
Chigwell Underground Station High Road
Chigwell ..... **(020) 85598595**
FAX ..... **(020) 85599199**
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Ilford ..... **(020) 85182300**
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Upper Level The Exchange High Rd Ilford ..... **(020) 85148736**
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London ..... **(020) 35838870**
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Ilford ..... **(020) 84786043**
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Sign Stop,623 Romford Road London ..... **(020) 85146622**
Sign Trading, Ltd, Illuminated Sgn Manufacturers,
Unit 5 Cromwell Indust Est,Staffa Rd E10 ..... **(020) 78370703**
Signature Smile,7 Johnston Road
Woodford Green ..... **(020) 85054466**
Signtech,19-21 Fowler Road Hainault Business Park
Ilford ..... **(020) 85013528**
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202 Chingford Mount Road Chingford ..... **(020) 85298000**
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8 Brixham Gdns Ilford ..... **(020) 85942907**
Silva Foods London, Ltd,
Roxwell Trdg Pk Roxwell Trdg Pk Argall Av E10 ..... **(020) 85588524**
Silver Fox Property Mng T/A Martin, & Co,94 Roding Rd
Loughton ..... **(020) 85023609**
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Woodford Gn ..... **(020) 85591445**
Silver Lake, Ltd,
437 High Rd Woodford Gn ..... **(020) 85049236**
Silver Recruitment, Silv Recrutmt,5 Chigwell Rd
E18 ..... **(020) 89891989**
Silver Sea,543 Green Lane Ilford ..... **(020) 85904395**
Silver Service Estate Agents, Ltd,Seven Ways Pde Woodford Av
Ilford ..... **(020) 85508192**
Silverone London, Retail,109 Wood Street
E17 ..... **(020) 85211118**
Sima Fashion,16 Bramshill Close Chigwell ..... **(020) 85011757**
Simge Food Centre,
190 High Road Leytonstone E11 ..... **(020) 85196687**
Simmi, UK Ltd,Unit 10 Prospect Business Park Langston Road
Loughton ..... **(020) 85082447**
Simon Community,The,160 Higham Hill Road
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104 CHINGFORD MOUNT ROAD
CHINGFORD LONDON ..... **(020) 85279745**
Simply Financial & Estates,
Ilford
602a High Rd Ilford ..... **(020) 85976777**
Simply Food Direct, Ltd,2 Bay Tree Close
Ilford ..... **(020) 37150839**
Simply Natural, Foods,3 High Street Wanstead
E11 ..... **(020) 85308892**
Simply Packaging,Unit 27 Harlow Enterprise Cntr
Harlow ..... **(020) 85008500**
Simply Rhino, Ltd,33 Montalt Road
Woodford Green ..... **(020) 84989900**
Simply Seconds, Ltd, Discount Furn,
90 Cranbrook Rd Ilford ..... **(020) 85142238**
Simply Seconds, Ltd, Furn Retlr,90 Cranbrook Road
Ilford ..... **(020) 30921881**
Sinclair Engineering,Rear Of 714 Cranbrook Road
Ilford ..... **(020) 85502345**
Sinden Flooring,6 Mayhew Close London ..... **(020) 85240639**
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722 High Rd Ilford ..... **(020) 85978822**
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Ilford ..... **(020) 85004115**
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Single Homeless Project,388 High Road Leyton
E10 ..... **(020) 85564164**
Single Homeless Project,The,10 North Birkbeck Road
E11 ..... **(020) 85582648**
Single Homeless Project,The,46 North Birkbeck Road
E11 ..... **(020) 89889798**
Sinha, Dr S,92 Balfour Rd Ilford ..... **(020) 84780209**
Sinnott Road Surgery,12B Sinnott Rd
Walthamstow **0844 4770917**
Sips Nails Spa & Bar, Ltd,274 High Road Leytonstone
London ..... **(020) 31989768**
Sipwhale, Ltd,181 Shakespeare Crescent
Manor Park ..... **(020) 36912655**
Sir Alfred Hitchcock Hotel,The,147 Whipps Cross Road
E11 ..... **(020) 85303724**
Sirius Accountants,
8 Forest House Business Centre Gainsborough Road
London ..... **(020) 86374281**
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E17 ..... **(020) 85202666**
Sirius Carpet Care, Ltd,Unit 6,Waltham Parkway Billet Rd
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E17 ..... **(020) 89880380**
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11 Loughton Bsns Cntr Langston Rd Loughton ..... **(020) 85025758**
Sitelink Communications, Ltd,
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Sivakulan Sellathamby,36 Guildford Road
E17 ..... **(020) 82279337**
Sivakumarlingam Kanagan,91 Wood Street
Walthamstow ..... **(020) 80625313**
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Sixty Six Salon,66 High Street
Barkingside Ilford ..... **(020) 85505661**
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604 Green La Ilford FAX ..... **(020) 85483701**
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24 Hazelbrouck Gdns Ilford (Mobile) **07956 267866**
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Sklep Gulliver, Ltd,161 High Street E17 ..... **(020) 37301676**
Skoda,
Tran's City Car Centre Ltd (Authorised Skoda Retailer) 65
Hoe St E17 Sales, Service & Parts ..... **(020) 85206758**
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424 Green La Ilford ..... **(020) 85907287**
SKS, (Ilford) Ltd, Plmbrs Mechants,424 Green Lane
Ilford ..... **(020) 85906749**
Skvp Diner Ilford, Ltd, Wholesale Retail,219 Cranbrook Road
Ilford ..... **(020) 85180301**
Sky Air Conditioning, Ltd,92 Forest Road
Loughton ..... **(020) 85086970**
Sky Coffee Lounge, Ltd,249-251 Beehive Lane
Ilford ..... **(020) 31498860**
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E4 ..... **(020) 85273007**
Sky Powers Property Services Ltd,449 High Street North
London ..... **(020) 36855654**
Sky Services London, Ltd,276-278 High Road Leytonstone
Leytonstone London ..... **(020) 30894840**
Skyjet,
24 Cameron Rd Ilford ..... **(020) 85101590**
Skylark Windows Ltd,673 Romford Road
London ..... **(020) 85146978**
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FAX ..... **(020) 84788585**
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S Lr Supplies Ltd Unit 3-4 Orbital Centre Southend Road
Woodford Green ..... **(020) 85519391**
SLR Supplies, Ltd,Unit 3,The Orbital Cntr Southend Rd
Woodford Gn ..... **(020) 85560527**
Sm,43 The Crescent Loughton ..... **(020) 85020473**
SMA Frozen Foods, Ltd,828 High Road Leyton
E10 ..... **(020) 85564792**
Smade Lounge,First Floor 284-94 Ley Street
Ilford ..... **(020) 35606184**
S-mar-T Ba, Ltd,
Unit 17 Redbridge Enterprise Centre,Thompson Close
Ilford ..... **(020) 79936264**
Smart Loughton, Sales/After Sales,
3 Langston Rd Loughton ..... **(020) 84187700**
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2 Electric Parade Seven Kings Road Ilford ..... **(020) 85990899**
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Electric Pde Electric Pde Seven Kings Rd Ilford ..... **(020) 85988866**
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Acorn Cntr Roebuck Rd Hainault Busine Ss Pk
Ilford ..... **(020) 85004285**
Smart Tyres Walthamstow,2A Eastern Road
London ..... **(020) 36246703**
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Ilford ..... **(020) 85989090**
Smile Design By Ash,6 Chigwell Rse Chigwell ..... **(020) 85000544**
Smile In London,19 Cambridge Park E11 ..... **(020) 85329990**
Smiles & Sons Ltd,52 Wyatts Lane Wyatts Lane
London ..... **(020) 85208575**
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E17 ..... **(020) 85203867**
Smith, W.H, Ltd,
High St Branches (Nwsagts,Bksellrs,Stnrs)
Ilford 50 The Exchange,High Rd ..... **(020) 85533344**
Loughton, 5 Centric Pde Loughton ..... **(020) 85022415**
Smiths Residential, Ltd,14 High Street
Barkingside ..... **(020) 85519933**
Smokers Paradise, Tbcnst,Confec & Nwsagt,
High St Ilford ..... **(020) 85517982**
Smokers Paradise,28 Old Church Rd E4 ..... **(020) 85243060**
Smokers Paradise, Convenience Store,28 Old Church Road
Chingford London ..... **(020) 35568603**
Smokers Paradise,23a Station Road E4 ..... **(020) 85292610**
Smooth Lights, Ltd, Lighting Consultants,118 Windsor Road
Ilford, Essex ..... **(020) 30514968**
SN Autohaus,
181 Forest Rd Ilford ..... **(020) 85026100**
FAX ..... **(020) 84981280**
Snakes Lane BP Service Station,158-64 Snakes Lane East
Woodford Green ..... **(020) 85042988**
Snappy Snaps,
Palace Pde High St E17 ..... **(020) 85215152**
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Snaresbrook College Preparatory School,75 Woodford Road
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Snaresbrook News, Nws Agent,
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Snaresbrook Primary School Meadow Walk E18 ..... **(020) 89899975**
SNC Facilities Management, Ltd,82 Windsor Road
Ilford ..... **(020) 85147000**
Sneaker, Ltd,404 Ilford ..... **(020) 85540868**
Snip N Shape,206 High Road Leyton E10 ..... **(020) 85587555**
Soapsmith, Ltd,656 Forest Road Walthamstow ..... **(020) 32330009**
Soares, & Co,302 Stradbroke Grove Ilford ..... **(020) 85514004**
Soares, Dr P,Heathcote Clinic Heathcote Avenue
Ilford ..... **(020) 85506362**
Sobhan Travel,809 Romford Road London ..... **(020) 30166809**
Social Spider, Cic,St. James Street Library Coppermill Lane
E17 ..... **(020) 85217956**
Socialist Party,The,
PO Box 24697 E11 ..... **(020) 89888777**
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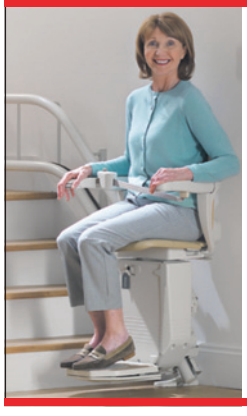

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Buckhurst Hl....**(020) 85048222**
Swagaat Jewellers,121 Ilford Lane Ilford....**(020) 85534296**

SWAINS PACKAGING
Brook Rd Buckhurst Hl....(020) 85040507

Swansea Halal Poultry, Ltd,Green Lane Ilford..**(020) 86173510**
Swathi Cash & Carry, Ltd,306 High Street North
E12....**(020) 84728680**
Swedish Motor Services, Car Rprs,
40B Grange Pk Rd E10....**(020) 85235237**
Or ....**(020) 85033559**
Sweeping and Counter Surveillance, Private Investigator,
20 Chapel Road ....**(020) 71752312**
Sweet Mix, Ltd,449c High Street North E12 ....**(020) 38873129**
Sweet Tooth Dental Care, Ltd,185 Redbridge Lane East
Ilford....**(020) 85510930**
Swift Electrical,56 Thornton Road Ilford ....**(020) 82626395**
Swift Heat, Ltd,
Unit 30 Walthamstow Business Cntr Clifford Rd
E17....**(020) 85277974**
Swift Letting London, Ltd,
710 Romford Rd E12 ....**(020) 84780642**
Swift Repairs, Ltd, Mechanics Mobile,
315 Mortlake Road Ilford, Essex....**(020) 30514967**
Swift Travel,
2 Station Rd Loughton....**(020) 85080919**
Or ....**(020) 85086340**
Or ....**(020) 85089398**
Swift UK Taxi Transfers,79 Rutland Road
Ilford....**(020) 80376006**
Swinton Group, Ltd,
390 Hoe St E17 ....**(020) 85205734**
Manor Park 905 Romford Rd E12 ....**(020) 85533925**
North London 232 High St Nth E12....**(020) 84722359**
Swinton Insurance - London, ITD,390 Woodbury Road
Walthamstow....**0843 8160346**
Swinton - London, Ltd, Ins Provider,Manor Park
London....**0843 8160465**
Swinton, Ltd, Insurance Providers,199 Chingford Mount Road
Chingford **0843 8162985**
Swinton, Ltd, Insurance Providers,232 High Street North
Manor Park....**0843 8162960**
Swinton, Ltd, Ins Prodivers,390 Hoe Street
Walthamstow, London....**0843 8162884**
Swinton, Ltd, Insurance Providers,905 Romford Road
Manor Park....**0843 8162977**
Swiss Re Services, Ltd,64 Russell Road
Buckhurst Hill....**(020) 84980492**
SWR Group,137 George Lane London **0845 3094600**
Sydney Properties, Ltd,976 Eastern Avenue
Ilford....**(020) 85993400**
SYL Link, Ltd,
156 George La E18 ....**(020) 85307273**
Or ....**(020) 89896986**
Syl Link, Ltd,156 George Lane London....**(020) 34901753**
Sylhet Mini Cab,The,146 Church Road E12 ....**(020) 85146666**

SYNAGOGUES,
Chigwell
Chigwell & Hainault Synagogue Limes
Av ....**(020) 85002451**
Ilford
Clayhall Synagogue Sinclair Ho Woodford Bdge Rd
Ilford ....**(020) 85516533**
Newbury Park Synagogue 23 Wessex Clo
Ilford ....**(020) 85970958**

SYNAGOGUES-contd.
Newbury Park
South West Essex & Settlement Reform Synagogue Oaks
La ....**(020) 85990936**
Woodford
Wanstead & Woodford Synagogue 20 Churchfields
E18 ....**(020) 85041990**
Synergy Comms,125A St Albans Rd Ilford **0845 1947281**
Synergy Peaks, Ltd,98 Cobham Road Ilford....**(01646) 629564**
Sytner BMW,Langston Road Loughton ....**(020) 85084303**
T A Motors,
1A Chingford Mt Rd E4....**(020) 85278250**
T Bone Steakhouse, Restaurant,579 High Road Leytonstone
E11....**(020) 85583335**
T & C Metal Recycling Ltd,
Railway Arches 208-209 Grove Green Road
London....**(020) 85582720**
T.D.P Hardware Solutions,219 Kings Head Hill
London....**0870 3610210**
T & F Agents, Ltd,
596 High Rd Woodford Gn ....**(020) 85029837**
T G Heating, Ltd, Boiler and Heating Service and Repair,
129A Sunnyside Road Ilford **0843 2248297**
T J Automotive, Ltd,
271 Ilford La Ilford ....**(020) 84787851**
T & J Kelly,82 The Broadway Loughton ....**(020) 85087113**
T.J Lords & Lofts, Ltd,354 High Street North
E12....**(020) 36120554**
T.J Wholesale Fashion & Communications,
South Pk Bsns Cntr Green La Ilford....**(020) 85901011**
T & L Digital, Ltd,
1/103 Prudential Bldgs Cranbrook Rd Ilford....**(020) 84771529**
T M A Services London Limited,476 Hoe Street
London....**(020) 86372622**
T & M Logistics, Ltd,354 Lea Bridge Road E10...**(020) 85588436**
T Neal,90 Old Church Road E4....**(020) 85238868**
T Patton Highams Park,
Jubilee Av E4 ....**(020) 85276387**
T Patton, Ltd,
George Mitchell Ho 31 Dunton Rd E10....**(020) 85391599**
Or ....**(020) 85394942**
Or ....**(020) 85395408**
Or ....**(020) 85396663**
T & R Scaffolding, Ltd,
Biggleswade **0800 3289199**
T.R.S International Foods, Ltd,
44 South Access Rd E17 ....**(020) 85562117**
T R Sterling, Ltd,Knight House Unit 4 Lenthall Road
Loughton....**(020) 81097413**
T R Sterling Ltd,Knight House Unit 4 Lenthall Road
Loughton....**(020) 84189931**
T S Electrical, T S Elec, Elec Contrs,102 Chingford Av
E4 ....**(020) 85296918**
T S Sheesh, Ltd,410-412 Cranbrook Road Ilford .**(020) 33251215**
T T S Meat Bazaar, Ltd,107 Church Road
Manor Park ....**(020) 85147270**
T & T Timber Merchants,70 Wood St E17 ....**(020) 85215900**
T.V Licensing,
All Enquiries **03007 906135**
T W C Systec, Ltd,
2 Roebuck Rd Ilford ....**(020) 85016060**
T4 Bubble Tea,2 Palace Parade High Street E17.**(020) 45599748**
TA Convoy Mastics, Ltd,
Kendon Ho 44a Selby Rd E11 ....**(020) 85557121**
Ta Delicacy, Delicacy,161 Manor Rd Chigwell ....**(020) 85001070**
Ta Traders (Uk) Ltd,Ilford Lane Ilford....**(020) 89118222**
Tachic, Unisex Hrdrsrs,382 Hoe Street E17 ....**(020) 85205127**
Tad In The Hole, Ltd,Hainault Forest Golf Club Romford Road
Chigwell....**(020) 85008369**
TADR, Ltd,10 Grangeway Gardens Ilford ....**(01268) 382293**
TAFS Foods, Ltd,
590 Lea Bdge Rd E10 ....**(020) 85583050**
Tafs Foods, Ltd,687 High Road Ilford....**(020) 85994600**
Tag Florist, Florists And Flowers,
Redbridge, London....**0845 2998290**
Tag Florist, Florists And Flowers,
Waltham Forest, London **0845 2998290**
Tag Flowers, Florists And Flowers,
Redbridge, London....**0845 2998291**
Tag Flowers, Florists And Flowers,
Waltham Forest, London **0845 2998291**
Tag Hackney Cab, Travel & Transportation,
Redbridge, London....**0845 2998243**
Tag Hackney Cab, Travel & Transportation,
Waltham Forest, London **0845 2998243**
Tag Radio Taxis, Travel & Transportation,
Redbridge, London....**0845 2998241**
Tag Radio Taxis, Travel & Transportation,
Waltham Forest, London **0845 2998241**
Tag Taxi, Travel & Transportation,
Redbridge, London....**0845 2998240**
Tag Taxi, Travel & Transportation,
Waltham Forest, London **0845 2998240**
Taj Carpets, Crpt & Furn,2 Hickling Rd Ilford....**(020) 84787775**
Taj Grill, Rstnt,72 Ilford Lane Ilford....**(020) 84788352**

TALK TALK, Telecoms Supplier,
Head Office 1 Portal Wy London.0800 0497664

Talking Heads, Unisex Hair Sal,394 Forest Road
E17....**(020) 85206572**
Talman, Ltd, Whslr Identification Jwly,Grays Cnr Ley St
Ilford....**(020) 85545579**
Talon Clothing, Co Ltd,Unit 12 8 Argall Avenue
London....**(020) 89883389**
Tamannas Hair And Beauty, Hair,792 High Road
Ilford....**(020) 37547254**
Tamba Day Nursery, Ltd,
29 Mansfield Rd Ilford....**(020) 85531513**
Tamil Singing & Comedy Tutor, Tutor,21 Shakespeare Crescent
E12....**(020) 82791984**
Tamy's Nails, Ltd,Scarborough Road London ....**(020) 85583882**
Tamy's Nails, Ltd,Tammys Nails London....**(020) 85587148**
Tan, M, Eral Mtl Ltd, Eral Mtl Ltd,Eral Metal Limited Leytonstone
London....**(020) 81278634**
Tandoori Cottage,
68 Chingford Mount Road London ....**(020) 85319547**
Or ....**(020) 85319555**
Tandoori Cottage 1,
68 Chingford Mount Road London ....**(020) 81179808**
Tanganyika Exports Services, Tanganyika Exports Services,
Ltd,28 Station Rd E12....**(020) 85530906**
Tanglewood Cattery,Manor Pk 89 Aldersbrook Road
Manor Park London ....**(01375) 640898**
Tangopay, Ltd,125 High Street E17....**(020) 85208600**
Tanners,14 Brook Parade High Road Chigwell ....**(020) 85000018**
Tapemaster,
760 Eastern Av Ilford....**(020) 85184202**
Tapi Carpets & Floors Limited, Carpet & Flooring Company,
Tapi Carpets & Floors Limited
Chingford Warehouse
Store
Tapi Carpets & Floors Limited Unit B3 Circular Point,
Jubilee Avenue Chingford London ....**(020) 86296830**

