A-Z Directory

Business & Residential Listings

Barking

2025/26

Product Code: 136

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 Call Detective, Private Investigator,
Broadway House Woodgrange Road ..... (07010) 600431
1 Call Detectives, Private Investigator,
Knowles House Green Lane ..... (07010) 600960
1st. Bathroom, Ltd,
1063 High Rd Romford ..... (020) 8590 7700
1st Call Detectives, Private Investigators,
686 Becontree Avenue Dagenham, Essex ..... (0844) 4176518
1st Call Detectives, Private Detectives,
Radial House Ripple Road ..... (0844) 7723241
1St Chadwell Heath Scout Group,
Catterall Hall Cecil Road Romford ..... (020) 8983 8613
1st Class Flight Services,
Mobile ..... (07956) 269760
1st Emergency Glaziers, Glaziers,
Market Street East Ham, London ..... (0845) 6656685
1st Glass & Mirror, Co Ltd,
Sterling Wks Rainham Rd Sth Dagenham ..... (020) 8595 1666
FAX ..... (020) 8595 1660
1st International Couriers, Courier Services,
Market Sreet East Ham, London ..... (0845) 6602980
1st London Chauffeurs, Car Hire - Chauffeur Driven,
Market Street East Ham, London ..... (0845) 6648730
1st Vauxhall Spares, Ltd,
363 Green Lane Ilford ..... (020) 8590 6367
2 Cervezas Por Favor, Ltd,
Flat 31 Tiller House 20 Armada Way London ..... (020) 3621 2886
3 A Retail, UK Ltd,
17-19 Goresbrook Road Dagenham ..... (020) 8592 6081
5 Star Minicabs, Taxi Serv,
Unit 1 Stratford City Cars 332 Barking Rd E13 ..... (020) 7511 1010
6/6 Vision, Ltd,
62 High Street North E6 ..... (020) 8586 0200
7 Day Locksmiths 24, 24 Hour Locksmith,
Bristol Rd London ..... (0844) 4117615
7 Packaging, Co Ltd,
20 River Rd Barking ..... (020) 8507 7877
12 Services & Solutions Limited, Ltd, Prntg Servs,
7 Rowallen Parade, Green Lane Dagenham ..... (0843) 8163706
24 7 Available Emergency Locksmith,
443 Barking Rd E6 ..... (0800) 8186429
24 Hour Locksmiths 7 Day, 24 Hour Locksmith,
Barking Rd London ..... (0844) 4117614
24hr Emergency Locksmith, Locksmiths,
Call Centre London ..... (0871) 7810980
28th Nov, Ltd,
68 Green Street London ..... (020) 3343 5644
35 - London,
Lyon Way 71 Chequers Lane Dagenham ..... (020) 8595 3435
127 Solutions, Ltd,
Business IT And Cisco Communications Provider,
Barking
Sales ..... (0872) 0858412
FAX ..... (0872) 0858412
247 Autos, Tyres & Serv,
Rear Of 386 Ripple Rd Barking ..... (020) 8591 0666
247 Detectives, Private Investigator,
43 Ripple Road ..... (020) 0888 1093
365, Hotel,
365-67 Romford Road E7 ..... (020) 8534 8586
Or ..... (020) 8536 0009
365, Htl,
365 Romford Road London ..... (020) 8519 4087
786 Airport Taxis,
5 Bacon Ter Fitzstephen Ro Ad Dagenham ..... (020) 8596 9000
14839841, Mr, Rose Bui, Ret,
26 Station Parade Barking ..... (020) 8594 2126
2048 Dagenham Squadron Rafac, Professional Financial Services,
Territorial Army Centre Dagenham ..... (020) 8984 8907
A A Dream, Ltd,
474 Ilford Lane Ilford ..... (020) 3325 1461
A & A Motors,
18 Barking Industrial Park Alfreds Way Barking ..... (020) 8594 1864
A & D Hammonds, Ltd,
Roding House 2 Cambridge Road Barking ..... (020) 8591 0878
A G L Construction Services, Ltd,
23 Mersea House 104 Harts Lane Barking ..... (020) 8591 7196
A H S Dagenham, Ltd,
227-231 Heathway Dagenham ..... (020) 3337 7636
A J E Beauty,
Flat 30 Neale Court Berengers Place Dagenham ..... (020) 8595 9500
A & J Plumbing & Heating London, Ltd, Plmbg & Htg,
250 Rainham Rd Sth Dagenham ..... (020) 8595 4000
A K Dagenham, Ltd,
537 Rainham Road South Dagenham ..... (020) 8252 4980
A K Meat, Ltd,
244 Heathway Dagenham ..... (020) 3457 6242
A Nice Man With A Van, Removals Storage & Domestic,
87 High St South Barking, London ..... (0844) 2470523
A Nice Man With A Van, Removals Storage & Domestic,
393 Katherine Rd Forest Gate, London ..... (0844) 2470524
A Pashmi & Associates,
221 Heathway Dagenham ..... (020) 8592 0822
A Plant Hire, Co Ltd,
Barking
Fresh Wharf Highbridge Rd Barking ..... (020) 8507 8111
A P News Ltd,
Goodmayes Road Ilford ..... (020) 8590 3986
A P News Ltd,
Goodmayes Road Ilford ..... (020) 8597 7156
A P News Ltd,
Goodmayes Road Ilford ..... (020) 8598 9350
A R S Decorator, Ltd,
38 Audley Gardens Ilford ..... (020) 3649 5587
A R Signature Events,
Unit 1F St Marks Industrial Est 439 North Woolwich Road
Victoria Docks London ..... (020) 7511 1330
A & S Halal Meat, Ltd,
72 Goodmayes Road Ilford ..... (020) 3976 7590
A S K Letting, Ltd,
66 Goodmayes Road Ilford ..... (020) 8599 1429
A T G Stores,
209 Oxlow Lane Dagenham .....
A V A Tyres, Ltd,
73 Whalebone Lane South Dagenham ..... (020) 8593 7374
A World Without Cancer, Ltd,
12 Chapel Rd Ilford ..... (020) 8594 4588
A & Z Collection, Ltd,
521 Katherine Road E7 ..... (020) 8471 4381
A1 Bodyshop, Ltd,
80 Barking Industrial Park Alfreds Way Barking ..... (020) 8507 9896
A1 Double Glazing London, Ltd,
32 Cromwell Centre Unit 4 Barking ..... (020) 8521 6451
A13 Taxis, Ltd,
15a River Road Barking ..... (020) 8594 9080
Aa Service,
334-40 Mayesbrook Motors Romford Road London ..... (020) 3524 0392
AAA,
156 High Street North E6 ..... (020) 8552 6155
Abacus, & Co, Chrtd Acctnt,
416 Green Lane Ilford ..... (020) 8590 0505
FAX ..... (020) 8598 8975
Abba Cars London, Ltd,
Woodman Pde Woodman St E16 ..... (020) 7474 7400
Abbas Travel & Tourism, Ltd,
72 Green St E7 ..... (020) 8552 1858
Abbey Concrete, Ltd,
Freshwater Road Dagenham ..... (020) 8597 7221
Abbey Dental,
2 Arboretum Place Barking ..... (020) 8594 4129
Abbey Gauge, Co Ltd, Pressure Gauges Thermtrs,
139 Becontree Av Dagenham ..... (020) 8590 3233
FAX ..... (020) 8590 5082
Abbey Kebab,
1 Hewett Road Dagenham ..... (020) 8595 6485
Abbey Quilting, Ltd,
Selinas Lane Dagenham ..... (020) 8592 2233
Abbey Road, Barking) Mngmt Ltd,
Crick Ct Spring Pl Barking ..... (020) 8507 3748
Abbey Roller Shutters & Security Products, Ltd,
Unit 24 Rippleside Commercial Estate Ripple Road
Barking ..... (020) 8595 7556
Abbey Scaffolding,
7 Thames Road Barking ..... (020) 8507 1414
Abbeyfield Extra Care Society,
George Brooker House 100 Dagenham Avenue
Dagenham ..... (020) 8984 8983
ABBI Consulting Engineers, Ltd,
41 Eustace Road Romford ..... (01708) 594063
Abbi Consulting Engineers, Ltd,
41 Eustace Road Romford ..... (01708) 986990
Abet, Ltd,
70 Roding Rd E6 ..... (020) 7473 6910
Abet, UK,
Abet Ltd 70 Roding Road E6 ..... (020) 7476 6000
ABK Motors, Ltd,