Taqwa Carpets, Ltd,
645-647 High Road,Seven Kings Ilford....**(020) 85908600**
Or ....**(020) 85991800**
Tara Hair & Beauty, Ltd,58 Station Road
Chingford London....**(020) 38768947**
Tara Romaneasca, Ltd,713 Romford Road
London....**(020) 38749689**
Tarantula Electronics,64 Cavendish Dv London..**0843 5154753**
Target Fit PT, Ltd,15 High Street Wanstead
E11....**(020) 85322778**
Tariq Food Store,503 High Road Leytonstone
Leytonstone....**(020) 85395716**
Tariq Halal Meat, (Leyton) Ltd,792 High Rd Leyton
E10....**(020) 85396200**
Tariq, M,332 High Road Leytonstone E11 ....**(020) 85198234**
Tartz Beauty Salon,102 Tanners Lane Ilford ....**(020) 85519019**
Tash The Barber Shop,38 Station Road
Chingford London....**(020) 85243499**
Taste Of India, Ltd,340 High Street North E12...**(020) 85860681**
Taste Of India Pure Vegetarian, Ltd,
293-29 High Street North London....**(020) 84729779**
Taste Of Jamaica, The,Green Lane Ilford....**(020) 85999298**
Tasteco, Ltd,238 High Road Loughton ....**(020) 85087838**
Tasty Chicken Ilford Lane, Mr Fast Food Takeaway,
198 Ilford La Ilford ....**(020) 85539988**
Tasty Foody,596 Romford Road Manor Park....**(020) 85144477**
Tasty Fried Chicken, Takeaway,619 High Road
Ilford....**(020) 85993893**
Tates Transport, Co (UK) Ltd,
Unit 3 Roxwell Trading Pk Argall Av E10....**(020) 85397170**
Taura, Ltd,226 Chingford Road
Walthamstow London....**(020) 85277949**
Tav Supermarket, Shop,429 High Street North
Manor Park London ....**(020) 38025741**
Tawakal Foods,Unit 10, 13 Argall Av E10....**(020) 85569933**
Tax S A Accountancy,353 High Street North
London....**(020) 38421075**
TaxAssist Accountants,1 Broadway Mkt Fencepiece Rd
Ilford....**(020) 85007114**
Taxcare Accountants, Acctnts,
First Floor Prudential Buildings 103 Cranbrook Road
Ilford....**(020) 84783383**
Taxexpress.Org.Uk, Ltd,18 Beehive Lane
Ilford....**(020) 85546000**
Taxi Call, Taxi Firm,8 Greenwood Rd Chigwell ...**(020) 85007575**
Taxi Vans Big & Small, Removals & Storage - Domestic,
261-275 High Road Ilford....**0871 2217618**
Taxtracker, Ltd,18 Rose Av E18....**(020) 85188132**
Taxwise Accounts Specialists, Ltd,439 High St Nth
E12....**(020) 84710045**
Taylor, F.W, Chrtd Survyr,3A Richmond Crescent
E4 ....**(020) 85318616**
Taylorgaze, Ltd,17 Hawthorn Road
Buckhurst Hill....**(020) 82818282**
Taylors Cards Limited,17-19 The Broadway
Loughton....**(020) 85089432**
Taylors Legal,
FAX ....**(020) 85013008**
Tayyab Food Store,104 Palmerston Road
London....**(020) 85200784**
Taza Chaiwala, Ltd,400 Green Lane Ilford....**(020) 85998464**
TCG Design & Management, Ltd,
369B High Road Leyton E10 ....**(020) 85583501**
Tea At Taidis, Ltd, Wholesale Retail,8 High Street
E17....**(020) 85207639**
Tealk Services, Ltd, Care Home,
Goodmayes Pk Ldg Abbotsford Rd Ilford....**(020) 81278234**
The Lodge,Goodmayes Pk Abbotsford Rd Ilford.**(020) 85992480**
Tealk Services, Ltd,45 Norfolk Road Ilford....**(020) 37590029**
Team Good Music, UK Ltd,5 Argall Avenue
London....**(020) 37946905**
Teamwork Handc,First Floor Unit 3 Clements Court Clements Lane
Ilford....**(020) 85535186**
Tech Engineering, U K Ltd,Unit 2 133B Ilford Lane
Ilford....**(020) 33438334**
Tech Smart Group Limited,
Unit 9 Maybank Industrial Estate, 109 Maybank Road
London....**(020) 82520246**
Tech Smart Group, Ltd,332 Cranbrook Road
Ilford....**(020) 38279458**
Techcube, Ltd,988 Eastern Av Ilford....**(020) 85861500**
Technolink Ltd,577 Lea Bridge Road London ....**(020) 35242618**
Technostart, Ltd,
1A Clifton Av E17 ....**(020) 85032778**
FAX ....**(020) 85233054**
Tecnico Technology,
Curlew Ho Trinity Wy E4 ....**(020) 85033222**
Tecnodeals, Ltd,225 Cranbrook Road Ilford ....**(01646) 839227**
Teen Challenge London,Wilkerson House Uphall Road
Ilford....**(020) 85533338**
Tees Barbers,15b Valley Side Parade London ....**(020) 31057376**
Tehxeeb London, Ltd,197 Ilford Lane Ilford....**(020) 33056778**
Tekniko, Ltd,
160 Wanstead La Ilford ....**(020) 85549155**
Temati, (UK)ltd,
Field Indust Est Lowmoor....**(01623) 721888**
Temisrey, Ltd, Grocery,596 Green Lane Ilford ....**(020) 37849790**
Temperos, Ltd,748 Romford Road E12....**(020) 85144053**
Templetons, (UK) Ltd,309 Hoe St E17 ....**(020) 89250440**
Tenal, Takeway,762 Lea Bridge Road
Walthamstow London....**(020) 85396000**
Tenant Management Organisation,
Ray Lodge Rd Woodford Gn....**(020) 85051932**
Tenby & Penny, Co Ltd, Glss Mrcnts,38A Beulah Rd
E17....**(020) 85202494**
Tendering Security, Ltd,11-17 Fowler Road
Ilford....**(020) 85004141**
Tennessee Fried Chicken,High Street North
London....**(020) 84714933**
Tenny 1, Ltd,78 Lambourne Road Chigwell ....**(020) 85000007**
Teparay Precision Sheet Metal, Ltd,
1 Fowler Rd, Hainault Business Pk Ilford ....**(020) 85011222**
FAX ....**(020) 85011888**
Tesco ANPR,Southend Road Woodford Green ....**(020) 85514656**
Tesco Stores,
Chigwell
Express 185 Manford Wy Grange Hl Est **0845 0269455**
Express
Chigwell 185 Manford Wy, Grange Hl Est **03450 269897**
Chingford 239 Chingford Mount Rd **03456 102736**
Gants Hill 476 Cranbrook Rd **03450 269144**
Ilford 74 Cranbrook Rd **03456 719516**
Ilford Esso 229 Green La **03456 779374**
Ilford 284 Ley St **03456 746372**
Leyton Esso 727a Lea Bdge Rd **03456 779408**
Leyton 401 High Rd **03456 719424**
Leytonstone 567 High Rd **03456 757268**
Romford 849 Romford Rd **03456 757142**
Walthamstow Esso 394 Hoe St **03456 779697**
Walthamstow 82 Forest Rd **03456 102840**
Walthamstow 43 St.James St **03456 719619**
Walthamstow Tower Mews **03450 269929**
Wanstead 65 High St **03456 757207**
Woodford Green 253 High Rd **03456 719518**

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Tesco Stores-contd.
Superstore
Highams Park 405 Larkshall Rd **03456 719558**
Ilford 796 Cranbrook Rd Barkingside **03456 779038**
Leyton 825 High Rd **03456 779427**
Leytonstone Gainsborough Rd **03456 779409**
Woodford Green Southend Rd **03456 779733**

Tevelde, Dr Victoria, 40 Chestnut Avenue North
E17 ..... **(020) 85201466**

Tew, Terry, Sound & Light,
Link Ho 42b Chigwell La Loughton ..... **(020) 85022943**
FAX ..... **(020) 85320254**

Tfc London Bond, Cromwell Indust Est Staffa Rd
E10 ..... **(020) 85566555**

T&G, Takeway, 379 High Road Leyton
Leyton London ..... **(020) 36011430**

TG Productions, Ltd, Unit 10,8 Argall Avenue
Leyton ..... **(020) 39047889**

TGF Pizza, Pizza Dlvry,
13 Woodford Av Ilford ..... **(020) 85517070**

Thaker, & Co, Chrtd Acctnts, 31 Southwood Gardens
Ilford ..... **(020) 85517851**

Thames Building Supplies,
Carlton Dv Ilford ..... **(020) 85501178**

Thames Gateway Manufacturing, Thames Gateway Mfg,
Unit 5 Forest Road Hainault Business Park
Ilford ..... **(020) 85015558**

Thames Gateway Manufacturing Centre, Ltd, The,
Unit 5 Forest Rd, Hainault Bsns Pk Ilford ..... **(020) 85014777**

Thames Roofing & Building Supplies, Ltd,
Goods Yard Wood Street Railway Station Wood Street
E17 ..... **(020) 85200200**
Or ..... **(020) 85210293**

Thames Water Utilities, Ltd,
Lower Hall Lane Pumping Station Mandeville Court
E4 ..... **(020) 85293490**

Thames Water Utilities, Ltd,
Coppermills Wtw Coppermill Lane E17 ..... **(020) 85091074**
Woodford Pumping Station Woodford New Road
E17 ..... **(020) 85091065**

Thameside Roofing, Ltd, Gable Ho 1 Balfour Rd
Ilford ..... **(020) 84784100**

Thanalakshme Jewellers, Ltd, 82 High Street
Barkingside Ilford ..... **(020) 85511153**

Thatched Cars, (GB) Ltd, 177 Wood St E17 ..... **(020) 85216888**

Thatched House Cars,
261A High Rd Leytonstone E11 ..... **(020) 85190305**
Or ..... **(020) 85556000**

The,
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The Coppermill Public House, 205 Coppermill Lane
London ..... **(020) 85203709**

The Cornerstone,
149 St. Catherine & St. Paul Churc Canterbury Road
London ..... **(020) 36657538**
Or ..... **(020) 36657539**
Or ..... **(020) 85582121**

The Hoe Street Dental Practice, Ltd, Dent, 337 Hoe Street
London **0843 5150544**

The Jerk Kitchen, 149 High Road London ..... **(020) 35093714**

The Lord Raglan, 199 Shernhall Street London ..... **(020) 36654649**

The Money Shop, Instant Cash Loans,
Barkingside 96 High St IG6 ..... **0843 3093976**
Chingford 1 Hall La E4 ..... **0843 3094098**
Ilford 59 Cranbrook Rd IG1 ..... **0843 3093998**
Ilford 172-174 High Rd IG1 ..... **0843 3094192**
Leyton 577 Lea Bridge Rd E10 ..... **0843 3094010**
Walthamstow 187 Hoe St E17 ..... **0843 3094012**

The Old Church Surgery,
99 Chingford Av E4 ..... **(020) 85295543**
Or ..... **(020) 85594148**

The Old Parkonions Pavilion,
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The Policy Asssessment Services, Ltd, Insurance Providers,
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South Woodford **0843 8162989**

The Robin Hood Thai Restaurant,
Robin Hood Hotel Epping New Road Loughton ..... **(020) 85089887**

The Royal Regency,
The Royal Regency Club 501 High Street North
London ..... **(020) 36230685**
Or ..... **(020) 84786020**

The Sadaf Halal Meat Uk Ltd, 198 Longwood Gardens
Ilford ..... **(020) 85501232**

The Spot Lbr, 334 Lea Bridge Road London ..... **(020) 35614827**

The Wild Goose Bakery Limited, 654 High Road Leytonstone
London ..... **(020) 36628698**

The Woodford Barber Shop,
The Woodford Barber Shop, 473 High Road
Woodford Green ..... **(020) 82525068**

Thendele Engineer, Ltd, 24c Balfour Road
Ilford ..... **(020) 36599191**

Theori Investments, Ltd,
840 High Rd Leyton E10 FAX ..... **(020) 89881095**

Theurbandealership Ltd, 769 High Road Ilford **(020) 83066932**

Theva Solicitors, 128 Ilford La Ilford ..... **(020) 84785797**

They Compare, Ltd, Insurance Providers, 6 Connaught Road
Ilford **0843 8163483**

Theydon Garage, Unit 3 Taylors Gravel Lane
Chigwell ..... **(020) 86171099**

Theydon Property Services,
20 Church La E11 ..... **(020) 85392009**

Theydon Timber, Co Ltd, Timb Mrcnts & Joinrs,
Unit C1 Seedbed Centre Langston Road
Loughton ..... **(020) 85020155**

Think Fire Defence, Fire Serv Activities,
Unit 5 Forest Industrial Park Fores T Road Ilford ..... **(020) 81720265**

Thirsk Winton, Llp,
445 High Rd Woodford Gn ..... **(020) 85061294**

Thirsk Winton Llp, Swan House 9 Johnston Road
Woodford Green ..... **(020) 85040398**

THN Accountants, Ltd, Room 5 Gable House 1 Balfour Road
Ilford ..... **(020) 84784333**

Thomas Cook Travel,
Chingford
Branch
3 Hall La **0844 3357172**
3 Hall La FAX **0844 3359172**
Bureau de Change
3 Hall La **0844 3357172**
Ilford
Branch
Unit 1 171 High Rd FAX **0845 3049371**
Walthamstow
Branch
Unit 2C Selborne Walk Shopping Cntr FAX **0845 3049623**
Unit 2C Selborne Walk Shopping Cntr **0845 3089623**
Bureau de Change
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Thomas Lyte,
19-21 Fowler Road Hainault Business Park
Ilford ..... **(020) 85000294**
Or ..... **(020) 85004056**
Or ..... **(020) 85012479**

Thomasons Llp, Llp, Consltg Civ & Structl Engs, 528 High Rd
Leystone ..... **(020) 89885820**

Thompson's,
68 Snakes La East Woodford Gn ..... **(020) 85042454**

Thompsons Estate Agents, 103 Cranbrook Road
Ilford ..... **(020) 84782181**

Thomson Travel Shop,
Barkingside
Unit 4 High Street Barkingside **0845 0713786**
Chingford
22 Old Church Road E4 ..... **0845 0713751**
Ilford
90 High Road Ilford **0845 0713257**
Loughton
243 High Rd IG10 ..... **0845 0713455**
South Woodford
140 George Lane E18 ..... **0845 0713502**
Walthamstow
Unit 2 Selborne Walk E17 ..... **0845 0713263**

Thomson Travel Shops,
Chingford 22 Old Church Rd E4 ..... **(020) 85593111**
South Woodford 140 George La E18 ..... **(020) 89891770**

Thornton Rones, Ltd, 311 High Road Loughton **(020) 84189333**

Thorogood, S, & Sons (Covent Garden) Ltd, Grwr Slsmn,
FAX ..... **(020) 85328645**

Thorpe Hall Primary School, 123 Hale End Road
E17 ..... **(020) 85274062**

THP Chartered Accountants,
34 High St Wanstead E11 ..... **(020) 89895147**

Three Colts, The, The Three Colts 54 Princes Road
Buckhurst Hill ..... **(020) 85040407**

Three Cs, 25 Kingswood Road Ilford ..... **(020) 36740457**

Three Jolly Wheelers, 735 Chigwell Rd
Woodford Green ..... **(020) 85029296**

Three Oaks, Ltd, 160 Fencepiece Rd Ilford ..... **(020) 85013322**

Three Willows,
35 Woodberry Way E4 ..... **(020) 85297088**
35 Woodberry Wy E4 ..... **(020) 85291881**

TIC International, Ltd, 156 Hoe Street E17 ..... **(020) 85213737**

Tidy Books Europe, Ret Shop Furn,
10 Hatherley Mws E17 ..... **(020) 85204647**

Tight Fit, Unisex Jean Boutique,
Branches
Ilford
49 Cranbrook Rd ..... **(020) 85140800**
FAX ..... **(020) 85140900**

Tilbury Garages,
Main Enquiries Uplands Bsns Pk Blackhorse La
E17 ..... **(020) 85313139**
Breakdown Recovery **0870 8508439**

Tillship, Ltd,
12 St. Marys Av E11 ..... **(020) 89891921**

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Timeport, Ltd, 137 Woodlands Road Ilford ..... **(020) 85533969**

Timeport Travel,
137 Woodlands Rd Ilford ..... **(020) 85533993**

Timpson, 8 Salisbury Hall Gardens E4 ..... **(020) 85318710**

Timpson, 27B Selborne Walk E17 ..... **(020) 85209873**

Timpson, 27B Selborne Walk E17 ..... **(020) 85211905**

Timpson, Ltd,
796 Cranbrook Rd Ilford ..... **(020) 85510340**

Timpson, Ltd,
176 George La E18 ..... **(020) 89896205**

Timpson Shoe Repairs, Ltd,
249 High Rd Loughton ..... **(020) 85023582**

Tinseltown, Ltd, 1 Woodford Av Ilford ..... **(020) 85508088**

Tiny Champs Nursery, Ltd, 183 Wood Street
E17 ..... **(020) 85214640**

Tiny Toes, The Pavilion, Score Building 100 Oliver Road
London, London ..... **(020) 85399005**

Tish Leibovitch,
249 Cranbrook Rd Ilford ..... **(020) 87096000**

Tish, Press & Co, Acctnts,
Cambridge Ho Cambridge Mws Cambridge Pk
E11 ..... **(020) 85307676**

Titan Forge, Ornmtl Irnwks,
Unit 3 Shaftesbury Court Shaftesbury Road E10 ..... **(020) 85589000**

Titanic Kitchen, 469-71 High Road Leytonstone
London ..... **(020) 36865124**

Tiwa Foods, African Food Groceries, 6 Argall Avenue
Leyton London ..... **(020) 85560570**

Tj Automotive, Ltd, 271 Ilford La Ilford ..... **(020) 85148007**

TJR Bathrooms, Ltd,
666 Romford Rd E12 ..... **(020) 85145510**
Or ..... **(020) 85532658**

Tjs Global Logistics, Ltd,
West Wing Sterling House Langston Road
Loughton ..... **(020) 85021018**

TJ's Hair Salon, Unit 6 180-82 George Lane E18 ..... **(020) 85188100**

TK Maxx, Ret Trade,
11 Loughton Business Centre 5 Langston Road
Loughton ..... **(020) 85081423**

TK Maxx, Ret Trade, 6 Leyton Mills Marshall Road
E10 ..... **(020) 85587778**

TK Maxx, Ret Trade,
The Mall Walthamstow Shopping Selborne Walk
E17 ..... **(020) 85090146**

TL Noon, 12 Forest Drive Woodford Green ..... **(020) 85314411**

TMH Research, Ltd, The Stables North End
Buckhurst Hill ..... **(020) 85046868**

TMM Mini Market, Ltd, 126 Woodlands Road
Ilford ..... **(020) 84788886**

T-Mobile, (UK) Retail Ltd,
Ilford
163 High Rd Ilford ..... **(020) 84786014**
FAX ..... **(020) 84783049**

TMP Worldwide, Ltd, 5 Jubilee Av E4 ..... **(020) 85276100**

TNAX Trade, 200 Richmond Road Ilford ..... **(020) 45687062**

Tobias, Dr A, 19 Roll Gardens Ilford ..... **(020) 84917853**

Toby Carvery,
Buckhurst Hill
High Rd Buckhurst Hl ..... **(020) 85590909**
Snaresbrook Hollybush Hl E11 ..... **(020) 89897618**

Togar, Ltd, 87 St. Andrews Road Ilford ..... **(01229) 481229**

Toggs, Hrdrsrs, 15 The Broadway
Woodford Green ..... **(020) 85052425**

Tolias Humphries, & Co,
84 Kirkland Av Ilford ..... **(020) 85514459**
FAX ..... **(020) 85510308**

Tom Cecil Ltd, Unit 11, Period Works 1 Lammas Road
London ..... **(020) 85564316**

Tom & Georgies, Ltd, 154 High Road Loughton ..... **(020) 85080526**

Tom Hood School,
Tom Hood Senior High School Terling Clo E11 ..... **(020) 85343425**

Tonerflow, Ltd,
Sales Hotline **0845 9452020**

Toni & Guy Ilford, 213 High Rd Ilford ..... **(020) 85147700**

Toni & Guy South Woodford, Hair Salon,
15 Electric Pde George La E18 ..... **(020) 89898699**

Tonis Fish Bar, 180 High Rd Woodford Gn ..... **(020) 85059654**

Tony's, 61 The Broadway Loughton ..... **(020) 85084924**

Top Auto Locksmiths,
Locksmiths, 24 Hour Emergency Auto Locksmith,
Chequers Rd Essex **0845 1647319**

Top Cars Mini Cab Company,
322 Hoe St E17 ..... **(020) 85201112**
Or ..... **(020) 85211000**

Top Chicken, 286 Hoe St E17 ..... **(020) 85219999**

Top Curries, Ltd,
12 Forest Road Loughton ..... **(020) 85087185**
Or ..... **(020) 85088480**

Top Dog Joinery, Ltd,
252 Railway Arches Joseph Ray Rd E11 ..... **(020) 85580511**

Top Gear Auto Centre, 378 Forest Road E17 ..... **(020) 85203710**

Top Hat Pizza, Ltd, Pizza Takeaway,
811 Romford Rd E12 ..... **(020) 85532999**

Top Mark Tuition, 889 High Road Leytonstone
London ..... **(020) 89894666**

Top Services, 6 Argall Av E10 ..... **(020) 85588528**

Top T, Co, The, 708 Lea Bdge Rd E10 ..... **(020) 89880222**

Top Travel, UK Ltd,
353 High Rd Ilford ..... **(020) 82203333**

Topcoat Construction, Ltd,
Unit 8 Orient Industrial Park Simonds Road E10 ..... **(020) 85397977**

TopGolf,
Top Golf Game Cntr Abridge Rd Chigwell ..... **(020) 85002644**

Topps Tiles,
750 Eastern Av Ilford ..... **(020) 85543767**
8 The Deacon Estate Cabinet Way E4 ..... **(020) 85232110**

Toprak, U K, Stand 60A Market Pavillion, 1 Sherrin Road
London ..... **(020) 85399090**

Tops Treatz, 760 High Road Ilford ..... **(020) 85999880**

Torino Express,
776 High Road Ilford ..... **(020) 85973334**
Or ..... **(020) 85992222**

Tormo & Mario Auto Services, Ltd, 48 Station Rd
E4 ..... **(020) 85295775**

Tosaka Sushi, Ltd, 178 Longwood Gardens
Ilford ..... **(020) 85513293**

Total Engines, Ltd, 9 Rigg Approach
Leyton London ..... **(020) 31499836**

Total Medcare, Ltd, Seedbed Cntr Langston Rd
Loughton ..... **(020) 85021480**

Total Secure Services, 46 Bedford Road Ilford ..... **(020) 34419788**

Total Security Services, Ltd,
485 Hale End Rd E4 ..... **(020) 85235533**
Or ..... **(020) 85318267**