Unit 1C V W House Selinas Lane Dagenham ..... (020) 8037 7735
Able Business Services, Ltd,
235 Marston Avenue Dagenham ..... (020) 8517 3600
Abu Discount Store,
46 Whalebone Lane South Dagenham ..... (020) 3490 5936
AC Mini Cabs,
9 Royal Pde, Church St Dagenham ..... (020) 8593 1715
Academy Central, Loughborough RTM Co Ltd,
Flat 218 Loughborough House 2 Honour Gardens
Dagenham ..... (020) 3982 4378
Accident Group,The,
55 King Street Manchester ..... (0800) 1613333
Accident Victims Helpline, Ltd, Claims,
88 Goodmayes Rd Ilford ..... (020) 8597 8872
Or ..... (020) 8599 6136
Accord Electrical Wholesalers, Ltd,
144 High Rd Romford ..... (020) 8597 8080
Accounts Center, Ltd,
492 Gale St Dagenham ..... (020) 8595 8333
Ace 1 Limo's, Ltd,
PO Box 1845 Ilford ..... (0870) 2401708
Ace Care & Domestic Recruitment Agency Ltd,
3 Beamway Dagenham ..... (020) 3685 3107
ACL Autos, Mtr Vhcle Rpr,
Barking Indust Pk Alfreds Wy Barking ..... (020) 8591 2939
Barking Indust Pk 71 Alfreds Wy Barking ..... (020) 8594 4767
Acorn Security Locksmiths, Ltd,
6 Rowallen Pde, Green La Dagenham ..... (020) 8983 8194
Action Community Resource Development,
Suite 209 Estuary House 196 Ballards Road
Dagenham ..... (020) 8595 1065
Activenewham,
East Ham Leisure Cntr 324 Barking Rd E6 ..... (020) 8548 5850
Actz Media,
Unit 5 Trafalgar Bsns Cntr River Rd Barking ..... (020) 8591 6920
Ada Solicitors, Solicitors,
Suite F Weller House Longbridge Road Barking ..... (020) 8594 8199
ADC London, Ltd,
The Granary 80 Abbey Road Barking ..... (020) 3759 7161
Adedeji & Quansh, Drs, A & B.B,
2 Halbutt St Dagenham ..... (020) 8592 1544
ADI Global Distribution, Security Equipment,
Unit 78 London Industrial Park Roding Road
Beckton ..... (020) 7474 9880
ADI Global Distribution, Security Equipment,
Unit 78 London Industrial Park Roding Road
Beckton ..... (020) 7511 2099
ADS Foodservice, Ltd,
Unit G12 Chadwell Heath Industrial Park Kemp Road
Dagenham ..... (020) 8599 1214
Adu, Dr, Odu,
266 Porters Avenue Dagenham ..... (020) 8593 5022
Advanced Security Systems, (London) Ltd,
29 Ferndale Rd E7 ..... (020) 8472 5559
Advantech, U K,
51 Lascars Avenue London ..... (020) 8317 1380
AE Wealth Management, Ltd,
Flat 204 Prioress House 5-7 Loxford Road
Barking ..... (020) 3409 6779
Ae Wilson Group,
1171 High Road Romford ..... (020) 8590 0087
Aelia, UK Ltd,
King George V Dk Sth E1 ..... (020) 7511 5287
AGS Doors & Shutters, Ltd,
1 Ingley Wks 13 River Rd Barking ..... (020) 8591 7337
Ahern Rubbish Movements, Ltd,
Oakfield Lodge Albyns Farm South End Road
Rainham ..... (01708) 525442
Ahmed, Dr, A,
45 Westbury Rd E7 ..... (020) 8472 4123
AIG Lettings & Management, Ltd,
352B Green Lane Ilford ..... (020) 3441 1695
Aj Autos Mot Center, Gar,
Unit 8 Cromwell Centre Coppen Road Dagenham ..... (020) 8592 8847
Ajc Wilson Bodyshop,
429 Rainham Rd Sth Dagenham ..... (020) 8592 6111
Ajs Interiors, Ltd,
Farley House Kinvara Business Park 22-42 Freshwater Road
Dagenham ..... (020) 8597 3000
Ak Cloud Solution Ltd,
29 Horse Bridge Close Dagenham ..... (020) 3539 5403
AK Estate Maintenance, Ltd,
790 Longbridge Road Dagenham ..... (020) 3161 6423
AK Immigration Services,