Totem Communications, Ltd,
57 Queens Rd Buckhurst Hill ..... **(020) 85057777**

Tots And Tweenies, 54B New Road Ilford ..... **(020) 85991664**

Toucan Tools, 373 Church Road E10 ..... **(020) 85566060**

Touch Of Class 3, 12A Station Parade High Street Wanstead
E11 ..... **(020) 85329543**

Touch Of Class Dry Cleaners, (Pvt) Ltd, 67 George Lane
London ..... **(020) 85301227**

Touch Of Class Ii, Dry Clnrs, 106 George La
E18 ..... **(020) 89894484**

Tourist Information Centres,
Ilford
Town Hall High Rd Ilford ..... **(020) 84783020**

Tower Boots London, Ltd,
Palace Pde High St E17 ..... **(020) 85217518**

Town Centre Securities, Plc,
Office Multi Storey Car Park Clements Road
Ilford ..... **(020) 84782661**

Town & Country Photographic, 59 Goldings Road
Loughton ..... **(020) 85023293**

Toyat, Ltd, 244 London ..... **(020) 45393264**

TPD London, Ltd,
Unit 3 Walthamstow Business Cntr Clifford Rd
E17 ..... **(020) 85318181**

TPSM, 1-5 Fowler Road Hainault Business Park
Ilford ..... **(020) 85001099**

Tracing & 24hr Detectives, Private Investigator,
77 High Street **0844 5886854**

Tracing And Surveillance Services, Private Investigator,
35 York Road **0844 7724773**

Tracing & Investigations, Private Investigator,
Pall House The Square, High Road
Leyton, London **0843 5050093**

Tracing Missing Persons, Locksmiths,
245 Cranbrook Road ..... **(020) 71759247**

Tracing Services, Private Investigator,
Wenlock House Cranbrook Road **07017 404762**

Tracing Tracking and Investigations, Private Investigator,
2 Cann Hall Road **0844 5857159**

Tradeprince, 592 Lea Bridge Road London ..... **(020) 31057392**

Traders & General Insurance Services, Ltd, 38 Church Hill
Loughton ..... **(020) 85195950**

Tradex Insurance Limited, Ltd, 199 Ilford Lane
Ilford **0843 8163422**

Trading Places, Ltd,
46 Church La E11 ..... **(020) 85566665**

Trading Standard Offices,
Redbridge General Enquiries ..... **(020) 84783020**
Wanstead General Enqs ..... **(020) 84783020**

Traditional Barbershop, Barbers, 34A Queens Road
Buckhurst Hill ..... **(020) 85592289**

Trafalgar Demolition Solutions, Ltd,
Hillcrest House 49a Vicarage Road E10 ..... **(020) 85393221**

Training Consultancy & Research, Ltd, 309A High Rd
Loughton ..... **(020) 85021970**

Tranquility Health & Beauty, 26 High Road
E18 ..... **(020) 89892349**

Tran's City Car Centre, Ltd, Car Sales, Rprs,
Sales 65 Hoe St E17 ..... **(020) 85206758**
Workshops 67 Hoe St E17 ..... **(020) 85218363**
67 Hoe St E17 ..... **(020) 85208529**
FAX ..... **(020) 85210875**

Transaction Network Services, 70 Borders Lane
Loughton ..... **(020) 85089118**

Transaction Network Services, 636 Chigwell Road
Woodford Green ..... **(020) 85058525**

Transaction Network Services, 172 Church Road
London ..... **(020) 85395712**

Transaction Network Services, 81 Colworth Road
London ..... **(020) 85584036**

Transaction Network Services, 735 Eastern Avenue
Ilford ..... **(020) 85906264**

Transaction Network Services, 165 Forest Road
Walthamstow ..... **(020) 85319133**

Transaction Network Services, 298 Forest Road
Walthamstow ..... **(020) 85208993**

Transaction Network Services, 299 Hall Lane
London ..... **(020) 85017505**

Transaction Network Services, 92-96 High Road
London ..... **(020) 85304339**

Transaction Network Services, 315 High Road
Ilford ..... **(020) 85146408**

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Transaction Network Services,502 High Road Ilford....**(020) 85972311**
Transaction Network Services,674 High Road Ilford....**(020) 85906587**
Transaction Network Services, Turkish Food Centre, 647-661 High Road Leytonstone London....**(020) 85398690**
Transaction Network Services,24 High Street Walthamstow....**(020) 85210908**
Transaction Network Services,409-419 High Street North East Ham....**(020) 84703520**
Transaction Network Services,273-275 Ilford Lane Ilford....**(020) 85146628**
Transaction Network Services,Bank Of England Langston Road Loughton....**(020) 85023855**
Transaction Network Services,470 Larkshall Road London....**(020) 85270156**
Transaction Network Services,209 Lea Bridge Road Leyton....**(020) 85584391**
Transaction Network Services,135 Ley Street London....**(020) 84781861**
Transaction Network Services,124 Manor Road Chigwell....**(020) 81720068**
Transaction Network Services,29 Old Church Road London....**(020) 85240491**
Transaction Network Services,119 Roding Road Loughton....**(020) 85083581**
Transaction Network Services,893-903 Romford Road London....**(020) 89119176**
Transaction Network Services,149 Station Road Chingford....**(020) 85245752**
Transaction Network Services,47 The Broadway Louhgton....**(020) 85020525**
Transaction Network Services,7-8 Valleyside Parade Chingford....**(020) 85293756**
Transaction Network Services,157-159 Wood Street London....**(020) 85212403**
Transil Travel Agency, 52 St. Barnabas Rd Woodford Gn....**(020) 85061664**
Transitional Care, Ltd,122 Cranbrook Rd Ilford....**(020) 85183779**
Traps Hill Surgery,25 Traps Hill Loughton....**0844 4778738**
Travel 4 U, Ltd,82-84 High Street London....**(020) 85201433**
Travel And Tours, Ltd,587 High Road Leyton London....**(020) 37199521**
Travel Hut, (Gants Hill) Ltd,577 Cranbrook Road Ilford....**(020) 85510516**
Travel Plus, Ltd, Trvl Agcy,617 Romford Rd E12....**(020) 85534499**
Travel With Us, Ltd, 11 The Broadway E4....**(020) 85319000**
Travellers Friend,496-498 High Road Woodford Green....**(020) 80625419**
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Travellers Friend Pub,The, Travellers Friend P H 496-98 High Road Woodford Green....**(020) 85042435**
Travelodge,
London Ilford Clements Rd Ilford....**0871 9846194**
London Ilford Gants Hill The Beehive Beehive La Gants Hill....**0871 9846193**
Travis Perkins, Bldrs Mrcnts,
Branches
Walthamstow 171 Wood St E17....**(020) 85218891**
FAX....**(020) 85204172**
Woodford 31 Marlborough Rd E18....**(020) 89890034**
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Treat Hut,131 High Road London....**(020) 37124444**
Tree Jolly Weavers The, Pub,
FAX....**0845 1126186**
Treehouse Nursery School Wanstead,35 Woodbine Pl E11....**(020) 85322535**
Trevor Vale,599 Cranbrook Road Ilford....**(020) 85512229**
Trexel Metals, Wellesley House 102 Cranbrook Rd Ilford....**(020) 82429030**
Wellesley House 102 Cranbrook Rd Ilford FAX....**(020) 82429033**
Trichromic, Llp,Ground Floor Flat 88 Coventry Road Ilford....**(020) 85544445**
Trident Business Supplies, Ltd, 25A York Road Ilford....**(020) 82700030**
Trident Insurance Brokers, Ltd,374-376 High Road Ilford....**0843 8163479**
Trident Recruitment, Ltd, Recruitment Consultants, 14 Goodmayes Road Ilford....**(020) 30514974**
Trilogy Designs, Ltd,19-21 Fowler Road Hainault Busines Ilford....**(020) 85010126**
Trinity Community Centre,East Av E12....**(020) 84728947**
Trinity Estates,Reception Desk Oleastor Court Stoneleigh Road Ilford....**(020) 85505921**
Trinity London Care, Ltd,113 Ruckholt Rd E10.**(020) 85584828**
Trio Salon,43 Green Lane Ilford....**(020) 85533341**
Triplesave, (Chemist) Ltd, 8 McDonald Rd E17 FAX....**(020) 85313350**
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Triton Cycles,Unit 4 Prospect Business Park Langston Road Loughton....**(020) 85080682**
Tronicgold, Ltd, Ashbrook Ct Care Home Sewardstone Rd E4....**(020) 85245530**
Tropifresh, Ltd,Market Pavilion New Spitalfields Sherrin Rd E10....**(020) 85586760**
Tropifruit, UK Ltd, 73 Market Pavilion New Spitalfields Mkt Sherrin Rd E10....**(020) 85580909**
Trotman, D, 1A Hall Lane E4....**(020) 85296088**
Trotman, D,1A Hall Lane E4....**(020) 85293111**
Trotman, D,4 Snakes La Wst Woodford Gn....**(020) 85591111**
Trouble & Desire Films, Ltd,7 Morgan Avenue E17....**(020) 85214944**
Troy Logistics, Ltd,38A Mansfield Road Ilford....**0845 0179830**
Truro Rd, Community Centre, Truro Rd Community Centre Truro Road E17....**(020) 85207909**
Trust Care Solutions, Ltd,434 Manford Way Chigwell....**(020) 85011706**
TSGK Enterprises, Ltd,54 Station Way Buckhurst Hill....**(020) 85029997**
Tsn Shop, Ltd,1 Ashville Road E11....**(020) 38270393**
T-Space Architects,2 Grove Pk E11....**(020) 89897180**
T-Space Construction, Ltd,2 Grove Park E11....**(020) 89897183**
Tsunami Hair & Beauty, 15 The Broadway Woodford Green....**(020) 85066465**
TTS Solicitors,1-4 The Parade Monarch Way Ilford....**(020) 85549533**
Tuckers Solicitors, 601 High Road Leyton E10....**(020) 85390299**
Tudor Motors, 41 Tudor Cres Ilford....**(020) 85000176**
Tulek Tutoring,221a High Road London....**(020) 45688006**
Tulip Care,5 Oakwood Hill Industrial Estate Oakwood Hill Loughton....**(020) 85020320**
Tura London,Unit C9 Leyton Industrial Village Argall Avenue E10....**(020) 89880458**
Turdo, B.M,102Artist Studios Rookery Court 80 Ruckholt Road E10....**(020) 85586366**
Turner, Steven, Osteopath,58 Clarence Av Ilford....**(020) 85546622**
Turtle Bay Walthamstow, Rstnt,269 High St E17....**(020) 85207839**
Tuscany Restaurant,The,167 High Road Loughton....**(020) 85080082**
Twenty First Century Land, Ltd, 39 High St E17....**(020) 85211221**
FAX....**(020) 85219901**
TWH Buses, The Academy Langston Rd Loughton....**0844 8000211**
Two Brewers, 57 Lambourne Rd Chigwell....**(020) 85011313**
Two Way Hire, Ltd, Tool Hire, 291 Chingford Rd E17....**(020) 85317200**
Or....**(020) 85317999**
Tydene, Fruit & Veg, 5 Market Pavilion,New Spitalfields Mkt Sherrin Rd E10....**(020) 85588047**
Tydene, Ltd,Unit 5/6 Market Pavilion New Spitalfiel 1 Sherrin Road E10....**(020) 89889742**
Tyrecheck, Ltd,368 High Street North Manor Park London....**(020) 85860886**
Tyremax,162 Chigwell Road E18....**(020) 85051176**
TZ Peri Peri, Takeaway, 644 Chigwell Rd Woodford Green....**(020) 85041795**
U Fix, Bldg Matls,94 Goodmayes Road Ilford....**(020) 85903510**
U M Vyas,8 High View Parade Woodford Avenue Ilford....**(020) 85518338**
Ubs Ag,Manor Farm Mott Street Loughton....**(020) 85320674**
Ucom Events, Ltd,13A Heybridge Way Lea Bridge Road E10....**(020) 85565619**
Uddin, Mr A, Uddin, Nutrition, Ground Floor Comms Cabinet 150-52 High Road Ilford....**(020) 85146799**
Uffizzi Restaurant, Rstnt,753 Lea Bridge Road Walthamstow London....**(020) 85092259**
UK Aparanji Silks, Ltd,289-91 High Street North E12....**(020) 85866924**
Uk Car Servicing, Car Servicing,165-69 Wood Street London....**(020) 85201169**
UK College Of Business Computing, Orion House,104 Cranbrook Road Ilford....**(020) 86361661**
UK College Of Business & Computing, Ltd, Wentworth Ho 350 Eastern Av Ilford....**(020) 85184994**
UK Investigators, Private Investigator, 524 Chigwell Road....**07017 602475**
UK Property Consultants, Prpty Conslts,133 Ley St Ilford....**(020) 85533399**
UK Systems Servicing, Ltd, 355 Lea Bdge Rd E10....**(020) 85398008**
UK Thai Massage,518 Lea Bridge Road E10....**(020) 85586697**
UK Trade Supplies, Ltd, Doors & Conservatories, 616 Chigwell Rd Woodford Green....**(020) 85040707**
616-618 Chigwell Road Woodford Green....**(01702) 523353**
Or....**(020) 85046766**
UK Tyre Centre, 415 Ilford Lane Ilford....**(020) 85535177**
Ultimate Body Shop, Ltd,Unit 3 Beaver Rd Ilford....**(020) 85003454**
Ultrabrook Ltd,Kilroy House Woodford Green....**(020) 85514502**
Ultrabrook Ltd,Kilroy House Woodford Green....**(020) 85516770**
Ultratone Hearing Aids,
Walthamstow 375 Hoe St E17....**(020) 85207756**
Ummah Care Home, Care Home,448 Green Lane Ilford....**(020) 81093607**
Umstores,8 Garnett Way London....**(020) 85312883**
Uncharted Projects,3 Flempton Road London....**(020) 85328484**
Undre,28 Lancaster Rd Leytonstone....**(020) 36453568**
Uniksource Logistics, Ltd,Unit 17a Forest Trdg Est Priestley Wy E17....**(020) 85235000**
Unique Child Nursery, Ltd,45 Manor Road E17....**(020) 34092512**
Unique Cosmetics, Ltd, 41 Oakwood Hill Industrial Estate Oakwood Hill Loughton....**(020) 85021202**
Unique Interior Solutions,
Ilford Cedar Ho 56 Peregrine Rd Ilford....**(020) 85002121**
Unique Locksmith, Locksmith & Keys,89 Station Road E4....**(020) 85249292**
Unique Nails,14a Queens Road Buckhurst Hill....**(020) 85591666**
Unique Nails CVN, Ltd,22 High Street London....**(020) 85216730**
Unique Office Solutions, Ltd,
Ilford Solutions House 56 Peregrine Road....**(020) 85002121**
Solutions House 56 Peregrine Road Ilford....**(020) 85596280**
Unisex Beauty Salon,195 Cranbrook Road Ilford....**(020) 85545455**
Unistat Barkingside, Ltd,141 High Street Barkingside....**(020) 85502119**
Unit 8 Motors,UNIT 8 400 RODING LANE SOUTH WOODFORD GREEN....**(020) 85508944**
Unit Cafe, Ltd,Basement Unit 400 Cranbrook Road Gants Hill Ilford....**(020) 31614976**
Unite 4 Hair Salon, Hair Salon, Unit 7 Balfour House 390 High Road Ilford....**(020) 35561757**
United 247 Detectives, Private Detective, 290 Chingford Road....**07017 331247**
United Detectives, Private Detectives, 180 Cranbrook Road....**(020) 71754582**
United Investgations, Private Detectives, Praed House High Road....**07010 068331**
United Investigators, Private Investigator, 88 Ley Street....**(020) 71758132**
United Kars, Car Hire,394 Ilford Lane Ilford....**(020) 85141888**
United Lights, UK Ltd, Unit 31 Forest Bsns Pk,Argall Av E10....**(020) 85215021**
Or....**(020) 85215521**
Unit 31 Forest Business Park Argall Avenue London....**(020) 85090033**
United Print Finishers, Ltd, Unit 20 Leyton Business Centre Etloe Road E10....**(020) 85569577**
United Reformed Church,Cromwell Church Hall Nightingale Lane E11....**(020) 89892426**
United Services, (Chingford Club) Ltd,18 Kings Road London....**(020) 85291605**
United Trading Company, Ltd,46 Larkshall Road E4....**(020) 85594334**
Uniting Friends,92C Beehive Lane Ilford....**(020) 85518800**
Unity Investigators, Private Investigator, Kingswood House Selborne Walk....**0844 8126517**
Universal Capital Investments, Ltd, Office 19-19A 11-17 Fowler Road Ilford....**(020) 70523556**
Universal Exchange,238 High Road Leyton E10....**(020) 85587533**
Universal Hotel Reservations,6 Crown Buildings The Green E4....**(020) 85246311**
Universal Investigations, Private Detectives,114 Horns Road Ilford....**0843 5121994**
Universal Investigators, Private Investigator,166 High Street Walthamstow, London....**0844 2478516**
Universal Lubricants & Supplies, Ltd, Unit 13A Cromwell Indust Est, Staffa Rd E10....**(020) 85392157**
Universal Managment & Services, Pco Rental Cars, 48 Chingford Mount Road E4....**(020) 85230888**
Universal Pentecostal Church,21 Coniston Gardens Ilford....**(020) 85519799**
Universal Property Management, Ltd,625 High Rd Ilford....**(020) 85988579**
Universal Tyres,105 Chingford Mt Rd E4....**(020) 85273486**
Universal Vibes, Ltd,7 North Road Ilford....**(020) 38763221**
UnLockerz, Locksmiths,201 Coppermill Lane Walthamstow....**0843 5121160**
Uplands Motors, Walthamstow Unit 10 Uplands Business Pk E17....**(020) 85314040**
Uppercut Hair Salons, Ltd,
Head Office 62 Wayside Mews Gants Hl....**(020) 85514808**
UPSDALES, Chrtd Survyrs,Est Agts, 734 Romford Rd E12....**(020) 85148555**
Uptown Appointments, 238 Hoe St E17....**(020) 85208989**
Urban Bites,4 Eastern Road London....**(020) 70185603**
Urban Move, Unit 4,10-17 Seven Ways Pde Woodford Av Ilford....**(020) 85508808**
Urban Sprawl,27 Skeltons Lane London....**(020) 33028161**
Urbanmyth, Ltd,7 The Deacon Estate Cabinet Way E4....**(020) 85313413**
Urkish Food Centre Leytonstone, Supmkt, 661 High Rd Leytonstone E11....**(020) 85588149**
Ursuline Academy Ilford,The, The Ursuline Academy Ilford Morland Road Ilford....**(020) 85180330**
US Airtours, Loughton Business Cntr 5 Langston Rd Loughton....**(020) 84188200**
US & UK Eagle Taxation, Ltd,15 The Broadway Woodford Green....**(020) 89891666**
USA Chicken & Pizza,29 Church Lane Leytonstone....**(020) 85567733**
Usedcarnetwork,Unit 1, Home Fm High Rd Chigwell....**(020) 85001777**
UTCL Group, Ltd,
Ilford 1 Balfour Rd Ilford (Sales)....**0800 3899435**
UWPS London, Ltd,144 Church Road E12....**(020) 84787171**
V & A Books & Gifts,2 Bank Buildings The Avenue E4....**(020) 85277165**
V & G Store, 36 Pyrles La Loughton....**(020) 85084808**
38 Pyrles La Loughton....**(020) 85082791**
V.H Holmes, Bldrs Mrcnts,686 Romford Rd E12....**(020) 84782374**
V & R Contracts, Ltd, Cromwell Indust Est Staffa Road E10....**(020) 85568877**
Vacuum Coatings, Ltd,66 Barrett Rd E17....**(020) 85205353**
Vader Sports, Ltd,865 Forest Rd E17....**(020) 85310288**
Vajra London, Ltd,210 Ilford Lane Ilford....**(020) 39724789**
Valentine Dental Health Centre, (Dr H S Mody), Dental Surgery 274 Cranbrook Road Ilford....**(020) 85549865**
Valentine,The, Pblc Ho,27 Perth Rd Ilford....**(020) 85546005**
Valentines High School, Valentine School Upper 348-60 Cranbrook Road Ilford....**(020) 85543608**
Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford....**(020) 30925682**
Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford....**(020) 37190956**
Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford....**(020) 38024691**
Valeting Centre The,587-595 High Road Ilford.**(020) 85995902**
Valley Dental Practice,83 Loughton Wy Buckhurst Hl....**(020) 85045787**
Valley Food & Wine Stores,38 Station Way Buckhurst Hill....**(020) 85045201**
Valley Groomers, Dog Cat Groomers,22 Valley Side Parade E4....**(020) 85299311**
Valley Hill, Builders Merchants, 2 Valley Hl Loughton....**(020) 85083168**
FAX....**(020) 85088010**
Or....**(020) 85321323**
Valley Takeaway,8 Valley Hill Loughton....**(020) 85082991**
Valli Enterprise, Ltd, Professional Financial Services, 1a Sibley Grove E12....**(020) 84717050**
Vallis Uk, Ltd,Vallis 76 Church Road London....**(020) 85147777**
Value Added Products,41 High Rd E18....**(020) 85306111**
Vance International, Private Detective,640 High Road Leyton London....**0845 5204255**
Vandevelde Software, Ltd, It Telecoms Internet, 61 Ethelbert Gardens Ilford....**(020) 85508217**
Van-Haaren, R, & Sons Ltd, 323 Chingford Rd E17....**(020) 85273292**
Vanilla Blooms,159 Manford Wy Chigwell....**(020) 85008833**
Vanish Dry Cleaners,372 Forest Road E17....**(020) 85036362**
Vanity Tanning & Beauty, Ltd,61 Station Road Chingford London....**(020) 85240710**
Vans & Cars 4 U, Ltd,13-17 High Beech Road Loughton....**(020) 85087020**
Vantis, 151 High Rd Loughton....**(020) 85020411**
Vape Empire, Ltd,622 Lea Bridge Road Leyton....**(020) 89880700**
Vape, Ltd,214 Hoe Street E17....**(020) 85214455**
Vape Out,702 Lea Bridge Road E10....**(020) 37947851**
Vara Dental Practice, Dent Surg,290 High Street North E12....**(020) 85521626**
Vasif Hamid Ta Creams Gantshill, Mr Vasif,549 Cranbrook Rd Ilford....**(020) 37540682**
Vasily Enterprises,50 Chigwell Road London....**(020) 85307487**
Vasily Enterprises,50 Chigwell Road London....**(020) 85322827**
Vasily Enterprises, Ltd, Back Pain Centre,50 Chigwell Road E18....**(020) 89893338**
Vasis Hamid T/A Pepes, Takeaway,527 Cranbrook Road Ilford....**(020) 85541618**
VCA Furniture, Ltd, Unit 2a-3 Uplands Business Park Blackhorse Lane E17....**(020) 85279374**
Vectra Freehold Management, Ltd,115 Fencepiece Road Ilford....**(020) 85026889**
Veer Events, Ltd,Greengate Pde Horns Rd Ilford....**(020) 85183003**
Velvet Fox,32 High St Wanstead E11....**(020) 89896060**
Venture Portraits,223 High Road E18....**(020) 85048463**

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Verity Healthcare, Ltd,
Suite 234 Gateway Bsns Cntr,210 Church Rd
Leyton ..... **(020) 37715653**
Veromia Group,Seedbed Centre Langston Road
Loughton ..... **(020) 85022257**
Versatile Group, Ltd,South Park Business Centre 302 Green Lane
Ilford ..... **(020) 85861118**
Versatile Wood Flooring, Ltd,
The City Arc 7 Curtain Rd EC2A **0844 8009082**
Vestry House Museum,Vestry Rd E17 ..... **(020) 84964391**
Vet Savers,70 The Broadway Loughton ..... **(020) 85321999**
Vetcall, Veterinary Surgery,91 Station Rd
North Chingford **07000 838225**
Vetcall Veterinary Surgery,113 Station Road
Chingford London ..... **(020) 85294004**
Vethanayakam, Velatham,27 Fowey Avenue
Ilford ..... **(020) 85507971**
Vibrance,
Green House 7 Madeira Grove Woodford Green..**(020) 85051904**
Or ..... **(020) 85061637**
Grove House 7 Madeira Grove Woodford Green..**(020) 89246140**
Vibrance,Louise House 194 Brookscroft Road
E17 ..... **(020) 85234700**
Vibration Music,Ferry La Indust Est Forest Rd
E17 ..... **(020) 85233967**
Vibration Music, Ltd,
Unit 8 Ferry La Indust Est, Forest Rd E17 ..... **(020) 85312216**
Unit 4 Forest Trading Est Walthamstow ..... **(020) 85235762**
Unit 4b Forest Trading Estate Priestley Way
E17 ..... **(020) 85274583**
Unit 4a Forest Trading Estate Priestley Wy E17...**(020) 85313989**
Vickery & Utteridge, Ltd,64 Station Rd E4 ..... **(020) 85291703**
Victim Support Waltham Fores,
Victimsupport Waltham Forest Ruckholt Rd E10.**(020) 89888690**
Victor Michael, Ltd (Ig8),449 High Rd
Woodford Gn ..... **(020) 85597040**
Victoria Bodyworks, Ltd,2A Castleton Rd
Ilford ..... **(020) 85908361**
Victoria Tavern, The,165 Smarts Lane
Loughton ..... **(020) 85081779**
Victory Place Management Company,
Osprey House Trinity Park Trinity Way E4 ..... **(020) 75156200**
Vida Hairdressing, Hrdrsr,
Unit 92 Upper Level The Exchange High Road
Ilford ..... **(020) 84789783**
Vida, & Sons Ltd,53 New North Road Ilford ..... **(020) 85000686**
Vijayakanthan,6 Cameron Road Ilford ..... **(020) 85901373**
Villa 1, Ltd,579 Forest Road London ..... **(020) 85272983**
Village Estates,
54 Hoe St E17 ..... **(020) 82230784**
Village Florist, The,2 Station Approach The Avenue
E4 ..... **(020) 85318324**
Village Florist, The,2 Station Approach The Avenue
London ..... **(020) 85235395**
Village India Restaurant,241-45 High Road
E18 ..... **(020) 85052727**
Village Quality Products, Ltd,
Unit A3 Circular Point Hickman Avenue E4 ..... **(020) 85271049**
Unit A3 Jubilee Av E4 ..... **(020) 85313688**
Village Store C & J Ltd, The,30 Orford Road
E17 ..... **(020) 85207702**
Village Stores, The, Food Store,24-26 Orford Road
E17 ..... **(020) 85214635**
Vince Court, Business Centre,
Olympic House 28-42 Clements Road Ilford ..... **(020) 85535242**
Vincent Brown,8 The Broadway Woodford Gn ..... **(020) 85029516**
Vincent, K, Dent Surg,21 Station Rd Loughton..**(020) 85082793**
Vine United Reformed Church,
Riches Road Ilford ..... **(020) 85148770**
Vinn Cleaners,304 Hoe Street London ..... **(020) 85210595**
Vinoramica,2a Winchester Road London ..... **(020) 80626195**
VIP Cars, Hackney CarrgeTaxis,
64 The Broadway Loughton ..... **(020) 85023333**
Or ..... **(020) 85081111**
Or ..... **(020) 85084444**
Or ..... **(020) 85022020**
Vip Cars Loughton Ig10, Ltd, Vip Cars Ig10,
Caxton House Old Station Road Loughton ..... **(020) 85022729**
Virgin Active,Woolston Manor Cottages Abridge Road
Chigwell ..... **(020) 84981600**
Virgin Mobile,
Customer Service **03456 000789**
Viscount International, Ltd, Sun Roofs,
341-343 Chigwell Rd Woodford Gn ..... **(020) 85053259**
341/43 Chigwell Rd Woodford Gn ..... **(020) 85054711**
Vision Business Management Consultancy L, Conslt,
13 Electric Parade Seven Kings Road Ilford ..... **(020) 85973619**
Vision Consulting,555 Cranbrook Road Ilford ..... **(020) 85542135**
Vision Express, Ophthal Optcns,257 High Road
Loughton ..... **(020) 84189140**
Vision RCL, Ltd,
Fairlop Waters Country Park Forest Road Ilford ..**(020) 85015102**
Wanstead High School Redbridge Lane West
E11 ..... **(020) 85306823**
Wanstead Sports Centre Redbridge Lane West
E11 ..... **(020) 89891172**
Vision-Redbridge Culture,
Gants Hill Library,490 Cranbrook Road Ilford ..... **(020) 87089274**
Vision-Redbridge Culture & Leisure,
Fairlop Outdoor Activity Centre Fairlop Waters Forest Rd
Ilford ..... **(020) 85001468**
Vision-Redbridge Culture & Leisure,
Aldersbrook Library Park Road London ..... **(020) 84960006**
Visions Today Ltd,25 Rosebery Avenue
London ..... **(020) 86373692**
Vista Contract Management, Ltd,Kirkdale Ho Kirkdale Rd
E11 ..... **(020) 85390700**
Vista Properties,686b Green Lane Ilford ..... **(020) 85999599**
Vistamatic, Ltd,
51 Fowler Road Hainault Business Park Ilford ..... **(020) 85002200**
Vitacress Salads, Ltd,
Market Pavilion New Spitalfields Mkt Sher Rin Rd
E10 ..... **(020) 85584026**
Vitacress, (Spitalfields) Ltd,
98 Market Pavilion New Spitalfields Mkt, Sherrin Rd
Leyton FAX ..... **(020) 85582452**
Vitalise Centre,
Jubilee Lodge, Grange Fm High Rd Chigwell ..... **(020) 85012331**
Vitalise Appeals Office
Jubilee Lodge Grange Fm High Rd Chigwell ..... **(020) 85008675**
Vizen Goups, Ltd, Marketing Pr Advertising,
534 High Road Leytonstone E11 ..... **(020) 85586304**
Vladi 4, Ltd,10 Lea Bridge Road E10 ..... **(020) 85565553**
Vlcs,Marshfield Service Station Sewardstone Road
Chingford ..... **(020) 85247821**
Vodafone Wlr Three Limited, Vodafone Wlr Three Limited,
Unit 18 Redbridge Enterprise Centre Thompson Close
Ilford ..... **(020) 85141901**
Volkspares, Ltd, Sprs, Acces, Rprs,
591 High Rd Leytonstone E11 ..... **(020) 85390513**
Volkswagen Commercial Vehicles,
Abridge Van Centre (Authorised Volkswagen Van Centre)
Langston Rd Loughton ..... **(020) 85325555**
Vortech, Ltd,
36 Church Hl Loughton ..... **(020) 85085567**
Voucher Systems,86 Beehive La Ilford ..... **(020) 85501770**
VSM Software, Ltd,
Embroidery World Bsns Cntr Southend Rd
Woodford Gn ..... **(020) 85039595**
Vt Food & Wine,149 Lambourne Road Chigwell..**(020) 85599654**
Vujon,43b Hatch Lane Chingford ..... **(020) 85290666**
Vulcan Lock & Locksmith, Locksmith,Ley St
Ilford **0845 1283727**
W F Wellcomm, Charity,1 Russell Rd E10 ..... **(020) 85583614**
W.I Chambers, Ltd,
Laurley Site Forest House 185 Bracken Industrial Estate Forest Road
Ilford ..... **(020) 85006772**
W. & I. Craig (Civil Engineering), Ltd,Rigg Approach
Leyton **0843 5156631**
W J Cleaning Services,4 Chiltern Way
Woodford Green ..... **(020) 85051150**
W J Kingham Motors, Ltd,624 Chigwell Road
Woodford Green ..... **(020) 85043355**
W & M Properties,80 Nightingale Lane E11 ..... **(020) 89891415**
W Murray, & Co Ltd,
21A New Road Ilford ..... **(020) 85904233**
Or ..... **(020) 85989732**
W.P Wakefield, Ltd,680 Lea Bridge Road E10 ..... **(020) 85395482**
Wagland, W.H, Txtl Mrcnts,
1 Hookers Rd E17 ..... **(020) 85319702**
Wagon Boulangerie, Ltd, The,174 High Road
Loughton ..... **(020) 84189516**
Wah Do, Chinese Rstnt,17 Broadway Market ,Fencepiece Road
Ilford ..... **(020) 85000149**
Waitham Forest Tution Centre,350 Hoe Street
E17 ..... **(020) 85098165**
Waitrose, Ltd,
Branches
South Woodford 92 High Rd E18 ..... **(020) 89890022**
Supermarkets
Buckhurst Hill 27 Queens Rd ..... **(020) 85061331**
Waldon, (Fruit) Ltd,
Stand 37 Market Pavilion New Spitalfields 1 Sherrin Road
Leyton ..... **(020) 85588818**
Walter Braund, (London) Ltd,
62 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... **(020) 85589868**
Walters, Francis & C, Ltd, Funrl Dirs,
Wansted 121 High St E11 ..... **(020) 89891626**
Waltham Fencing,142 High Rd E18 ..... **(020) 85061355**
Waltham Forest Black People, Mental Health Assn,
2 Priory Av E17 ..... **(020) 85092646**
FAX ..... **(020) 85092866**
Waltham Forest Carers Associates, Ltd,1 Russell Rd
E10 ..... **(020) 85560857**
Waltham Forest Cars,
261a High Rd Leytonstone E11 ..... **(020) 85207411**
Or ..... **(020) 85207272**
Or ..... **(020) 85208545**
Waltham Forest Citizen Advice Bureau,220 Hoe St
E17 ..... **(020) 85097503**
Waltham Forest College,
Main Switchboard ..... **(020) 85018000**
Waltham Forest Community Based Housing Association,
Estate Offices
Wardens Office 21 Saxon Close E17 ..... **(020) 85217383**
Waltham Forest Community Credit Union,4 Church Hl
E17 ..... **(020) 85208740**
Waltham Forest Energy Services, Ltd,
Energy Conslts/Design Engng,
Energy Cntr 31 Church Hl E17 ..... **(020) 85209880**
FAX ..... **(020) 85209882**
Waltham Forest Engin,
Waltham Forest Engineering / 16 Oakwood Hill Industrial Estate
Loughton ..... **(020) 33059125**
Waltham Forest Engineering, Ltd,
Indust Est Oakwood Hl Loughton ..... **(020) 85020337**
Waltham Forest Insurance,7-9 Chingford Mount Rd
Chingford **0843 5156366**
Waltham Forest Insurance,2B Fulbourne Road
Walthamstow **0843 8162955**
Waltham Forest Insurance, Ltd,2B Fulbourne Road
Walthamstow **0843 8162956**
Waltham Forest Islamic Association,
FAX ..... **(020) 85583117**

WALTHAM FOREST LONDON BOROUGH OF,

Arts & Leisure Department
Halls
Chingsford Assembly Hall The Green
E4 ..... **(020) 85290555**
Walthamstow Assembly Hall Waltham Forest Town Hall
Forest Rd E17 ..... **(020) 85314187**
Leisure Centres
Cathall Leisure Cntr E11 ..... **(020) 85398343**
Kelmscott Leisure Centre Markhouse Rd
E17 ..... **(020) 85207464**
Leyton Leisure Lagoon 763 High Rd Leyton
E10 ..... **(020) 85588858**
Playschemes
Lloyds E17 ..... **(020) 85319522**
Recreation Services
Chingford Mount Cemetery ..... **(020) 85245030**
Hawkwood Plant Nursery 115 Hawkwood Cres
E4 ..... **(020) 85244994**
Education Department
Careers Service, Community Education
College see Waltham Forest College
Schools
Nursery
Acacia Cecil Road E11 ..... **(020) 85584444**
Chapel End Early Learning Cntr Brookscroft Rd
E17 ..... **(020) 85279192**
Lloyd Park Under-Fives Centre Nursery Winns Av
E17 ..... **(020) 85319522**
Low Hall Low Hall La E17 ..... **(020) 85201689**
Primary
Ainslie Wood 140 Ainslie Wood Rd E4 ..... **(020) 85237913**
Barclay Infants School Nursery Canterbury Road
E10 ..... **(020) 85391299**
Barclay Junior Canterbury Rd E10 ..... **(020) 85392928**
Cann Hall Primy Sch Cann Hall Rd E11 ..**(020) 85343563**
Chapel End Infants 3 Beresford Rd
E17 ..... **(020) 85271388**
Chapel End Junior Roberts Rd E17 ..... **(020) 85276876**
Chase Lane Infants York Rd E4 ..... **(020) 85296827**
Chase Lane Juniors York Rd E4 ..... **(020) 85296827**
Chingford C of E Junior Cambridge Rd
E4 ..... **(020) 85245466**
Church Mead Infants Riverly Primary School 40 Park Rd
E10 FAX ..... **(020) 85581358**
Copper Mill Edward Rd E17 ..... **(020) 85206267**
Dawlish Primary 4 Jesse Rd E10 ..... **(020) 85581566**
George Tomlinson 20 Vernon Rd E11 ..... **(020) 85393577**
Greenleaf Junior/Infants 80 Greenleaf Road
E17 ..... **(020) 85207963**
Gwyn Jones 219 Hainault Road E11 ..... **(020) 85567904**

WALTHAM FOREST LONDON BOROUGH OF-contd.
Education Department-contd.
Schools-contd.
Primary-contd.
Longshaw Junior/Infants 18 Longshaw Rd
E4 ..... **(020) 85295693**
Mayville Junior Mayville Rd E11 ..... **(020) 85395907**
Newport Infants Newport Rd E10 ..... **(020) 85394552**
Newport Junior Newport Rd E10 ..... **(020) 85394322**
Oakhill Jun and Inf Alders Av
Woodford Green ..... **(020) 85273309**
Riverly Primary 40 Park Rd E10 ..... **(020) 85394535**
Roger Ascham 1 Wigton Rd E17 ..... **(020) 85273157**
South Grove Primary 37 Ringwood Rd
E17 ..... **(020) 85216000**
St. Joseph's R.C Junior 150 Vicarage Road
E10 ..... **(020) 85395971**
Stoneydown Park 89 Pretoria Av E17 ..... **(020) 85207026**
Sybourn Infants 3 Sybourn Street
E17 FAX ..... **(020) 85582688**
Whittingham Community 340 Higham Hl Rd
E17 ..... **(020) 85233228**
Winns Infant School Fleeming Rd E17 ..**(020) 85271872**
Woodside Infants Wood St E17 ..... **(020) 85205168**
Woodside Junior Wood St E17 ..... **(020) 85204572**
Yardley Junior/Infants Hawkwood Cres
E4 ..... **(020) 85293671**
Secondary Schools
Connaught Girls High Connaught Rd
E11 ..... **(020) 85393029**
Connaught Girls High 39 Connaught Rd
E11 FAX ..... **(020) 85583827**
George Mitchell Farmer Rd E10 FAX ..... **(020) 85328766**
Holy Family College, The Shernhall St
E17 ..... **(020) 85203587**
Or ..... **(020) 85203594**
McEntee Billet Rd E17 FAX ..... **(020) 85273603**
McEntee Billet Rd E17 ..... **(020) 85273750**
Norlington Boys Norlington Rd E10 ..... **(020) 85393055**
Norlington Boys Norlington Rd
E10 FAX ..... **(020) 89889661**
Special
Brookfield House Alders Av
Woodford Green ..... **(020) 85272464**
Joseph Clarke 31 Vincent Road E4 ..... **(020) 85235003**
Whitefield School Macdonald Rd E17 ..... **(020) 85313426**
William Morris Folly Lane E17 ..... **(020) 85032225**
Youth Centres
Pastures 15 Davies La E11 FAX ..... **(020) 85586533**
Minicomm Services For People With Hearing Difficulties
Housing Services
Registrations Cedar Wd Ho 2D Fulbourne Rd
E17 ..... **(020) 85319113**
Transfers 869 Forest Rd E17 ..... **(020) 85318106**
Museums
Vestry House Museum Vestry Rd E17 ..... **(020) 84964391**
William Morris Gallery, Lloyd Pk Forest Rd
E17 ..... **(020) 84964390**
Social Services, Director Of
Mental Health Centres
Larkswood Centre Thorpe Coombe
Hosp ..... **(020) 85356848**
Red Oak Lodge Langthorne Hosp Langthorne Rd
E11 ..... **(020) 85356476**
Stonleigh House Langthorne Hosp Langthorne Rd
E11 ..... **(020) 85356477**
Mental Health Services
Larkswood Centre (Locality Mental Health Team)
Thorpe Coombe Hospital Forest Rd E17 ..... **(020) 85356848**
Red Oak Lodge (Locality Mental Health Team) Thorne
Clo Langthorne Rd E11 ..... **(020) 85356476**
People With A Learning Difficulty
Group Home Training Unit 104 James La
E10 ..... **(020) 85567276**
Services For Elderly People
Residential Homes
Alliston House Church Hl Rd E17 ..... **(020) 85204984**
George Mason Lodge Chelmsford Rd
E11 ..... **(020) 85390218**
Sheltered Housing
Boothby Court 15 Ashingdon Clo E4 ..... **(020) 85249232**
Chantry, The The Ridgeway E4 ..... **(020) 85243738**
Clifton House 4 Beechcroft Rd E11 ..... **(020) 85391100**
Dilwyn Court 1 Hillyfield E17 ..... **(020) 85271914**
Downland Court 1 Lancaster Rd E11 ..... **(020) 85585532**
Flat 28 Goddarts House 23 Hoe Street
E17 ..... **(020) 85215313**
Holmcroft House 14 Orford Rd E17 ..... **(020) 85091911**
Lime Court 5 Western Rd E17 ..... **(020) 85211606**
Longfield House 35 Netley Rd E17 ..... **(020) 85090844**
Pelly Court Summit Rd E17 ..... **(020) 85205769**
Winters Court 115 Alpha Rd E4 ..... **(020) 85247191**
2A, Plaxton Ct Woodhouse Rd E11 ..... **(020) 85198876**
Waltham Forest MENCAP,
1A Matlock Rd E10 ..... **(020) 85568893**
1A Matlock Rd E10 (Volunteers & Transport) ..... **(020) 85563445**
Waltham Forest Mental Health Befriending Service,
2A Truro Rd E17 ..... **(020) 85201592**
Waltham Forest Metals,277 Wood Street E17..**(020) 85213113**
Waltham Forest Town Hall,Forest Rd E17 ..... **(020) 84965000**
Waltham Forest Youth For Christ,
Cornerstone Church 149 Canterbury Road
London ..... **(020) 85187707**
Waltham Guards, Ltd,Flat 3 Stoneydown House Blackhorse Road
London ..... **(020) 82207893**
Waltham Place, Ltd,247-49 Wood Street E17 ..... **(020) 85203385**
Walthamstow Bespoke Mortgages, Mortgages,Hoe Street
Walthamstow, London **0845 6676973**
Walthamstow & Chingford Almshouse Charity,
Monoux Almshouses Church End E17 ..... **(020) 85200295**
Collards Almshouses Maynard Road
Walthamstow ..... **(020) 85214915**
Walthamstow Citzens Advice Bureau Cab,12 Hatherley Mws
E17 ..... **(020) 85214551**
Walthamstow Dental Practice, Dent Surg,129 High St
E17 ..... **(020) 85214333**
Walthamstow Emergency Drain Cleaners, Drain Cleaners,
Hoe Street Walthamstow, London **0845 6605458**
Walthamstow Emergency Plumbers,
Plumbers, ... **0845 6604399**
Walthamstow Employment & Nursing Services,
785 Lea Bdge Rd E17 ..... **(020) 85217689**
Walthamstow Gateway Management, Co Ltd,
Lift Line Gateway Apartments 11 Hoe Street
London ..... **(020) 31615786**
Walthamstow Hair & Cosmetics, Ltd,112 High Street
London ..... **(020) 38596215**
Walthamstow Montessori School, Ltd,
Penrhyn Hall Penrhyn Avenue E17 ..... **(020) 85232968**
Walthamstow Radio Cars,
2 Marlowe Rd E17 ..... **(020) 85211111**
Walthamstow Removals, Removals & Storage - Domestic,
Hoe Street Walthamstow, London **0845 6600626**
Walthamstow Rubbish Clearance, Waste Disposal Services,
Hoe Street Walthamstow, London **0845 6693479**