178A High St Nth E6 ..... (020) 8471 9007
Akshar, Ltd,
114 Becontree Avenue Dagenham ..... (01794) 765716
Akzo Nobel Resins Silvertown,
Minerva Wks North Woolwich Rd E16 ..... (020) 7473 7000
Al Arbab,
89 Green Street London ..... (020) 3715 4156
Al Madina Mosque, Mosque,
2 Victoria Road Barking ..... (020) 8478 8526
Alba Beds, Ltd,
Unit 3,Rima House Ripple Road Barking ..... (01708) 982574
Or ..... (020) 8595 4202
Albany Residential,
631 Rainham Rd Sth Dagenham ..... (020) 8593 3030
Aldinga, UK Ltd,
Abbeyfield Ho 20 Strathfield Gdns Barking ..... (020) 8594 4728
Abbey Whf Kingsbridge Rd Barking ..... (020) 8594 5316
Aleyna, Ltd,
7-13 Goodmayes Road Ilford ..... (020) 8599 0407
Alf Onnie, Curtains & Linens,
176 High St Nth E6 ..... (020) 8472 4658
Alfa Green Auto, Ltd,
4 Greenshield Industrial Estate, Bradfield Road
E16 ..... (020) 7511 7414
Alfa1,
416 Trocoll Ho Wakering Rd Barking ..... (020) 8507 9999
Al-Futtuwwa Girls Secondary School,
2 Victoria Rd Barking ..... (020) 8478 5115
Al-Hadi Jask, Ltd,
Al-hadi Jask 1108 High Road Romford ..... (020) 3903 7198
Ali, Money Exchange,
26 Goodmayes Road Ilford ..... (020) 8597 3878
Ali Baba,
289 Wood Lane Dagenham ..... (020) 3730 0635
Ali Baba London, Ltd,
289 Wood Lane Dagenham ..... (020) 8517 1777
Alijo, (Uk) Ltd,
Main Barking Business Centre Thames Road
Barking ..... (020) 8591 6886
Alijo Uk Ltd/Blind Gallery,
Unit 6g Barking Business Centre Thames Road
Barking ..... (020) 8594 4772
Alijoe Services, Shop,
Unit 1b V W House Selinas Lane Dagenham ..... (020) 8593 2103
All Saints Catholic School,
All Saints School Terling Road Dagenham ..... (020) 8984 9139
Allcool,

Unit 4 Ripple Road Barking ..... (020) 3340 6727
Allegiance Protection Group, Private Investigator,
Radial House Ripple Road Barking..... (0871) 8760113
Aln'stef, Ltd,
80 High Street South E6 ..... (020) 3417 0580
Alpha Bodyworks, Ltd,
103 Wantz Road Dagenham ..... (020) 3161 2235
Alpha Cars,
4 Faircross Pde Longbridge Rd Barking ..... (020) 8591 8000
9 Faircross Pde Longbridge Rd Barking ..... (020) 3288 2044
Alphabet Cars, Taxi Oprtn,
256 Heathway Dagenham ..... (020) 8592 5555
Alphabet Mini Cabs,
498 Gale St Dagenham ..... (020) 8592 1000
Or ..... (020) 8592 5000
Alphabet Mini Cabs,
591 Barking Rd E6 ..... (020) 3793 2307
Alphabet Mini Cars,
591 Barking Rd E6 ..... (020) 8470 1900
Or ..... (020) 8503 5555
Alphaworlde, Ltd,
416 Green Lane Ilford ..... (020) 8590 0404
Altmore Infants School,
Altmore Avenue E6..... (020) 8470 0742
Aman Fashions, Ltd,
205 Ilford La Ilford..... (020) 8553 5357
Amar Bazar, Ltd,
7 Faircross Parade Longbridge Road Barking ..... (020) 8594 3925
Amathus,
Unit 7 River Road Business Park, River Road
Barking..... (020) 3441 9385
Amazing Grace Christian Sanctuary,
Dominion Works Freshwater Road Dagenham ..... (020) 3674 6456
Amazing Grace Christian Sanctuary,
Unit 2 Dominion Works Freshwater Road Dagenham.... (020) 8597 2444
Amba Forwarding, (London) Ltd,
Unit 6 77-87 Trafalgar Business Centre River Road
Barking..... (020) 8591 1600
Amba House, Ltd,
183a Becontree Avenue Dagenham ..... (020) 3305 5313
Ambe Shop Ltd,
Pier Parade London..... (020) 7473 0270
Ambe Shop Ltd,
Pier Parade London..... (020) 7476 2518
Ambica Jewellers,
278 Green Street E7 ..... (020) 8552 1377
Ambitions Employment Agency, Ltd,
3 Chapel Road Ilford..... (020) 8478 4446
Ambrose Upholstery,
211 Reede Road Dagenham ..... (020) 8595 1776
AMBULANCE,
In Emergency dial 999 and ask the operator for Ambulance
American Professional Nails,
264 Heathway Dagenham ..... (020) 8984 9902
Amir Boutiques, Clothg Boutique,
110 Ilford Lane Ilford..... (020) 8616 8764
Amish,
39 River Road Barking..... (020) 8507 2926
Amish Wholesalers,
39 River Road Barking..... (020) 8507 0127
Amoroso, Eamonn R, Dent Surg,
624 Green La Ilford ..... (020) 8599 4966
Amtrak Express Parcels, Express Parcel Delivery,
Branch IGI
Unit 3 Balmoral Trading Estate River Road
Barking,Essex ..... (0870) 8110687
An Global, & Co Ltd,
194b High Street North East Ham..... (020) 3859 2624
Anand Pan Centre,
229 Green St E7..... (020) 8471 6387
Anand Pan Centre, Ltd, Ticket Agencies,
116 Ilford Lane Ilford Essex ..... (0843) 8160132
Anbarns Glass, Ltd,
Thames Ho Longreach Rd Barking..... (020) 8594 5757
Andhra Spice Private Limited,
3 London Road Barking..... (020) 8306 4608
Andrew Bass Pharmacy,
1148 Green Lane Dagenham ..... (020) 8592 1756
Anduff Car Wash, Ltd,
Barking 512 Ripple Road Barking..... (020) 8591 8607
Angel,
66 Ager Avenue Dagenham ..... (020) 8127 4914
Angel Courier Services, Ltd,
Unit 16 River Road Business Park 33, River Road
Barking..... (020) 8594 7444
anicemanwithavan.com, Removals & Domestic,
141 Broad St Dagenham ..... (0844) 2458982
anicemanwithavan.com, Removals & Domestic,
1074 High Rd Romford..... (0844) 2458979
anicemanwithavan.com, Removals & Domestic,
21A Longbridge Rd Barking..... (0844) 3328492
anicemanwithavan.com, Removals & Domestic,
145 Wood Ln Dagenham ..... (0844) 2458981
Anika, Ltd,
7 Parsloes Av Dagenham ..... (020) 8593 3737
Anita Hair And Beauty Salon,
136 High Street North London..... (020) 3654 4650
Anita Office Equipment, Ltd,
Unit 24 River Rd Business Pk, River Rd Barking ..... (020) 8507 2373
FAX ..... (020) 8507 3575
Annemarys Bake Hut, Ltd,
Unit 12a Midas Business Centre Wantz Road
Dagenham..... (020) 8595 1134
Another Dye Mention In Hair,
654 Green La Ilford..... (020) 8597 3555
Ansari, Dr, Doctors Surgery,
364-370 Ripple Road Barking, Essex ..... (0844) 3756111
Anstee & Ware, Ltd,
Unit 2 The Invicta Centre Alfreds Way Barking ..... (020) 8591 9957
Anwars Halal Meat, Co,
370 Ilford La Ilford ..... (020) 8478 9900
Any Time Autos Locksmiths, Locksmiths, 24 Hour,
Storey Street London ..... (0844) 4117236
Any Time Locksmiths, Locksmiths, 24 Hour,
Wivenhoe Road Barking ..... (0844) 4117275
Anytime Recruitment, Ltd,
Suite 418 Wigham Ho 16 Wakering Rd Barking..... (020) 8507 7355
Apasen,
Fernhill Centre 242 Fernhill Street E16..... (020) 7476 4340
Apex Fabrications,
104 Melford Av Barking ..... (020) 3288 2088
FAX ..... (020) 3288 2077
Apex Hospitality, Ltd, American Diner,
Unit 3 Jenkins La Barking ..... (020) 8591 8127
Apex Lift Services,
Dagenham..... (020) 8983 8311
Apna, Takeway,
105 Ilford Lane Ilford ..... (020) 8553 3343
APP Wholesale, Plc,
Unit 12-14 Sterling Industrial Estate Rainham Road South