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Walthamstow Scene, Ltd,
Walthamstow Arc Central Pde Hoe St E17 ..... **(020) 85214158**
Block D2 Grant House Cleveland Pk Av E17 ..... **(020) 85202113**
Chaplin House Hoe Street E17 ..... **(020) 85212415**
Walthamstow Trades Hall & Institute, Ltd,17 Hoe Street
E17 ..... **(020) 85203806**
Walthamstow Veterinary Surgery,7 Wyatts Lane
E17 ..... **(020) 85206335**
Walthamstow Veterinary Surgery, Ltd, Vets,
07 Jan Wyatts Lane London **0843 8161487**
Walthamstow Village Garage, Ltd,28 Ravenswood Road
London ..... **(020) 39041281**
Walthamstow Working Men'S Club,82 High St
London ..... **(020) 85205300**
Wanstead Carriages, Ltd,253b Chingford Mount Road
E4 ..... **(020) 85240077**
Wanstead Coffee Shop, Ltd,7 High Street Wanstead
London ..... **(020) 89891777**
Wanstead Community Riding Stables Cic,
Livery Stables Empress Avenue E12 ..... **(020) 85303890**
Wanstead Dental Practice, Dental Practice,1 Nutter Lane
E11 ..... **(020) 89894624**
Wanstead Design Service,59A High St E11 ..... **(020) 84775855**
Wanstead Golf Club,Overton Dv E11 ..... **(020) 89893938**
Wanstead House Community Association,
Adult Education
21 The Green E11 ..... **(020) 89893693**
Wanstead Leisure Centre,Fullwell Cross Library 140 High Street
Barkingside Ilford ..... **(020) 85502366**
Wanstead News,117A High Street Wanstead
E11 ..... **(020) 85307886**
Wanstead News, Nwsagt,
Telephone Box Wanstead Underground Station The Green
E11 ..... **(020) 89897745**
Wanstead Opticians,127 High Street Wanstead
E11 ..... **(020) 89893327**
Wanstead Osteopaths,Phoenix House 24 High Street Wanstead
E11 ..... **(020) 85303388**
Wanstead Pharmacy,75-77 High Street Wanstead
E11 ..... **(020) 89890597**
Wanstead Sub Post Office,75-77 High Street Wanstead
E11 ..... **(020) 89894208**
Wanstead Surgery,45 Wanstead Place London **0844 4778606**
Wanstead Village Dental & Health Centre,
Phoenix Ho 24 High St Wanstead E11 ..... **(020) 85302126**
Wanstead & Woodford, Synagogue,20 Churchfields
E18 ..... **(020) 85041990**
Wansted & Delta Cars, Taxi Oprtn,95 Aldersbrook Rd
E12 ..... **(020) 85306666**
War Pensions Agency,
Please see Service Personnel & Veterans Agency,The
Ward, Alexander, Ltd,
Third Floor Heraldic House 160-62 Cranbrook Road
Ilford ..... **(020) 85544888**
Waris Food Store, Ltd,420 Hoe Street E17 ..... **(020) 85210000**
Warner & Associates, Private Detectives,
Leyton Business Centre Etloe Road Leyton **0844 8400397**
Warren Wood Public House,Warren Wood Ph Epping New Road
Buckhurst Hill ..... **(020) 85053737**
Warriner, & Sons, Monmntl Mason, Undtkrs,
FAX ..... **(020) 85089409**
Wash & Dry Launderette,141 Cann Hall Rd
E11 ..... **(020) 85555232**
Washx, Ltd,339 Forest Road London ..... **(020) 30927314**
Waterman, (UK) Ltd,Waterman Pharmacy, 248-250 Forest Road
London ..... **(020) 85200795**
Waterstones, Book Shops,
Walthamstow
Unit 30 Shopping Cntr Selborne Wlk E17 ..... **(020) 85213669**
Waterstones Booksellers,26 Selborne Walk
London ..... **(020) 85209636**
Waterstone's Booksellers, Ltd,
Branches
Ilford
158 High Rd Ilford ..... **(020) 84788428**
FAX ..... **(020) 85532672**
Waterworks Nature Reserve & Golf Centre,
Main Office 2 Lammas Road E10 ..... **(020) 85397004**
Watoto Child Care Ministries,2A James Yard Larkshall Road
E4 ..... **(020) 85921287**
Wavetel Ltd,676 Green Lane Ilford ..... **(020) 34173708**
Wavetel Ltd,Sevenways Parade 6 Woodford Avenue
Ilford ..... **(020) 81276794**
Way International, UK Ltd, The,Flat 3 Gaitskell House The Drive
Walthamstow ..... **(020) 85209760**
Wayne Franklin, & Associates,173 Whitehall Road
Woodford Green ..... **(020) 85054160**
WB Baxters, Ltd,
263 Cranbrook Rd Ilford ..... **(020) 85545500**
Wb London Ne, Ltd,The Mews Office 2b Wellesley Road
E11 ..... **(020) 85305742**
We Are Verified, Ltd,Unit 3 400 Roding Lane South
Woodford Green ..... **(020) 36913233**
We Fix Now, Ltd, Plmbg,350 Eastern Avenue
Essex **0843 5044030**
We Love Ironing 4 You,34 William Street E10 ..... **(020) 85584694**
We Sell Any Motor,53 St.Johns Road Ilford ..... **(020) 37932711**
Weaver, G, Crpt Planner,70 Greenway Avenue
E17 ..... **(020) 85205140**
Weavers Almshouses,Weavers Almshouses New Wanstead
E11 ..... **(020) 89891174**
Webtech Logics, Ltd,1 Balfour Road Ilford ..... **(020) 85146106**
Wed-In-Style, Ltd,470 Cranbrook Rd Ilford ..... **(020) 85544741**
Wefixnow, Ltd,Wentworth Ho Eastern Av Ilford ..... **(020) 85548000**
Weitzel, David S, Chrtd Patent Agt,
All Enquiries Mobile **07071 201953**
Welcome Center, The, Mr Phil,2-6 St.Marys Road
Ilford ..... **(020) 37192769**
Welcome Chinese & Tai Takeaway, Chinese Tai Takeaway,
805 Forest Road Walthamstow London ..... **(020) 85276085**
Well,
Essex
Barkingside - High Street Somerfield Store
115 ..... **(020) 85505816**
Loughton - Loughton HC The Drive ..... **(020) 85025268**
Woodford - Jubilee Parade 2 Snakes La ..... **(020) 85040121**
London
Chingford - Chingford Mount Road 267 ..... **(020) 85291351**
Chingford - Hatch Lane 20 ..... **(020) 85244310**
Highams Park - The Avenue 10 ..... **(020) 85271727**
Walthamstow - High Street 19 ..... **(020) 85204769**
Walthamstow - Wood Street 147 ..... **(020) 85203055**
Wellesley House Dental Surgery,9 Wellesley Rd
Ilford ..... **(020) 85544150**
Well-Fittt, Ltd,196 Chingford Mount Road
Chingford London ..... **(020) 85243470**
Wells Gate Management, Co Ltd,5 Mornington Road
Woodford Green ..... **(020) 85054498**
Wells Park School & Training Centre,
Lambourne Rd Chigwell ..... **(020) 85026442**
Wenn Stage School,
Electric Parade Electric Parade Seven Kings Road
Ilford ..... **(020) 85976033**
Wentworth Apartments, Ltd,239 Cranbrook Road
Ilford ..... **(020) 30847210**
Wentworth Housing, Ltd,106 Ilford Lane
Ilford ..... **(020) 84784786**
Wentworth Property, UK Ltd, Est Agt,239 Cranbrook Rd
Ilford ..... **(020) 85182000**
Wenzels The Bakers,157 Manford Way
Chigwell ..... **(020) 85014424**
Wesleyan Day Care Centre,
The Wesleyan Holiness Church 1 Harrow Green
E11 ..... **(020) 85585632**
West Dale Assets, Ltd,143 Whipps Cross Road
London ..... **(020) 33257744**
West Essex Golf Club, Ltd,
(Professional) ..... **(020) 85294367**
WEST ESSEX HEALTH, Authority,
Health Service Clinics
Buckhurst Way Buckhurst Hl ..... **(020) 85040405**
West Hatch Technical High School,
High Rd Chigwell ..... **(020) 85048216**
West Middlesex Hospital,
Isleworth ..... **(020) 85602121**
West Middlesex University Hospital,
Isleworth ..... **(020) 85602121**
Western International Trading, Ltd,51 Goldsmith Avenue
E12 ..... **(020) 85524105**
Westernville Flooring, Ltd,44 Westernville Gardens
Ilford ..... **(020) 82709624**
Westminster Car Hire, Ltd, Chauffeur Driven Car Hire,
W1 ..... **(020) 85540004**
1 Wakefield Gdns Ilford ..... **(020) 85540004**
Westminster Drug Project, Ltd, Charity,
Offices A To K First Floor Ilford Chambers 11 Chapel Road
Ilford ..... **(020) 84781811**
Ilford Chambers 11 Chapel Road Ilford ..... **(020) 85142542**
Or ..... **(020) 85146064**
Or ..... **(020) 85534718**
Westside Motors, (Woodford) Ltd,
391 High Rd Woodford Gn ..... **(020) 85055215**
11 The Broadway Woodford Gn ..... **(020) 85055259**
Westye Group Europe, Ltd, The,6B Imprimo Pk Langston Rd
Loughton ..... **(020) 84183800**
Wetherspoon, J.D, Pblc Ho,
The New Fairlop Oak Fencepiece Road Ilford ..... **(020) 85002217**
George High St E11 ..... **(020) 89892921**
Great Spoon Of Ilford 114 Cranbrook Road ..... **(020) 85180535**
King's Ford 250 Chingford Mount E4 ..... **(020) 85239365**
Walnut Tree 857 High St E11 ..... **(020) 85392526**
WFHA,Flat 1 WFHA Housing Electric House 18 Teresa Mews
E17 ..... **(020) 85090908**
Wheelie Cleen,
6 Connaught Rd Ilford **0800 9171720**
Whipps Cross Hospital,
All Engs E11 ..... **(020) 85395522**
Whipps Cross Hospital Radio, Ltd, Radio & Tv,
Whipps Cross Hospital Whipps Cross Road
London **0843 8164388**
Whipps Cross University Hospital NHS Trust,
Main Switchboard Whipps Cross Hospital
E11 ..... **(020) 85395522**
White Bridge Primary School, Infant Sch,
White Bridge County Infant & Junior School Greensted Road
Loughton ..... **(020) 85088624**
White Doves, The, Co. Ltd, Dove Release,
Sterling Ho Langston Rd Loughton ..... **(020) 85081414**
FAX ..... **(020) 85022461**
White, G.R,146 Loughton Wy Buckhurst Hl ..... **(020) 85057830**
White House Dental Surgery,Ground Floor 2 Roding View
Buckhurst Hill ..... **(020) 85049393**
White Lawrence, & Co,
FAX ..... **(020) 85055228**
Whitefields Solicitors,618 Lea Bridge Road
E10 ..... **(020) 85587985**
Whitehall County Primary School,90 Normanton Pk
E4 ..... **(020) 85293813**
Whitehall Ergonomic Systems, Electrical Contractors,
4 British Legion Rd E4 ..... **0800 3897620**
Whitehall Service Centre,58 The Ridgeway
Chingford ..... **(020) 37957312**
Whitehaze, Ltd, Dispng Chemts,
124 Langthorne Rd E11 ..... **(020) 85390983**
Whitestar Dental Care,The Exchange The Exchange High Road
Ilford ..... **(020) 84770920**
Whitneys Carpets,187a High Road Loughton ..... **(020) 85025476**
Whitres Dry Cleaners,162 Fencepiece Road
Ilford ..... **(020) 85007447**
Whole Foods Centre,668-70 High Road Leyton
E10 ..... **(020) 85564205**
Wholesale Tropicals (Uk) Ltd,Merlin Grove
Ilford ..... **(020) 85009356**
Why Not Wine,75 Station Rd E4 ..... **(020) 85246035**
Wickremasinghe, Dr.(Mrs) S.M,
40 Perrymans Fm Rd Ilford ..... **(020) 85541094**
Or ..... **(020) 85543944**
Wickremasinghe, Dr S.P,
40 Perrymans Fm Rd Ilford ..... **(020) 85541094**
Or ..... **(020) 85543944**
Wide Mart Ltd,234 High Street North London ..... **(020) 37314676**
Wiiwii Productions,T 105 497-01 London ..... **(020) 70527165**
Wildcard Promotions, (UK), Postcard Printers,PO Box 2305
Woodford Green, Essex **0870 7605505**
Wilder Creative,11A Argall Avenue E10 ..... **(020) 85562741**
Wilding Sound, Ltd,
50 Beulah Rd E17 ..... **(020) 85203401**
Wilkins, P.A, Cpntr,48 Stonards Hl Loughton ..... **(020) 85021690**
Wilkinson Hardware Stores,
FAX ..... **(020) 89119008**
William Fountain, Ltd,68A Cobden Road E11 ..... **(020) 85583464**
William Morris Gallery,Lloyd Pk Forest Rd E17 ..... **(020) 84964390**
William The Fourth,
King William IV P H 816 High Road Leyton E10 ..... **(020) 85562460**
Or ..... **(020) 89881251**
William Torbitt Primary School,Eastern Avenue
Ilford ..... **(020) 85991209**
William Webb News, Nwsagts,81 High Road
South Woodford London ..... **(020) 89892891**
Williamjack Communications, Ltd,
77 Hampton House The Ridgeway Chingford ..... **(020) 36496556**
Willow Brook Primary School,190 Church Road
E10 ..... **(020) 85391428**
Willowbrook Primary School,190 Church Road
E10 ..... **(020) 85560366**
Willows Medical Practice,Hainault Health Cntr Manford Wy
Chigwell ..... **(020) 85006442**
Willows, The,The Willows Sports & Social Club Forest Road
Ilford ..... **(020) 85005580**
Wilsons Fish & Chips, Ltd,
101 Station Rd E4 ..... **(020) 85249065**
Wiltshire Court, Pte Retirement Home,Pittman Gardens
Ilford ..... **(020) 84786729**
Wincastle,21 Long Deacon Rd E4 ..... **(020) 85240304**
Wincastle, Ltd,
8 Station App Stn Roa D E4 ..... **(020) 85242649**
Winchmore, Ltd,
403 High Road Woodford Green ..... **(020) 89241104**
Windscreen, Co Ltd The,
4 Forest Rd E17 ..... **(020) 85090666**
Wing Ho,47 George La E18 ..... **(020) 89896999**
Wing House,47 George La E18 ..... **(020) 85300435**
Wing Sing, (2015) Ltd,78 George Lane E18 ..... **(020) 85322883**
Wingate Builders Merchants, Timb Mrcnts,
Wingate House 340-48 Ilford Lane Ilford ..... **(020) 84785075**
Or ..... **(020) 85532677**
Winkworth Estate Agents,
76 George La E18 ..... **(020) 89898998**
Winnies Pie And Mash,Station Road London ..... **(020) 85241824**
Winns Nursery Unit,The Winns Primary School Fleeming Road
E17 ..... **(020) 85310781**
Wint Augustus, Ltd,4 Clementine Walk
Woodford Green ..... **(020) 85069625**
Wisdom Kids Nursery, Nrsry,500 High Street North
Manor Park London ..... **(020) 84782805**
Wise Way Carriage,
122 Meads La Ilford ..... **(020) 85905376**
Wishes Wedding Services, Ltd,70 Norlington Rd
E10 ..... **(020) 82578141**
Wizpark,62 Mulberry Way E18 ..... **(020) 85307373**
Wjs Local, Convenience Store,
13 Ravenings Parade Goodmayes Road Ilford ..... **(020) 85988988**
Wm Morrisons, Plc,203 High Road Loughton ..... **(020) 85087856**
Wo Fat,
270-272 High Road Loughton ..... **(020) 85080464**
Or ..... **(020) 85084576**
Wod,111 Snakes Lane Woodford Green ..... **(020) 85054921**
Women On The Frontline Ministries,1 Toronto Avenue
Manor Park London ..... **(020) 33407278**
Wonderlease, Ltd, Letting & Mngmt Conslts,
1 Station Approach,Hoe Street E17 ..... **(020) 85207334**
Or ..... **(020) 85093000**
Wong's Chinese Takeaway,42 Wood Street
E17 ..... **(020) 85200738**
Wongs Dental Surgery,845 High Rd Leytonstone
E11 ..... **(020) 85394720**
Wood & Flames Grill,Rear Of 371 High Road Leyton
E10 ..... **(020) 85567788**
Wood 'N' Floors Specialists,1A Kingsley Gdns
E4 ..... **(020) 85594599**
Wood Street Autos Ltd,Vallentin Road
London ..... **(020) 85209359**
Wood Street Auto Welding,
82 Vallentin Rd E17 ..... **(020) 85201666**
Wood Street Car Service,
177 Wood Street E17 ..... **(020) 85208585**
Wood Street Dental Practice,176 Wood Street
E17 ..... **(020) 85090055**
Wood Street Food & Wine, Ltd,241 Wood Street
Walthamstow ..... **(020) 85206785**
Woodbridge Autos,
1B Daisy Road E18 ..... **(020) 85302511**
Or ..... **(020) 85306605**
Woodbury Estates,244 High Rd Loughton ..... **(020) 85082030**
Woodbury Practice, Dents,
77 Woodford Rd E18 ..... **(020) 89892113**
Woodcock, V, & Co (Ins) Ltd, Broks,110 High Road
Loughton ..... **(020) 85082126**
Woodcroft School, Ltd,Whitakers Way
Loughton ..... **(020) 85081369**
Woodford Accident Repair Centre,
3 Raven Rd E18 ..... **0870 4211057**
FAX **0870 4214591**
Woodford Aquatics, Aquarium Specialists,
115-17 Maybank Road E18 ..... **(020) 85056444**
Woodford Autos,400 Roding Lane South
Woodford Green ..... **(020) 85517777**
Woodford Baptist Church,Baptist Church George Lane
London ..... **(020) 85304916**
Woodford County,Woodford County High School High Rd
Woodford Gn ..... **(020) 84980344**
Woodford Express, Ltd,George Lane London ..... **(020) 85307963**
Woodford Gates, Ltd,Unit B 400 Roding Lane South
Woodford Green ..... **(020) 85039292**
Woodford Golf Club, Golf Club,
Sunset Avenue Woodford Green ..... **(020) 85043330**
Or ..... **(020) 85044254**
(Payphone) Sunset Av Woodford Gn ..... **(020) 85040553**
Woodford Green Dental Centre, The, Dent Practice,
80 Snakes La East Woodford Gn ..... **(020) 85029966**
Woodford Green Funeral Directors, Ltd,354 High Road
Woodford Green ..... **(020) 85591979**
Woodford Green Preparatory School,
Woodford Green Preparatory School Snakes Lane
Woodford Green ..... **(020) 85045045**
Woodford Green Sub Post Office,471 High Road
Woodford Green ..... **(020) 85591016**
Woodford Heating & Energy, Ltd,
Oakwood House Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... **(020) 32255067**
Woodford Locksmiths, Locksmiths,
1 High Road ..... **(020) 71759835**
Woodford Memorial Hall, Halls For Hire,209 High Road
E18 ..... **(020) 85053352**
Woodford Motor, Co Ltd, Car Distribs,Woodford New Road
Woodford Green ..... **(020) 85040017**
Woodford Motor Cycles,51-53 George Lane
South Woodford London ..... **(020) 89893157**
Woodford Parish Office,Woodford Parish Ch High Rd
E18 ..... **(020) 85053000**
Woodford Scrap Metal, Ltd,129-133 Green Lane
Ilford **0843 5066486**
Woodford Service Station, Petrol Stn,
Woodford Self Serv Gar Woodford New Rd E18 ..... **(020) 85041904**
Woodford Self Serv Garage Woodford New Road
E18 ..... **(020) 85047048**
Woodford Taxis, Taxi Cabs,
411 High Rd Woodford Green ..... **(020) 84980105**
Woodford Wells Club,
Woodford Wells Cricket & Law Monkhams Lane
Woodford Green ..... **(020) 85041954**
Woodford Wine Room, (Woodford) Ltd, The,17 Mill Lane
Woodford Green ..... **(020) 85042440**
Woodford Wise Solicitors,
9 Woodford Av Ilford ..... **(020) 85502908**
Woodgrange Estates,
Forest Gate 4 Fullwell Pde,Fullwell Av Ilford ..... **(020) 85226666**
Woodgrange Park Village Cooperative,
Estate Office Woodgrange Park Community Centre Bluebell Avenue
E12 ..... **(020) 85035041**
Woodgrange Shutters, Shutter Sales Insallation,
Revival House (Christian Fel 500 High Street North
E12 ..... **(020) 84783983**
Woodland Leathers, Ltd,
11 Loughton Bsns Cntr,Langston Rd Loughton ..... **(020) 85022910**
Woodlands Nursing Home,
1 Gordon Rd Ilford ..... **(020) 85532946**