Dagenham..... (020) 8517 5040
Or ..... (020) 8517 5103
Or ..... (020) 8517 5150
Or ..... (020) 8517 5205
Or ..... (020) 8517 5227
Or ..... (020) 8517 5453
Or ..... (020) 8592 0642
Appeta, Ltd,
726a Green Lane Dagenham..... (020) 3161 0223
Apr Chicken And Pizza Limited,
Accomodation At 178 Ripple Road Barking ..... (020) 8591 3883
Aquaflow Services,
Dagenham..... (020) 8597 0030
Aravindans, Solrs,
216 High St Nth E6 ..... (020) 8503 5034
Architectural Lead And Metalwork,
Dominion Works Unit 4 Freshwater Road Dagenham.... (020) 8590 5696
Architectural Lead & Metal Work, Ltd,
Dominion Wks Freshwater Rd Dagenham..... (020) 8590 5619
Architectural Windows, Ltd, Archtl Windows,
Unit 16 Midas Business Centre Wantz Road
Dagenham..... (020) 8517 5514
Architype Metalworks,
Rippleside Commercial Est Rippleside Commercial Est Ripple Rd
Barking ..... (020) 8517 4216
Arges Ltd,
256 Oxlow Lane Dagenham ..... (020) 8013 6454
Argos, Ltd,
Barking
Store Number 0839
7-7a, The Vicarage Field Shopping Centre Ripple Road
Barking ..... (0845) 1657839
Argos Stores, Ltd,
Beckton
Branch 429
Units 5-6 Beckton Triangle Retail Park, Claps Gate Lane
Beckton ..... (0845) 1657429
East Ham
90-96 High Street North
East Ham, Greater London ..... (0845) 1657029
Ariana Restaurant, Afgan Persian Rstnt,
100 Longbridge Road Barking ..... (020) 8594 4544
Ariana Restaurant London, Afgan Persian Rstnt,
100 Longbridge Road Barking ..... (020) 8591 9119
Arin Garage,
Unit L7 Kemp Road Dagenham..... (020) 8590 0707
Ariston Development, Ltd,
227-29 Gascoigne Road Barking ..... (020) 3903 9363
Armstrong York Environmental Services Lt,
62 River Rd Barking..... (020) 8594 0430
Artcore International, Charity,
Napier Works Napier Road E6..... (020) 8552 8744
Arun Estates,
1185 High Road Romford..... (020) 8599 4683
ASD Traders, Ltd,
136 High Street North London..... (020) 3874 5980
Asda Stores Ltd,
Asda Stores Ltd Merrielands Crescent London ..... (020) 3674 9578
Asda Stores Ltd,
Genoa Building 2 Short Blue Place Barking..... (020) 3441 8753
Ashfords Partnership, Llp,
114-116 Goodmayes Road Ilford ..... (020) 8599 7263
Ashley White Estate, Est,
46 Mount Pleasant Ilford Lane Ilford ..... (020) 8553 1111
Ashley White Estates, Ltd,
46 Ilford La Ilford ..... (020) 8478 1222
Ashraff, Dr, S, Surgery,
Moorland Rd Health Cntr Morland Rd Dagenham ..... (020) 8592 1771
Ashtead Plant Hire,
Unit E Abbey Whf Kingsbridge Rd Barking..... (020) 8507 1779
Ashton Estate Agency, Ltd,
1 High Road Romford ..... (020) 8599 2323
Asian Snacks, Ltd,
Unit 7 Dominion Works Freshwater Road Dagenham .... (020) 8599 4647
Asiatic, Ltd,
28 Thames Road Barking..... (020) 8591 0982
Ask Afro Foods, Ltd,
Unit 4 New England Trading Est Gascoigne Road
Barking ..... (020) 8532 7880
Aspire Dental Care, Ltd,
1-3 Dewey Road Dagenham..... (020) 8595 1116
Asta Beauty, Ltd,
451 Becontree Avenue Dagenham ..... (020) 8597 9966
Aston Fox Property Consultants,
196 High St Nth E6..... (020) 8470 5252
Atco Estates,
360 Green La Ilford ..... (020) 8599 4557
Atco Estates, Est Agt,
704 Green Lane Dagenham..... (020) 3609 0885
Atlas Cars,
Atlas Radio Cars Ilford Hl Ilford..... (020) 8478 1010
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Avis Ho Park Road Bracknell..... (01344) 426644
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236 Oxlow Lane Dagenham ..... (020) 8592 7849
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Dagenham 252 Heathway ..... (020) 8517 0082
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Business Customers ..... (03457) 345345
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Personal Customers ..... (03456) 052345
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Luncheon & Leisure Centres
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Bml,
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The Loxford Polyclinic 417 Ilford Lane Ilford ..... (020) 8911 8567
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Brothers Sts, Ltd,
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UK & Irish Directory Enquiries for Business Users 118 707
UK & Irish Directory Enquiries for Welsh Speaking 118 404
UK & Irish Directory Enquiries from Payphones 118 141
Blind & Disabled Directory Enquiries 195
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Consumer (BT Yahoo)
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International Operator 155
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333 Green La Ilford ..... (020) 8599 7832
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Barking Indust Pk, Alfreds Wy Barking ..... (020) 8591 0619
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C & M Apostolides Ltd Chequers La Dagenham ..... (020) 8592 3095
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Cakes & Bakes, Ltd,
216 High Street North East Ham London ..... (020) 8472 0275
Cakes Choice, Ltd,
417 Barking Road E6 ..... (020) 8472 2303
Calabash, Restaurant,
12 Chapel Road Ilford ..... (020) 8911 8350
Calabash Catering Services,
12 Chapel Road Ilford ..... (020) 8091 7904
Call Center Associates,
Becketts Ho Ilford Hl Ilford ..... (020) 8514 7400
Calvary Day Nursery,
Greatfields Hall King Edwards Road Barking ..... (020) 8594 9663
Camires Hair Lounge,
Allure Beauty Care, 420 Green Lane Ilford ..... (020) 8599 8084
Cancer Research, UK,
Shops
East Ham 154 High St Nth E6 ..... (020) 8472 4333
Cannon Hygiene, Ltd, Disposal & Pest Control,
Unit 3 Alfreds Wy Indust Est Barking ..... (020) 8594 1340
Canon Appliance Service,
Service & Repairs ..... (0844) 8225225
Canon Business Solutions,
Consumables Sales
Consumables Sales ..... (0844) 8920844
Canopy Goodmayes, Canopy Goodmayes,
55 Goodmayes Road Ilford ..... (020) 3802 5613
Capital Construction,
FAX ..... (020) 8599 2172
Capital Crispin Veneer,
Unit 13 Hornet Way E6 ..... (020) 7474 3680
Capital Plumbing & Heating Merchants, Ltd,
76 Whalebone Lane South Dagenham ..... (020) 8517 1700
Capite, (Focal) Ltd,
Focal House 12-18 Station Parade Barking ..... (020) 8507 0231
Capitol Dairy Company Ltd,The,
17 Thames Rd Barking ..... (020) 8911 3790
Capricorn Building Services,
Barking Indust Pk Alfreds Wy Barking ..... (020) 8591 5559
Card Factory,
15 Vicarage Field Shopping Centre Ripple Road
Barking ..... (020) 8591 7030
Care Optics, Optcns & Dispng Optcns,