Woodlands Total Care Nursing Home, Ltd,1 Gordon Road Ilford ....(020) 85532841
Woodsfords Barber, Barbs,63 High Road London ....(020) 36091875
Woodside Pharmacy,633 High Road Leytonstone Leytonstone London ....(020) 85393586
Woodside Pharmacy,851 High Road Leytonstone E11 ....(020) 85562502
Woodside School,The,
Warwick Junior Comprehensive Boys School Barrett Rd E17 ....(020) 85090763
Or ....(020) 85205467
Woolwich, plc, Banking,
Branches
Woodford Green
98 Snakes Lane East Woodford Green 0845 0718676

WOOLWORTHS PLC

Stores
South Woodford 146 George La E18 ....(020) 89895118

Word Of Mouth Dental Care,2 Fencepiece Road Ilford ....(020) 82627001
Word Store London, Ltd, Wholesale Retail,36 Orford Road E17 ....(020) 85206923
Wordsworth Health Centre,
19 Wordsworth Av E12 ....(020) 85485960
FAX ....(020) 85485983
Wordsworth Health Centre,The,19 Wordsworth Av E12 ....(020) 84703935
Work Link, Indust Catrng Agcy,21 Cambridge Pk E11 ....(020) 89891125
Working Girl, Ltd,223 High Road Ilford ....(020) 89110231
World Calls STD,
130 Ilford La Ilford ....(020) 85144675
World Of Kids 3, Ltd,293 Wanstead Park Road Ilford ....(020) 39719515
World Of Windows & Doors, Ltd,68 Sewardstone Rd E4 ....(020) 88853009
World Soul Winning Church Of Christ,
Unit 3 2-8 Hainault Business Park Ilford ....(01646) 839276
World Vision for Christ, Christian Charity,
70 Sixth Av E12 ....(020) 85141820
World Wide Solicitors,Aztec Ho High Rd Ilford ....(020) 85141829
Worlds Larder,The, Ltd,12 Rangers Road E4 ....(020) 79987858
Worldwide Company Incorporation, PLC,
Bsns Financial Servs,
5 Blackhorse La London 0870 4601037
FAX 5 Blackhorse La London 0870 4601036
Worldwide Travel Solutions,353 Thorold Road Ilford ....(020) 31615811
Worshipful Company Of Weavers,The,
Weavers Almshouses New Wanstead E11 ....(020) 85305145
Wow Brows By Zarish,
1 Ollards Gro Loughton ....(020) 85023758
40 Queens Rd Buckhurst Hill ....(020) 85044244
Wrights Gallerys Services, Ltd,
11A Rigg App E10 ....(020) 85561920
Or ....(020) 85585374
Wrightways, (Domestic Appliances) Ltd,287 Hall Lane London ....(020) 85290753
Ws Building & Development, Ltd,
Lift Thurlow Court Wellesley Road E11 ....(020) 89895650
www.freecovered.com, Ltd, Insurance Providers,
186-192 High Road Ilford 0843 8163453
Wyllie, A,73 Forest Drive East E11 ....(020) 85561822
X L Hair Design,
76 St. Mary Road E17 ....(020) 85093157
76 St. Mary Road London ....(020) 85210210
X M B Motors, Ltd, Car Rprs/Gars,
Unit 71 Kimberley Industrial Estate Billet Road London 0843 8164105
Xchange Sales & Lettings, Ltd,
141 Cranbrook Road Ilford ....(020) 85531444
Xenon Locksmith, Emergency 24hr locksmith,Ley Street Essex 0845 1647279
XGRO Accountants, Ltd,6 Connaught Road Ilford ....(020) 34786747
Xpress Cars,
671 High Rd Leytonstone E11 ....(020) 85398883
Or ....(020) 85566800
Or ....(020) 85580085
Xra, Whsle & Packaging,Unit 5 Lea Valley Business Park Lammas Road London ....(020) 36433394
Xs 81 Ltd,83 High Street Essex,London ....(020) 33025585
Xtec Communications, Ltd, Telecommunications,
32 St. James's St E17 ....(020) 85096700
Y U Garden, Take Away,346 High St Nth E12 ....(020) 84708282
Y Wait, Ltd,The Georgian Village 100 Wood Street London ....(020) 85207083
Yagmur, Ltd,616-618 High Road Leytonstone London ....(020) 85581131
Yahyas Grill,508 High Road Ilford ....(020) 39529024
Yam-Man Imports,27 Walthamstow Business Centre Clifford Road E17 ....(020) 85271741
Yangfan, Mrs Yong Hong Li, Ltd, Health & Care,
41 Station Road Chingford London ....(020) 85593481
Yangming, (UK) Ltd,
FAX ....(020) 85324636
Yankee Hardware Solutions,291 High Road Leyton, London 0871 4250868
Yardley Primary School,Hawkwood Crescent E4 ....(020) 85293671
Yaseen Fruits & Veg, Ltd,
56 Market Pavilion New Spitalfields Market Sherrin Road E10 ....(020) 85569359
Yatsing Chinese Takeaway,316 Grove Green Road E11 ....(020) 85394957
Yellands Estates, Ltd,
70 George La E18 ....(020) 84915656
Or ....(020) 84918080
68b George Lane London ....(020) 85041771
Yellow Birds Play Academy, Ltd,11 Sinclair Road London ....(020) 85090006
Yens Foodstore,1 Ashville Road E11 ....(020) 85399346
YK Foods, Ltd,23 Woodford Avenue Ilford ....(020) 45060569
YMCA,
YMCA Head Office England
Finance,Fundraising,Human Resources,Marketing,Operations,PR Shops 640 Forest Rd E17 (Reg.Office) ....(020) 85205599
Y Care International (YMCA International Development Agency)
640 Forest Rd E17 ....(020) 85205599
FAX E17 ....(020) 85037461
Yogi Krupa Food & Wine,133 Woodlands Road Ilford ....(020) 84781348
York Supermarket Convenience Store,York Road Ilford ....(020) 84770663
York Surgery,
55 York Rd Ilford ....(020) 85140906
Or ....(020) 89246371
You Me Nails, Nails Beauty,118 High Street Walthamstow London ....(020) 37841597
Youd, Brian, & Co,
The Shrubberies George La E18 ....(020) 85305156
Young, & Co Accountants Ltd,702 Romford Road Manor Park ....(020) 85147944
Young Inspirations After School Club,322 High Rd Ilford ....(020) 85144284
Youngertabbitt, Ltd,
42 Orford Rd E17 ....(020) 85209184
Or ....(020) 85215364
Your Estate Management,425 High Rd Ilford ....(020) 84785463
Your Move Sterling, & Co,232 Hoe St E17 ....(020) 85203077
Your Property Estate, Prpty Servs,551 Green Lane Ilford ....(020) 85991232
Your Seven Stars, Ltd,667 High Road Ilford ....(020) 85483835
Yourtravelshop.Com, Ltd,197 Cranbrook Rd Ilford ....(020) 85547070
Yum Bun,11a Heybridge Way Lea Bridge Road London ....(020) 79981644
Yume House,293 High Road Leytonstone E11 ....(020) 85396559
Yummy Hut, Ltd,Spice Hut 569 Cranbrook Road Ilford ....(020) 32252023
Yummy Thai,136 Hermon Hill London ....(020) 85308611
Yung And Kush,84 Prestige House Queens Road Buckhurst Hill ....(020) 38426030
Yunky Baba,Crown Fried Chicken,55 London ....(020) 89119100
Z L London,Unit 1 Estate Way E10 ....(020) 85565623
Z S Double Glazing, Ltd,
Unit P2 Pegasus Works Hainault Business Park Ilford ....(020) 85012712
Zac Worldwide Travel, Ltd,
70 Ilford La Ilford ....(020) 85148444
Zadams Chemist, Pharm,
Goodmayes 841 High Road Ilford ....(020) 85993150
Zadoo, Dr K,53 Lyndhurst Drive E10 ....(020) 85391663
Zaib Inport Export,50 Clarence Rd E12 ....(020) 84783797
Zak Money Exchange Ltd,70 Ilford Lane Ilford (020) 36633824
Zakco, Ltd,12 High Street Barkingside ....(020) 39153944
ZAKK Associates & Solicitors,279A Ilford La Ilford ....(020) 84781391
Zakk Associates & Solicitors, Ltd,766 Eastern Avenue Ilford ....(020) 85544955
Zam Management, Ltd,167 High Road Ilford ....(020) 85539878
Zam Zam Builders, Ltd,
335 Strone Rd E12 ....0800 1214505
Zamcorp, Ltd,18 Hoe Street Walthamstow ....(020) 33251420
Zarms Hair & Beauty, Ltd,Zodiac House 257 Ilford Lane Ilford ....(020) 85148826
Zebaish Clothing Store,Zebaish Ltd 329 Green Lane Ilford ....(020) 85975291
Zeba'ish, Ltd,329 Green La Ilford ....(020) 82151275
Zebe Ismail Hairdressers, Hairdressers Salon,
122 New North Road Ilford ....(020) 85005066
Zee, & Co Ltd,
221 High Rd Loughton ....(020) 85088040
225 High Rd Loughton ....(020) 85081378
Or ....(020) 85086702
Zeesha Tech, Mobile Shop,137 High Street London ....(020) 36329871
Zekana, Ltd,151 Station Road E4 ....(020) 85017575
Zeta Homes, Est Agcy,
991 Romford Rd E12 ....(020) 85142232
991 Romford Road E12 ....(020) 85142617
Zetra, UK Ltd,
44A High St Wanstead E11 ....(020) 85188615
FAX ....(020) 85188587
ZFA, Ltd, Prpty,336 Ley St Ilford ....(020) 85143333
Zi Tyres,378 Ilford Lane Ilford ....(020) 85532953
Zig Zags Day Nursery, Ltd,38 Wellwood Road Ilford ....(020) 85970555
Zoa Energy Solutions, Ltd,608A Romford Road Manor Park ....(020) 33369122
Zoe Drycleaners, Ltd, Wholesale Retail,321 Ley Street Ilford ....(020) 84780494
Zone Contractors, Ltd,
Suite 5 The Gateway Business Centre,Church Road Leyton ....(020) 85588124
Zoo Fashions, Ltd,
FAX ....(020) 85140335
Zoology, Unisex Hrdrsrs,145 High Street Wanstead London ....(020) 85303005
Zorba, Ltd,23 Woodford Avenue Ilford ....(020) 85506610
Zoya's Health & Beauty Clinic, Ltd,94 Chingford Mount Road Chingford ....(020) 85274865
Zsk London, Ltd,17 New Road Ilford ....(020) 34414753
Zss Trading, Ltd,751 High Road Leytonstone E11 ....(020) 85566544
Zu's Ilford, Takeaway,815 High Road Ilford ....(020) 85981110

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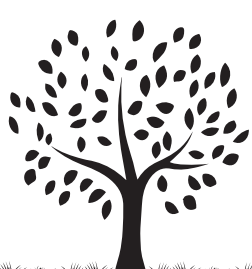

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Residential Listings

A-Z listings of local residential numbers.

Information listed within the A-Z section **has been provided by each Communication Provider** (phone line provider) for that individual and are published based on their Directory Status. If the person has been flagged as **Ex-Directory** it **will not be printed**.
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A.ASSOGBA S,33 Grantham Road LONDON.....**(020) 36231879**
AADAN A,First Floor Rear Flat 2 375 High Road Leyton E10.....**(020) 85398534**
AAMIL K,15 New Rd Ilford.....**(020) 31321490**
AANONSON-RAWLINGS N,5 East View London.....**(020) 85310879**
AARON A.J,200 Dawlish Drive Ilford .....**(020) 85905031**
ABAD LOPEZ R,138 Carr Road London.....**(020) 36016953**
ABAGREY G,25 Colchester Road London .....**(020) 34415233**
ABANA S,73 Northbank Rd London .....**(020) 31325307**
ABAYOMI A,9/591a New Nth Rd Ilford .....**(020) 85007571**
ABBAS F,261 Coventry Road Ilford.....**(020) 82625359**
G,99 Beulah Road London.....**(020) 85212045**
O,173 Eton Road Ilford.....**(020) 37946348**
O,8 Tavistock Road E18.....**(020) 89890173**
Q,105 Pearcroft Road London .....**(020) 34892452**
Ryadreda,84 Wigmore Place E17.....**(020) 85270438**
S,2 Granton Road Ilford.....**(020) 81171548**
S,4 Lombard Avenue Ilford, Essex.....**(020) 34893957**
T,168 Church Road London .....**(020) 33756886**
ABBASI H,92 INVITO HOUSE 1-7 Bramley Crescent Ilford.....**(020) 38755642**
V,89 Churchill Terrace London .....**(020) 36380541**
ABBEY I,3 The Avenue Loughton.....**(020) 85082586**
ABBOTT B,5 Royston Gardens Ilford .....**(020) 85544254**
Frank,Flat 10 Helwys Court 107 Selwyn Avenue E4.....**(020) 85272416**
P,22A Courtenay Rd E17.....**(020) 85214914**
S,72 Northwood Gardens Ilford.....**(020) 85501052**
Mr S, Mr,91 Sewardstone Road London .....**(020) 85593217**
ABDALLA Ruweyda,24 Westwood Road Ilford..**(020) 85979525**
ABDALLAH-JALLO A,332 Halley Road London.**(020) 84719718**
ABDELHAMID N,96 Leyswood Drive Ilford .....**(020) 85990474**
ABDI Ms F,Flat 3/290 Chingford Road London.....**(020) 31324992**
Faiza,111 Palmerston Road E17.....**(020) 85201594**
N,46 Wittenham Way London.....**(020) 30928476**
Mr S,130 Maybank Road London .....**(020) 31328636**
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AKIN SAMUEL M,14 Palmerston Road London....**(020) 37546517**
AKIN UNAL G,13 Selworthy Close E11....**(020) 85305400**
AKINDELE Olufunmi,32A Goodmayes Road Ilford....**(020) 85978863**
AKINFENWA Mrs A, Mrs,28 Roding View Buckhurst Hill....**(020) 85046499**
AKINTOYE-LUXENBURG F.K,69 Kimberley Rd E17....**(020) 84185516**
AKINWEKOMI A,383C Cranbrook Road Ilford....**(020) 36541618**
AKITA Alex,20 Newbury Rd Ilford....**(020) 85905773**
AKMAL M,88 Hatherley rd London....**(020) 31322205**
AKON H,18 Newcomen Road London....**(020) 34905543**
AKORTSU J,5/60 The Avenue E4....**(020) 85233849**
AKOT N,Flat 31 Napier Court 521 Green Lane Ilford....**(020) 85990448**
AKOWUA-APPIAH E,3 Kays Ter Walpole Rd E18....**(020) 81418328**
AKPANDJA Mr Olivier,63 Coney Burrows London....**(020) 36439010**
AKRAM C,102 Palmerston Road LONDON....**(020) 80147979**
M,20 Ave Ct Claybury Bdwy Ilford....**(020) 85501191**
M,23 Windsor Road Ilford....**(020) 81779507**
R,Flat 2 20A Station Road London....**(020) 39717248**
S,29 Shrubland Road E17....**(020) 31323557**
T,24 Church Lane London....**(020) 81778395**
Z,2 King Edward Rd London....**(020) 81418491**
AKSAMAN M,Flat 6 Morley Court Sinclair Road E4 London....**(020) 85249009**
AKTER A,City View Flat 235 Axon Place Ilford....**(020) 33040986**
A,40A Stanley Road Ilford....**(020) 31722161**
F,171a Cranbrook Road Ilford....**(020) 45313612**
F,210 Green Lane Ilford....**(020) 82271559**
J,34 Thurlow Gardens Ilford....**(020) 81720293**
M,194 Church Road London....**(020) 35364624**
M,34C York Road Ilford....**(020) 36850942**
R,52 Daines Close Manor Park....**(020) 37275419**
S,2 Hyacinth Close ILFORD....**(020) 38435170**
AKTHAR Admiral J,12 Rectory Road Manor Park....**(020) 81490501**
Lubna,108 Browning Road E12....**(020) 84722451**
AKTHER M,91 Buttsbury Road Ilford....**(020) 36408071**
AKUFFO L,244 Dersingham Avenue London....**(020) 85142920**
AKUOKU K, Mobile,51 Kitchner Road London....**07960 926742**
AKYEAW N,Flat 1 15 Valentines Road Ilford....**(020) 33801464**
AKYIAA M,143 Aldriche Way London....**(020) 35561747**
AL MAHMUD A,67 Pittman Gardens Ilford....**(020) 31326277**
AL SELMI N,3 Richmond Close, Kirk Road London....**(020) 80132559**
ALA G,7/112b Hainault Rd E11....**(020) 85561377**
ALABI B,Kross Studios Unit 22 Argall Avenue London....**(020) 81417898**
M,29B Aberdour Road Ilford....**(020) 85973125**
ALABO J,Flat 8, 137 Beresford Road London....**(020) 37599306**
ALAGARATNAM P,410 Horns Road Ilford....**(020) 85501212**
ALAGIRISAMY S,99 Essex Road London....**(020) 35652550**
ALAHAKOON Grace,Flat 23 Parkview Court 54 Brancaster Road Ilford....**(020) 36868898**
ALAKARSAMY N,14 Kensington Avenue London....**(020) 85524379**
ALAM K,7C Kensington Gardens Ilford....**(020) 85182252**
M,Flat 5, 1 Aldborough Road South Ilford....**(020) 80014677**
M,Balfour House 394-398 Flat 23 High Road Ilford....**(020) 36120210**
M,69 Sandringham Rd E10....**07956 566335**
M.D,Invito House 1-7 99 Bramley Crescent Ilford....**(020) 81175405**
T,568 Green Lane Ilford....**(020) 85907333**
Z,26 Sinclair Road London....**(020) 30919029**
ALAN R,3 Queen Victoria Street London....**(020) 71681988**
ALAOUI K,25 Louisa Oakes Close E4....**(020) 85017308**
ALAUDDIN M,55 Dersingham Avenue London....**(020) 45393932**
ALAUDEEN H,161 Browning Rd London....**(020) 85520502**
ALBERT Mrs Esta,Flat 15, Milne Court, 14 Churchfields London....**(020) 85060617**
R,99 Browning Road LONDON....**(020) 36852998**
ALBIN XAVIER K,90 Shelley Avenue London....**(020) 30920843**
ALBON P.I,41 Byron Avenue E18....**(020) 89892508**
ALBRACHT D,169 Ching Way E4....**(020) 85230632**
ALBUM J,292 Courtney Ldg Ashurst Drive Ilford....**(020) 85509724**
ALBUREY R.M,16 Lyndhurst Drive E10....**(020) 85569306**
ALCID K.L,11 Kensington Avenue London....**07957 272301**
ALDERMAN G,378 Hale End Road London....**(020) 89251353**
K,21 Baden Drive LONDON....**(020) 36633495**
R,12 Sewardstone Road London....**(020) 89232021**
ALDERSLEY M,Flat 6 High Oaks Lodge 90 The Drive E18....**(020) 85307152**
ALDERSON K,37 Stanley Road London....**(020) 36853566**
R,40 Loughton Way Buckhurst Hill....**(020) 85041957**
ALDRED C,36 Alexandra Road London....**(020) 89280309**
ALDRIDGE M,45 Ladyfields Loughton....**(020) 85023792**
ALDULAIMA Dawd,19 Tycehurst Hl Loughton....**(020) 85023555**
ALDURTANANI M,23 Bridge End London....**(020) 85271125**
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ALEKSANDROV R,41 Radlix Road London....**(020) 86374288**
ALEKSANDROVA Hristina,12 Norbury Road E4....**(020) 85245424**
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ALEMAYEHU K,2 Hornbeam Lodge Montalt Road Woodford Green....**(020) 34414436**
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ALESKEVICIUTE L,35A Waverley Rd London....**(020) 31321941**
ALEXA C,15 Hazelwood Park Close Chigwell....**(020) 82526173**
M,Flat 9 Vellum Court 2 Hillyfield E17....**(020) 85313508**
ALEXANDER D,Flat 4, Read Court, 1 Gandhi Close London....**(020) 36326438**
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D,19 Marmion Close E4....**(020) 85247974**
G,Flat 4 Aztec House 163 Tomswood Hill ILFORD....**(020) 85004626**
G.J,5 Elderfield Walk E11....**(020) 89899622**
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ALEXANDRA-GUILLEN H,73 Barrett Road London....**(020) 31328461**
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L,100 Fulbourne Road Walthamstow....**(020) 85278010**
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ALHIN E,Flat 23 Blakesley House Grantham Road E12....**(020) 85147278**
ALI A,152 Church Road London....**(020) 85563633**
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A,54 Grange Park Road London....**(020) 87932518**
Amina,Flat C Ruscon Court 98a Hainault Road E11....**(020) 85585730**
A, Mobile,19 Harbourer Road....**07932 477829**
A, Mobile,19 Harbourer Road....**07932 477841**
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A,Flat 16 Underwood Court Leyton Grange Estate LONDON....**(020) 36651207**
Mr A,53 Norman Rd Ilford....**(020) 81410718**
Mr A,52 Ripley Rd Ilford....**(020) 31326667**
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A,27 St.Marys Road Ilford....**(020) 35511429**
A,68 Somers Road London....**(020) 85090184**
A,40 Stoneleigh Road Ilford....**(020) 85519576**
A,92 Warrior Square London....**(020) 82571935**
A,57 Wesley Road E10....**(020) 31322595**
A,90 Westwood Rd IG3....**(020) 85970891**
A.M,20 Percy Road E11....**(020) 85580862**
B, Mobile,14 Mundon Gardens Ilford, Essex....**07940 002735**
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ALI BUTT M,272 Capworth Street London....**(020) 37326770**
ALI Faduma,Flat 4 Claymore Court 244 Billet Road E17....**(020) 85033014**
F,11/67 Vallentin Rd E17....**(020) 85090678**
F,70 Vernon Road Ilford....**(020) 36654682**
Mr H,86 Albert Road Ilford....**(020) 81417621**
H,10 Bellamy Road London....**(020) 37329105**
ALI H,Flat 3, Daisy Baker House 452A High Road Leyton London....**(020) 85583643**
H,63 Lindley Road E10....**(020) 81417027**
H,4 Radleys Lane LONDON....**(020) 85302600**
H,19 Toronto Road Ilford....**(020) 82818121**
I,5 Queensland Close Walthamstow....**(020) 84185966**
K,339b Ley Street Ilford....**(020) 81779478**
Mr L,22 Clandon Road Ilford....**(020) 81779662**
M,1St Floor 52 Browning Road London....**(020) 36051660**
Milgo,Flat 167 City View Centreway Apartments Axon Place Ilford....**(020) 85532132**
M,46 Erskine Road London....**(020) 85212487**
M,42 Flat 1 Forest Drive West E11....**(020) 31325765**
M,212 Hathaway Crescent London....**(020) 84707724**
M,4 Melbourne Road London....**(020) 85580617**
M,233 Shakespeare Crescent E12....**(020) 81418004**
Muma Mohamed,40 40 Montague Rd London....**(020) 85560866**
N,14 Blackhorse La E17....**(020) 85319090**
Nozrul,Flat 24 Stewart Rainbird House 269 Parkhurst Road E12....**(020) 85532500**
R, Mobile,1 De Vere Gardens Ilford, Essex....**07983 800947**
R,11a Lancing Road Ilford....**(020) 85540734**
R,7 Malta Road E10....**(020) 71656796**
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S,Flat 9 258, Abraham Fisher House Grantham Road London....**(020) 36127364**
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S,116 Hermon Hill London....**(020) 89896615**
Shaukat,469 Lea Bridge Road E10....**(020) 85586429**
S,273a Markhouse Road London....**(020) 81098683**
S,182 Sheringham Av E12....**07956 444012**
S,22 Wolsey Gardens Ilford....**(020) 35245785**
T, Mobile,86 Hampton Road....**07958 116023**
Mr T,104 Napier Road E11....**(020) 85196750**
T.H,92 Windsor Rd E10....**(020) 89881947**
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W,15 Khartoum Road Ilford....**(020) 81778563**
Mr Y,123 Belmont Park Road London....**(020) 31329530**
Zuhur,41 Gosport Road E17....**(020) 85093448**
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ALLAMBY P,4 South Park Crescent Ilford....**(020) 84788928**
ALLAN D,196 Vicarage Rd London....**(020) 31324932**
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Tommy,57 Peregrine Road Ilford....**(020) 85016852**
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D,96 Grosvenor Drive Loughton....**(020) 85081109**
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D.J,59 Cann Hall Road E11....**(020) 85552321**
J,11 Amberley Road Buckhurst Hill....**(020) 85047904**
J.J,24A Meadow Way Chigwell....**(020) 85008926**
K.R,147 Monkhams Lane Woodford Green....**(020) 85049704**
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M,57 Peel Road London....**(020) 85043095**
Norman J,81 Colvin Gardens Ilford....**(020) 85003201**
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R,38 Lister Road E11....**(020) 85565741**
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R,4 York Crescent Loughton....**(020) 85020939**
S,221a Fullwell Avenue Ilford....**(020) 85039844**
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ALLENBY Ian N,7 Teesdale Road E11....**(020) 89897139**
ALLEN-HUNT V,171 St.Johns Road London....**(020) 85317035**
ALLEYNE A,83 Matcham Road E11....**(020) 89251914**
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ALLSWORTH M,10 Albert Road Buckhurst Hill....**(020) 36693319**
ALLUM D,31 Meadow Way Chigwell....**(020) 85006224**
ALLWRIGHT L,97 Colebrook Lane Loughton....**(020) 85086362**
ALLYBACCUS W,209 Beehive Lane Ilford....**(020) 85503775**
ALLYJAUN Mr Mamode,39 Harvey Road London....**(020) 85582380**
ALMASI R,13 Westwood Road Ilford....**(020) 85907211**
ALMEIDA L,5 Mountain Ash Close Chigwell....**(020) 85005079**
Miss Marybel,Flat 3 Albert House Reservoir Way....**(020) 80919479**
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ALOM Golam,174 Barley Lane Ilford....**(020) 36634592**
M,357 Dersingham Avenue E12....**(020) 85141695**
M,5a Grantham Road Manor Park....**(020) 85146747**
S,30 Blenheim Avenue Ilford....**(020) 45396534**
ALONSO PARADELA M,Flat 2 312 Grove Green Road London....**(020) 37312932**
ALORA J,225-227 High Rd Iilford....**(020) 85140847**
ALPER R,46 Epping Way E4....**(020) 85594942**
AL-QASSAB Dr Hisham,68 Bressey Grove E18....**(020) 89897678**
ALS A,107 Bawdsey Avenue Ilford....**(020) 85909150**
A,198 Dersingham Avenue E12....**(020) 84782105**
ALSAEED A,28 Adam Road London....**(020) 36736336**
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ALSTON B,Flat 27 Heron Court Morland Road Ilford....**(020) 85144667**
ALTAF M, (Mobile),651 High Rd Ilford, Essex....**07956 383397**
M,11 Ryder Avenue Leyton....**(020) 85589872**
M,41 Wood Street E17....**(020) 85200261**
ALTAY M,102 Fencepiece Road Ilford....**(020) 85009898**
ALTHAM H.S,243 Murchison Road E10....**(020) 85566784**
ALUKO K,18 Fairmeads Loughton....**(020) 36238773**

ALVARES D.F,262 Sheringham Avenue E12 ....**(020) 84786407**
ALVAREZ Res,12, 1st Fl Fl Toronto Road Ilford ....**(020) 82208026**
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ALVEY B,1A Cavendish Gardens Ilford ....**(020) 85181179**
ALVIS Mrs A,Flat 6, Etloe House, 180 Church Road London ....**(020) 85390430**
ALY HAMED M,200 Albert Road London ....**(020) 37265794**
ALY M,34 Dalkeith Road Ilford ....**(020) 37205622**
ALYAS Tayyab,37 Wordsworth Avenue E12 ....**(020) 85524636**
AMADI H,34A Frith Road London ....**(020) 36249539**
AMAKYE N,Flat 18 Cedar Court Grosvenor Road E11 ....**(020) 85304359**
AMALAN G,31 Birkbeck Road Ilford ....**(020) 85543584**
AMALAVANNAN R, Mobile,15 Devonshire Rd London **07961 700049**
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AMANUDEEN A,Flat 42 Malford Court The Drive E18 ....**(020) 85303965**
AMANULLA M,6 Maple Close Ilford ....**(020) 85011734**
AMANULLAH R,23 Langley Drive London ....**(020) 35612499**
AMARIEI I,Flat 803 Lea Bridge Road London ....**(020) 35091105**
AMATO J,138 Kensington Avenue E12 ....**(020) 84701086**
AMBARDAR S,Flat 95 City Gate House 399-425 Eastern Avenue Ilford ....**(020) 36628240**
AMBROSE C,66 Hazelwood Road London ....**(020) 89235887**
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T,82 Exmouth Rd E17 ....**07956 320030**

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AMIN Ms A,1/375 High Road E10 ....**(020) 81776394**
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N,9 Redbridge Court Redbridge Lane East Ilford ....**(020) 35367880**
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R,84 Billet Road London ....**(020) 82794077**
W,147 Green Pond Close London ....**(020) 33702240**
AMIRI A,Roebuck Court 163a Flat 5 Cavendish Road London ....**(020) 36735722**
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S, Mobile,4 Newton Road Chigwell, Essex **07984 275920**
AMJAD M,31 Arrowsmith Road Chigwell ....**(020) 85010866**
AMJID S,8 Daines Close London ....**(020) 36437038**
AMMAN C,Flat C 53 Robinia Crescent E10 ....**(020) 85393551**
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AMPONSAH A,319 Express Drive Ilford ....**(020) 85970571**
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AMURE Mrs M,17 Regarder Road Chigwell ....**(020) 85008439**
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ANAND G,115 Hoe Street E17 ....**(020) 85216222**
R,286 Cranbrook Road Ilford ....**(020) 82203221**
S,Buckhurst Way, Buckhurst Hill IG9 ....**07956 385470**
S,6 Beech Close Loughton ....**(020) 84189678**
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ANASTASIOU A,98 Hawkwood Crescent E4 ....**(020) 85243211**
Andreas,4 Monmouth Avenue E18 ....**(020) 85303386**
C,57 Sewardstone Road E4 ....**(020) 85292601**
ANAUTJUANKO Ms311 Copperfield Chigwell ....**(020) 85011288**
ANCILL K,Flat A, 2 Chertsey Rd Leytonstone, ...**07951 388072**
ANCOBIAH Priscilla,9 North Close Chigwell ....**(020) 85011178**
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Miss C, Miss,25 Elm Road London ....**(020) 85097355**
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D,26A Whitehall Gardens London ....**(020) 85297487**
F,24 Brook Road BUCKHURST HILL ....**(020) 35244883**
H,5 Brocket Close Chigwell ....**(020) 85010297**
H,31 Mayfield Road E4 ....**(020) 85242555**
H,21 South Avenue E4 ....**(020) 85246454**
H.G,4 Grange Avenue Woodford Green ....**(020) 85042688**
H.M,135 Henley Rd Ilford **07956 421115**
Irene,57 Waltham Way Chingford ....**(020) 85292033**
J,32 Bradwell Road Buckhurst Hill ....**(020) 82810036**
J,98 Stanley Road Ilford ....**(020) 82208393**
Miss Lorraine,44 Edward Avenue Chingford, London ....**(020) 85230094**
L.A,241 Sinclair Road E4 ....**(020) 85295686**
Mark,52 Mallards Blake Hall Road E11 ....**(020) 89898243**
M,106 St.Georges Road E10 ....**(020) 85398224**
M,Lilys Design, 109 Station Road London ....**(020) 37199328**
P,15 Tavistock Gardens Ilford ....**(020) 85993721**
Miss P, Miss,120 The Avenue London ....**(020) 36544218**
R,13 Bushey Close Chingford ....**(020) 85298362**
S,106 Higham Hill Road London ....**(020) 81777488**
W,134 Wood St London ....**(020) 31383987**
ANDERSONBARNES J,111A Carlyle Road E12 ....**(020) 84785983**
ANDOH J,Flat 1 4 Hopkins Road E10 ....**(020) 85586614**
ANDRESON Winston,60 Burnside Avenue E4 ....**(020) 85318285**
ANDRESS W,Oak Lodge Flat 7 56, Cambridge Road London ....**(020) 33057537**
ANDREW Miss Flavia,124 Quebec Road Ilford ....**(020) 34899964**
ANDREWS B,116 Wansford Road Woodford Green ....**(020) 85040767**
C,12 North Birkbeck Road E11 ....**(020) 85392150**
D.J,241 Old Church Road E4 ....**(020) 85291923**
E.W,28 Brindwood Road E4 ....**(020) 85243544**
J,Flat 8 118 Burnham Road E4 ....**(020) 85248119**
J,Flat 27 Oak Lodge 56 Cambridge Road E11 ....**(020) 85303580**
J,58 Melford Road E17 ....**(020) 85219146**
N.C,40 Roding Road Loughton ....**(020) 85022519**
N.P,34 Whitehall Road E4 ....**(020) 85243343**
Ms O, Ms,26 Chester Road Ilford ....**(020) 82709806**
P,17 Lambourne Gardens London ....**(020) 85292815**
R.E.W,79 Dale View Avenue E4 ....**(020) 85244239**
ANDRUSKEVICIUS G,18 Greville Rd London ....**(020) 81772424**
ANEKE C,9 Mossford Lane ILFORD ....**(020) 35365669**
ANGEL C,25 Fairlight Avenue E4 ....**(020) 85290142**
ANGELL Mr R, Mr,Flat 5, Linney House, 43 Tanners Lane Ilford ....**(020) 37299630**
ANGELOV P,279D The Drive Ilford ....**(020) 85183038**
ANGELOVE G,111 Calderon Rd E11 ....**(020) 85187688**
ANGHELI R,73 Lavender Place Ilford ....**(020) 84782231**
ANGULO E,Fairlop Court Flat 1 Fairlop Road London ....**(020) 89881143**
ANHAL R,68 Woodford Avenue Ilford ....**(020) 85501716**
ANIM E,40 Trehearn Road Ilford ....**(020) 85015195**
ANJUM Muhammad,266 Monega Road E12 ....**(020) 84723312**
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ANNALINGAM P,Flat 23 Stoneleigh Court Herent Drive Ilford ....**(020) 85514812**
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D,14, Viking Pl Seymour Rd London ....(020) 31322963
E,81 Handsworth Avenue E4 ....(020) 85272622
F,103 Kirkland Avenue ILFORD ....(020) 85506522
G,77 Priory Avenue London ....(020) 85242575
G.E,12 Mount Echo Avenue E4 ....(020) 85297542
J,9 Beech Hall Road London ....(020) 85270579
J,335 Clayhall Avenue Ilford ....(020) 85510158
J,4 Wingfield Road LONDON ....(020) 85215202
K,86 Theydon Street London ....(020) 85397960
K.J.C,Flat 10 Orestes Court 39 Woodford Road E18 ....(020) 89890276
L, Mobile,8a Peterson Court, Lower Road Loughton 07904 767197
L.C.W,62 Malvern Drive Ilford ....(020) 85990010
M,103 Fyfield Road London ....(020) 89234673
P,27 Levett Gardens Ilford ....(020) 85976990
P,7 Mount Echo Avenue E4 ....(020) 85240167
P.F,20 Fairlight Close E4 ....(020) 85296230
R,127 Brocket Way Chigwell ....(020) 85014733
S,11 Dymchurch Close Ilford ....(020) 85515030
T.W,19 Grosvenor Rise East E17 ....(020) 85211294
V.M,29 Meadow Rd Loughton ....(020) 85080188
W,5 Bluehouse Rd London ....(020) 31380528
BAKIER S,51 Heaton Close Chingford ....(020) 85298577
BAKKI N,4 Windermere Gardens Ilford ....(020) 36657398
BAKSH J,130 Barley Lane Ilford ....(020) 85199657
M,85c Netley Road Ilford ....(020) 85180968
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S,197 Lavender Place Ilford ....(020) 37194658
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BALCI O,9 Travers Close London ....(020) 86161474
BALD A,17 Worcester Road London ....(020) 89118743
BALDE C,104 Shakespeare Crescent London ....(020) 37126703
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T,227 Lavender Place Ilford ....(020) 36488642
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N.C,4 Mount Echo Drive E4 ....(020) 85244909
BALDWIN C,28 Barncroft Close Loughton ....(020) 85080985
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R.E,54 Walpole Road E18 ....(020) 85051020
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BALINT G,Flat 3 11 Bulwer Rd London ....(020) 71598037
G,26 Westward Road E4 ....(020) 71593157
BALKAN Ismet,105 Hale End Road E17 ....(020) 85234626
BALL A,8 The Glade Ilford ....(020) 89240071
D.A,19 Mundon Gardens Ilford ....(020) 84783138
L,15 Manor Way E4 ....(020) 85296471
M,25 Elsham Road London ....(020) 89263185
R,48 Stoneleigh Road Ilford ....(020) 85507649
S.H,48 Hall Lane E4 ....(020) 85246739
BALLAH Mr309 Church Road London ....(020) 84782698
BALLARD D,43 Bergholt Avenue Ilford ....(020) 85507113
BALLINGER K.J.M,Flat 9 Trent Court New Wanstead E11 ....(020) 89895007
BALLO S,87 Chesterford Rd E12 ....(020) 85142925
BALLON G,320 Eastern Avenue Ilford ....(020) 85543766
BALLOO P,59A Ingleby Road Ilford ....(020) 36238658
BALMFORTH K,34 Wellfields Loughton ....(020) 85088265
T,343 Cann Hall Road London ....(020) 82816787
BALODE K,103A High Street E17 ....(020) 85209189
K,Flat 1 St. Marks Court 99 Northcote Road E17 ....(020) 85090754
BALOG L,52 Belmont Park Road London ....(020) 36383472
BALOGUN F,13 Queens Drive London ....(020) 85568473
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BAMGBOYE F.B,211 St. Fabian Tower, Iris Wy E4 ....07956 965365
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BAMRAH O,220 Sherrard Road E12 ....(020) 85527422
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BANDARU S,333 Express Drive Ilford ....(020) 81771016
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H.F,12 Forest Approach Woodford Green ....(020) 85052012
I,92 Goldingham Avenue Loughton ....(020) 85080946
J,43 The Drive Loughton ....(020) 85084199
Peter,32 Warren Rd London ....(020) 85291774
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BANO CHAUDHRY S,44 Richmond Road Ilford ....(020) 84787067
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BAPTIE D.L,73 Brindwood Rd E4 ....(020) 85240135
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J,201 Hall Lane E4 ....(020) 85298602
N,16 Hathaway Cres E12 ....(020) 84723317
R,108 Wyemead Crescent London ....(020) 30158675
S,220 Westward Road London ....(020) 89239217
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BARBER C,92 Bawdsey Avenue Ilford ....(020) 85901992
D,115 Burney Drive Loughton ....(020) 36591957
G,136 Richmond Road Ilford ....(020) 85530016
G,43 Woolhampton Way Chigwell ....(020) 85011124
J,337A Mortlake Road Ilford ....(020) 82206279
J.D,83 Dawlish Drive Ilford ....(020) 85906792
L.M,13 Coopers Close Chigwell ....(020) 85005239
P,254 Buckhurst Way BUCKHURST HILL ....(020) 85056438
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V,28 Tanners Lane Ilford ....(020) 85510082
BARCLAY K,12 Station Road London ....(020) 89269552
BARDAKH N,71 Peel Road E18 ....(020) 85045918
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BARHAM A.P,18 Ashbourne Avenue E18 ....(020) 89897513
B.F,41 High Road Loughton ....(020) 85085420
H,79 Wansford Road Woodford Green ....(020) 85042385
M,77 Alpha Road London ....(020) 85296671
P,22 Preston Drive London ....(020) 89253155
R.L,67 Coppermill Lane E17 ....(020) 85213701
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BARISAUSKAS Edvinas,67 Frinton Mews Ilford ....(020) 85542508
BARKER A,26 Valentines Road Ilford ....(020) 85549424
C,9 Powell Drive London ....(020) 35615716
G.M,145 Redbridge Lane East Ilford ....(020) 85506928
J,42 Malmesbury Rd E18 ....(020) 85591397
J.R,8 Alma Avenue E4 ....(020) 85277960
K.A.L,166 Belgrave Road E11 ....(020) 85329722
M,308 Stocksfield Road London ....(020) 89263227
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T,52 The Albany Woodford Green ....(020) 82708146
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R,82 Pentire Road E17 ....(020) 85318705
R.E,41 Hawkdene E4 ....(020) 85290461
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G.A,63 Fyfield Road Woodford Green ....(020) 85051137
M,14 Cheney Row E17 ....(020) 36235421
M,7 Highcliffe Gardens Ilford ....(020) 85500625
N,219 Huntsman Road Ilford ....(020) 85001502
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R.A,29 Aragon Drive Ilford ....(020) 85000683
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V.M,30 Wanstead Park Avenue E12 ....(020) 89893290
W.H,34 Merlin Grove Ilford ....(020) 85003708
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C,30 Murchison Road E10 ....(020) 85567618
D,34 Walnut Way Buckhurst Hill ....(020) 82819021
D.J,41 Grantock Rd E17 ....(020) 85232220
E,91 Valley Hill Loughton ....(020) 85025872
G,103 Hartington Road LONDON ....(020) 85092579
G,155 Trotwood Chigwell ....(020) 85003296
J,110 Hainault Road Chigwell ....(020) 85010669
J.M,14 Ashburton Avenue Ilford ....(020) 85946654
M,94 Oak Hill Crescent Woodford Green ....(020) 85279514
Petula,281 Church Road E10 ....(020) 85396436
R,19 Brook Road Loughton ....(020) 85088856
R,35 Cherry Court Longwood Gardens Ilford ....(020) 85511891
S,12 Warren Ct Chigwell ....(020) 85008489

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BARRA F,18 Erskine Road E17....(020) 85215871
N,73 Manor Farm Drive E4....(020) 85240530
R,98 Antlers Hill London....(020) 85241609
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H,129 Walnut Road E10....(020) 85562203
J,79 Essex Road E10....(020) 85585463
J,238 Henley Road Ilford....(020) 85144051
K,24 Newmans Lane Loughton....(020) 82810826
K,54 Wellfields Loughton....(020) 85020242
Michelle,29 Droveway Loughton....(020) 85025641
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T,54 Deynecourt Gardens London....(020) 89259382
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BARRY A,48 Kimberley Road London....(020) 85293026
B,5 Burford Cl E4....(020) 85032289
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E,4 St. Ronans Crescent Woodford Green....(020) 85046511
J.M,36 Larkswood Road E4....(020) 85298085
M,47 Forest View Road Walthamstow....(020) 85233969
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S,6 Colville Road London....(020) 37376480
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A.A,15 Gordon Rd Ilford....07956 545269
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I,289 Kingston Road Ilford....(020) 85144765
Saber,14 Studley Dv Ilford....(020) 85545436
Yasira,132 The Drive Ilford....(020) 85542092
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BASRA Jaspal,19 Blythswood Road Ilford....(020) 85999803
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BASSAN D,31 Toronto Road Ilford....(020) 85540021
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J,47 Grove Hill E18....(020) 89897651
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R,18 Maynard Road E17....(020) 85205280
R,39 Tennyson Avenue E11....(020) 89892885
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BATTYE M,15 Gamuel Close E17....(020) 85219567
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BAUM A,23 Colebrooke Drive E11....(020) 89253003
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M,38 Lukin Crescent London....(020) 85295507
S,Flat B 21 Rectory Road E17....(020) 85205258
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BAYNES M,14 Egerton Gardens Ilford....(020) 85991934
BAYS J.J,17 The Risings E17....07958 467366
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BAZIN J,9 Anworth Close Woodford Green....(020) 85043996
BEACH D,9 Wyfields Ilford....(020) 89244572
V,21 Farthings Close Chingford....(020) 82799381
BEAGER F,Flat 3 21 Aldersbrook Road E12....(020) 85306043
BEAK E,Flat 1, Hunter Court Homesdale Close London....(020) 80011773
N,14 Oak Hall Road E11....(020) 85308247
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BEALBY M,12 Chalgrove Crescent Ilford....(020) 85509194
BEALES J,71 Church Lane Loughton....(020) 82791273
BEAN J,11 Folkestone Road London....(020) 85036671
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BEARRYMAN F.W,7 Bentley Way Woodford Green....(020) 85049083
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W,79 Swans Hope Loughton....(020) 85023236
BEATON R,1 Southernhay Loughton....(020) 89230229
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S,39 Harvey Gardens Loughton....(020) 85089651
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BEDDING R.J,132 Middleton Avenue E4....(020) 85290710
BEDFORD Mr R,227 Express Drive Ilford....(020) 81411250
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BEE Stav,18 Clacton Road E17....(020) 85205164
BEEDEN J,11 Mendip Road Ilford....(020) 85971760
BEERLI E,31 Henrys Avenue Woodford Green....(020) 85041323
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A,98 Sixth Avenue E12....(020) 85533147
BEGLEY S.A.J,33 Byron Avenue E18....(020) 89894975
BEGUM A,85 Daffodil Gardens Ilford....(020) 36052416
A,365 Sherrard Road Manor Park....(020) 84709159
BEGUM ALI T,59 Walton Road E12....(020) 85147131
BEGUM B,17 St. Lukes Avenue Ilford....(020) 37266302
D,129 Headley Drive Ilford....(020) 33020048
F,104 Bloxhall Road E10....(020) 85569259
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L,271 Horns Road Ilford....(020) 35653810
M,13C Elgin Road Ilford....(020) 35328571
M,13 Northdown Gardens Ilford....(020) 35924374
M.S,13 Roding Lodge Royston Gardens Ilford....(020) 85547539
N,49 Melford Road E17....(020) 31327057
R,51 Chalford Walk Woodford Green....(020) 85051319
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J,12 Dorchester Gardens E4....(020) 85295007
J,28 Greensted Rd Loughton....(020) 84187801
J,181 Kings Head Hill London....(020) 85243661
K,119 Fyfield Road London....(020) 89236247
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C,17 Peel Road London....(020) 85029050
C,136 Torrington Drive Loughton....(020) 84189086
C.G,167 Horn Lane Woodford Green....(020) 85051160
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M.J,75 Applegarth Drive Ilford....(020) 85996665
P,60 Rivenhall Gardens E18....(020) 89895127
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BLUCK B.J,1 Overton Drive E11 ....**(020) 85304758**
J,Flat 19 King Court 25 Capworth Street Leyton ....**(020) 85564061**
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BLYTH Mr John,21 Silverthorn Gdns ....**(020) 85246610**
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P,4 Connington Crescent London ....**(020) 82813768**
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BOAK A,103 Bridge End E17 ....**(020) 85277351**
C,4 High Elms Chigwell ....**(020) 85007287**
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BOAKYE-TYSMSI K,83 Prospect Hl E17 ....**(020) 82230716**
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BOATEMA H,47 Queenswood Gardens London ....**(020) 36486292**
BOATENG Ameyaw,50 Theydon Street E17 ....**(020) 85391123**
C,25A Capworth Street E10 ....**(020) 85564647**
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V,34 Waltham Wy E4 ....**(020) 85294008**
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BOOTE Michael,37 Cypress Grove Ilford ....**(020) 85007918**
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P,40 Woodberry Way E4 ....**(020) 85295678**
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BOULTING L,26 Weavers Almhouses New Wanstead E11 ....**(020) 89891477**
BOULTON G,112 Merriam Close London ....**(020) 39036759**
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J,43 Rutland Road London ....**(020) 89891751**
BOURNE A,588 Eastern Avenue Ilford ....**(020) 82205748**
BOUSFIELD L.G,23 Warwick Road E4 ....**(020) 85245701**
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E,4 Oakmoor Way Chigwell....**(020) 85007801**
G,22 Ardleigh Rd E17....**07956 849785**
H,175 Albert Road Leyton....**(020) 85393059**
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BRACKLEY A,53 Broadmead Rd Woodford Gn....**(020) 85044401**
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BRADLEY I,238 Roding Lane South Ilford....**(020) 85515757**
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J,16 Bedford Road London....**(020) 82629240**
Jonathan,55 Stradbroke Grove Buckhurst Hill....**(020) 85592153**
Mr K,Flat 22 Hockley Court London....**(020) 31328622**
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M,42 Larkshall Crescent E4....**(020) 85594866**
P,20 Vicarage Road Woodford Green....**(020) 85043634**
R.G,85 Kings Road E4....**(020) 85241518**
S,60 Capel Gardens Ilford....**(020) 45374084**
S,108 Dover Road E12....**(020) 85188797**
T.S,17 Frating Crescent Woodford Green....**(020) 85041026**
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BRAHMBHATT Y,7 Blossom Way Chigwell....**(020) 45681250**
BRAILSFORD I,74 Armstrong Avenue Woodford Green....**(020) 36456185**
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K, Mobile,Ground Floor Flat. 44 Kings Road London....**07903 450245**
O,28 Calderon Rd E11....**07956 557322**
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BRENNAN C,79 Handsworth Avenue E4....**(020) 85314802**
J,33A Lower Queens Rd Buckhurst Hl....**(020) 85049591**
J.S,49 Leyswood Drive Ilford....**(020) 85992735**
K.E,273 Strone Road E12....**(020) 85526654**
M,149 Bramley Close E17....**(020) 85318548**
M.R,1 Edwina Gardens Ilford....**(020) 85501735**
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BRESUG I,39 Sibley Grove London....**(020) 85524568**
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S,109 Carr Road E17....**(020) 85316545**
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J,106 Westbury Road Ilford....**(020) 81412956**
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R,9 Cranston Gardens London....**(020) 85272195**
BRIDGER F.A,80 Mannock Drive Loughton....**(020) 85022445**
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BRIDGES-BRIGGS M,9 Percy Road London....**(020) 85560059**
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BRIGGS B.S.E,44 Charnwood Drive E18....**(020) 89894340**
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L.V,36 Vallentin Road E17....**(020) 85036839**
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BRIGHTWELL V,68 Clacton Road E17....**(020) 85098983**
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BRINDLEY E,134 Maybank Road E18....**(020) 85047449**
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BRINKJOHNSEN L,70 Meadow Road Loughton....**(020) 82811006**
BRISCOE Ashley H.D,182 Oaks Lane Ilford....**(020) 85901687**
BRISTOL C,84 Lowbrook Road Ilford....**(020) 89247914**
BRISTOW A.E,127 Felbrigge Road Ilford....**(020) 82204511**
K,5 Crossway Woodford Green....**(020) 85049090**
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BROADBENT K.E,5 Coronation Close Ilford....**(020) 85502541**
BROCI U,978 Eastern Avenue Ilford....**(020) 85906495**
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P,2 Goldsborough Crescent E4....**(020) 85292960**
BROCKINGTON A.C,20 Richmond Road E4....**(020) 85293077**
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BROMAGE E.A,52 Westrow Gardens Ilford....**(020) 85999641**
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V,5 Arbor Road E4....**(020) 85243452**
BRONI F,53 Bromley Road E17....**(020) 85230165**
BRONZIET H,16 Asthall Gardens Ilford....**(020) 85514730**
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BROOK C,Flat 1 Malford Court The Drive E18....**(020) 89895080**
S,555 Copperfield Chigwell....**(020) 85011644**
BROOKER D,56 Coningsby Gardens London....**(020) 85317132**
L,69 Frances Road London....**(020) 85275061**
L.A,28 Tupelo Road E10....**(020) 85586209**
Peter,35 St. Johns Road Ilford....**(020) 85905221**
BROOKNER B,7 Hannards Way Ilford....**(020) 85009193**
BROOKS D,96A High Street Barkingside, Ilford....**(020) 85500758**
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G.A,179 Gainsborough Avenue E12....**(020) 84788710**
I.R,66 The Ridgeway E4....**(020) 85241345**
Jeffrey,44 44 Grange Park Road London....**(020) 85395638**
L,33 Brookfield Avenue E17....**(020) 85203086**
L,134 Normanshire Drive E4....**(020) 85292565**
L,20 Tudor Cres Ilford....**(020) 85011529**
P,114 Grange Park Road London....**(020) 85394203**
S.J,66 Clinton Crescent Ilford....**(020) 85008569**
V.C.G,36 Baldwins Hill Loughton....**(020) 85082692**
BROOKWELL V,32 Lansdowne Road E18....**(020) 85302991**
BROOME F,275 Copperfield Chigwell....**(020) 85010282**
BROOMFIELD S,861 Cranbrook Road Ilford....**(020) 85500139**
V,5 First Avenue E12....**(020) 85531679**
BROON F,4 Nonsuch Close Ilford....**(020) 85011172**
BROSNAN C,55 Mulberry Way ILFORD....**(020) 85505469**
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BROUGH A,43 Craven Gardens Ilford....**(020) 85501991**
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B.F,19 Kimberley Road E4....**(020) 85292912**
C,17 Brinkworth Road Ilford....**(020) 85509587**
C, Mobile,222 Francis Road London....**07932 324426**
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D, Mobile,23 Ive Farm Close....**07957 117281**
D,60A Marlborough Road London....**(020) 89890049**
D,4a Meadway Ilford....**(020) 85982934**
D,32 Pentire Road London....**(020) 85272763**
D.D,174 Winchester Rd E4....**(020) 85278225**
D.K,27 Broadwalk E18....**(020) 89892415**
E,28 Holmwood Road Ilford....**(020) 85991546**
BROWN F,43 Mapleton Road E4....**(020) 85238726**
G,31 Deepdene Path Loughton....**(020) 85020630**
G.A,156 Dawlish Drive Ilford....**(020) 85993190**
H,78 Courtenay Road E17....**(020) 85206836**
H,49 Halstead Road London....**(020) 89251927**
I,20 Castle Avenue London....**(020) 85315268**
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J,31 Church Lane E17....**(020) 85215394**
J,41 Elmsdale Road E17....**(020) 85208318**
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T,15 Hillyfields Loughton....(020) 82811170
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J,79 Drysdale Avenue E4....(020) 85244133
J,120 Mortlake Road Ilford....(020) 89119264
J,202 Queens Road Buckhurst Hill....(020) 85047753
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B,86 Longwood Gardens Ilford....(020) 85512882
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J.D,4 Sylvan Wy Chigwell....07956 299622
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R,38 View Close Chigwell....(020) 85014544
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R,64 Swans Hope Loughton ....**(020) 85020879**
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S,16 Forest Road E11 ....**(020) 85397648**
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D,6 Pasquier Rd E17 ....**07931 136018**
E,117 Wensleydale Avenue Ilford....**(020) 45417191**
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G,33 Forest Drive East E11 ....(020) 85391862
J,6 St.Anthonys Avenue Woodford Green ....(020) 30923189
J.G,246 Ashburton Avenue Ilford ....(020) 85900517
M,775A High Road Leytonstone London ....(020) 89231373
M,43 Wards Road Ilford ....(020) 82208102
M,1 Wellington Road Leytonstone ....(020) 85308360
M,16 Wolsey Gardens Ilford ....(020) 85005860
MsClifton Avenue London ....(020) 85319782
P,49 Woodstock Road London ....(020) 85271918
R.M,50 Forest Way Woodford Green ....(020) 85060697
R.R.J,79 Tudor Crescent Ilford ....(020) 85007045
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HILLMAN B,14 Brantwood Gardens Ilford ....(020) 85504978
E,100 Alpha Road Chingford ....(020) 85017382
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HILLSON E,12 Fairmeads Loughton ....(020) 89234970
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HINSON C,51 Grove Hill London ....(020) 85188876
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HIRSCH S,51 Parkmore Close Woodford Green ....(020) 85060992
HISCOCK L,132 Manor Farm Drive E4 ....(020) 85245258
HISCOTT25 Church Lane Loughton ....(020) 85081550
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J,125 Endlebury Road E4 ....(020) 85292246
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R.H,2 Colvin Gardens E4 ....(020) 85295675
HODKINSON M,19 Cavendish Road E4 ....(020) 85310406
S,92 Borders Lane Loughton ....(020) 85082605
HOEHFURTNER P,52 Abbotts Park Road E10 ....(020) 85561792
HOFFMAN A,26 Third Avenue E17 ....(020) 85091418
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HOLDAWAY P,98 Whitehall Road E4 ....(020) 85293456
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J,2 Cherston Gdns Loughton, Essex 07951 516912
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P,29 Alders Avenue Woodford Green ....(020) 85313471
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HOLLINGBERY W.G,24 Longfield Loughton ....(020) 85082417
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HOLLINGHURST M,2 Devon Close Buckhurst Hill ....(020) 85044899
HOLLINGSHEAD C,59 Tufton Road E4 ....(020) 85299063
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D,66 Withy Mead E4 ....(020) 85243650
G,66 Colson Road Loughton ....(020) 82811597
G.F,31 Leonard Road E4 ....(020) 85271020
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J,44 Rectory Road Manor Park ....(020) 84785585
J.R,36 Hillside Gardens E17 ....(020) 85206313
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P,76 Harpenden Road London ....(020) 85308029
P,120 Perth Road Ilford ....(020) 85185899
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T,6 The Campus LOUGHTON ....(020) 85024957
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R,FLAT 7 78 Hermon Hill London....(020) 85305417
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S,7 Vienna Close Ilford....(020) 37242525
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N.R,54 Springfield Road E17....(020) 85036955
P.F,311 Eton Road Ilford....(020) 84786380
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J,6 Agister Road Chigwell....(020) 82700121
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M,85 Chalgrove Crescent Ilford....(020) 85503033
R,249 High Road Leyton E10....(020) 89238491
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C,12 Samantha Close E17....(020) 85562077
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G,20 Coopers Close Chigwell....(020) 82570362
G,10 Lime Grove Ilford....(020) 85006358
J,60 Laing Close Ilford....(020) 85026153
J.L,53 Hawkdene E4....(020) 85297321
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N,13 Roundmead Close Loughton....(020) 85087013
P,165 Trotwood Chigwell....(020) 85014162
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M,1013a Forest Rd London....(020) 85274668
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A,254 Murchison Road London....(020) 38432236
A, (Mobile),148 Roading La Sth Redbridge....07956 257930
A,48 Roding Lane South Ilford....(020) 85514651
A, Mobile,105 Shakespear Crescent London....07956 846308
A, mobile,27 Wisteria Clo Ilford, Essex....07940 366292
A,45 Woodman Path Ilford....(020) 85007785
Dr A.S.M.A,9 Cherry Tree Rise Buckhurst Hill....(020) 85592257
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F,167 Boundary Road LONDON....(020) 85217711
F,33 Percy Road Ilford....(020) 85909736
F,93 Windsor Road E10....(020) 85584370
H,81 Bute Road Ilford....(020) 35610625
H,34 Claude Road LONDON....(020) 85589324
Imran,105 Browning Road E12....(020) 84715635
I,38 Byron Avenue E18....(020) 89895006
Mr I,302 Lea Bridge Road London....(020) 81410708
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I,675A Romford Road E12....(020) 85141523
I,52 Ruskin Avenue LONDON....(020) 80139637
Mr I, Mr,3 Winchester Road Ilford....(020) 37292174
Jama,26 Grange Road E17....(020) 85204608
Mr K,184 Balfour Road Ilford....(020) 81412955
Kamrul,Flat 3 21 Elgin Road Ilford....(020) 85906448
K,46 Friars Close Ilford....(020) 85144852
Mr K,4 Sidmouth Rd E10....(020) 85560836
M,....(020) 33184853
M,Flat 39 Ayerst Court 162 Beaumont Road E10....(020) 37231721
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HUSSAIN Munawar,84 Gordon Rd Ilford....(020) 85141555
M,201 Hampton Road Ilford....(020) 39044408
M,378 Ley Street Ilford....(020) 35668959
M,39 Netley Road E17....(020) 85212834
M,101 Park Road Ilford....(020) 80756634
Manzoor,109 Park Road Ilford....(020) 85539162
M,39 Roy Gardens Ilford....(020) 85998191
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N,K P Newsagents, 259 Aldborough Road South Ilford....(020) 35562657
N,16 Francis Road E10....(020) 85399364
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R,61 Empress Avenue London....(020) 82815370
Mr R,78 Rectory Road London....(020) 81417623
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S, mobile,47 Burford Clo Ilford, Essex....07960 604430
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S,929 Eastern Avenue Ilford....(020) 85977256
Mr S,119b Elgin Road Ilford....(020) 81778121
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U,257 Aldborough Road South Ilford....(020) 85901642
W,33A Empress Avenue ILFORD....(020) 80149146
Y,131 Seventh Avenue London....(020) 85532770
Z,26 Kingston Road Ilford....(020) 81171147
Z,135A Thorold Road Ilford....(020) 82522298
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Z,29 Glastonbury Avenue Woodford Green....(020) 85045618
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Z,17 Kingswood Rd Ilford....07956 854905
Z,5 Stapleford Close London....(020) 89280239
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D,45 Wanstead Park Road Ilford....**(020) 35832675**
H,10 Colchester Av E12....**(020) 85531664**
Mr J,Unknown 27 Friars Close Ilford....**(020) 84785615**
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M,461 Aldborough Road South Ilford....**(020) 31584863**
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Mr M,134 Chester Rd Ilford....**(020) 81773279**
Mr M,1/25 Gloucester Rd London....**(020) 84788161**
M,137 Green Lane Ilford....**(020) 81412436**
M,93 Northcote Road London....**(020) 85037052**
Mr M, Mr,100 Pretoria Road Ilford....**(020) 34899490**
Mr M,19 Selbourne Avenue London....**(020) 31322574**
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Mr N, Mobile,49 Dalkeith Road Essex....**07931 838277**
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Mrs N,167 Sheringham Av London....**(020) 85143482**
N,27 Tavistock Avenue London....**(020) 30914092**
R,781A High Road Ilford....**(020) 85999523**
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Y,369a Eastern Avenue Ilford....**(020) 81773825**
Z,105 Beehive Lane ILFORD....**(020) 85549380**
Z,Flat 1 Takeley Court 6 Skeltons Lane E10....**(020) 85394979**
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Z,44 St.Andrews Road E17....**(020) 85311269**
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M,81 Hathaway Crescent E12....**(020) 85869052**
M,283 High Street North E12....**(020) 85528842**
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M,156 Snowshill Road E12....**(020) 84782282**
M,84 Staines Road Ilford....**(020) 85531628**
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S,1F Durham Road E12....**(020) 35242994**
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C,263 High Road Leyton London....**(020) 89257206**
D,81 Ardwell Av Ilford....**07956 249198**
D,180 Beehive Lane Ilford....**(020) 89248668**
D,1 Studley Avenue E4....**(020) 85319689**
E,90 Forest Approach Woodford Green....**(020) 85041218**
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S,124 Green Lane Ilford....**(020) 85143661**
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J,3 Peel Close E4....**(020) 85237289**
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L,162 Waltham Way E4....**(020) 85295049**
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N,433 Hale End Road E4 ....**(020) 85317836**
P,36 Dale View Avenue E4 ....**(020) 85298197**
P,199 Waltham Way E4 ....**(020) 85293948**
R,87 Harold Road E4 ....**(020) 85295221**
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