527A Gale Street Dagenham ..... (020) 8592 6060
Career Advice London, Careers Advice,
Market Street London ..... (0871) 2217683
Cargo Worldwide, (Uk) Ltd,
25 River Rd Barking ..... (020) 8477 4580
Carlton Automative Refinishing Supplies, C A R S Ltd,
Paint & Refinishing Supps,
Unit 6 Selinas Lane Dagenham ..... (020) 8592 6300
Carlton Tyres, (Rainham),
82 Rainham Road Rainham ..... (01708) 524523
Carona Reuter,
Unit 2 Coppen Road Dagenham ..... (020) 8592 2576

Carona Reuter,
Unit 13 Cromwell Centre Coppen Road Dagenham.....(020) 8595 8486
Caronne Care, Ltd,
31 Church St Dagenham.....(020) 8595 6745
Carpetright,
Beckton
Unit 4B, Beckton Triangle Retail Park Claps Gate Lane
East Ham, Greater London ..... (03332) 208262
Chadwell Heath 850 High Road Romford, Essex ..... (03332) 208447
Dagenham
Unit 4 Merrielands Retail Park Merrielands Crescent
Dagenham, Essex ..... (03332) 208170
Carpetright, Plc, Crpt Retlrs,
Head Office
Branches
Dagenham Unit 5 Merrielands Retail Park Merrielands Crescent
.....(020) 8517 2195
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer,
Barking
12 Station Parade Barking..... (0843) 5380456
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer,
Cars Wanted,
38 Princes Park Rainham..... (01708) 523374
Cartel Financial & Property Services,
598 Green La Ilford.....(020) 8599 5935
Carter Devile, Solrs,
592 Green La Ilford.....(020) 8590 1066
Carz Express, Ltd,
165 Barking .....(020) 3875 3328
Cash Converters, (Barking) Ltd,
17 Longbridge Road Barking .....(020) 8591 6869
Cash Converters Dagenham, Ltd,
287A Heathway Dagenham .....(020) 8592 3634
Castle Care,
Bennetts Castle Lane Care Home 244 Bennetts Castle Lane
Dagenham.....(020) 8517 7710
Castle Dental Practice,
812 Green Lane Dagenham.....(020) 8598 1122
Catholic Church,
See under Churches & Other Places of Worship
CAVE RESCUE,
In Emergency dial 999 and ask the operator for Cave Rescue
Caxton Development Centre,
2 Caxton Pl Roden St Ilford.....(020) 8477 1800
Cbd Friends Uk,
Bengal Parade Bengal Road Ilford .....(020) 3715 8018
CCT,
1112A High Rd Romford.....(020) 8220 5554
Or .....(020) 8227 8016
Cedars Club,The,
7 Mill La Romford .....(020) 8597 2304
CEK Select & Save,
122 Church Elm Lane Dagenham .....(020) 8592 0263
Celestial Church Of Christ,
Celestial Church Of Christ King Edwards Road
Barking .....(020) 8594 5991
Central Restaurant And Lounge,
271 Green Lane Ilford.....(020) 3565 8307
Or .....(020) 8599 4181
Central Security, Ltd,
19 Station Rd Chadwell Hth .....(020) 8270 9442
Centre For Management Excellence, UK Ltd,
41 Clemence Road Dagenham.....(020) 8592 9311
Century 21 Goodmayes, Est Agt,
102 Goodmayes Road Ilford.....(020) 8547 2870
Century 21 Goodmayes, Ltd, Estate Agents,
102 Goodmayes Road Ilford.....(020) 8597 1900
Century Bar & Restaurant,
454 Romford Road E7 .....(020) 8472 1701
Century Insurance Centres, Ltd,
Dagenham 58 Whalebone La Sth.....(020) 8984 7414
Century21,
448 Romford Rd E7 .....(020) 8470 7070
CFS Copier Services,
Granary Ct High Rd Romford.....(020) 8599 8228
Chadwell Dental Care, Dent Surgery,
1215 High Road Romford .....(020) 8590 3284
FAX .....(020) 8599 6590
Chadwell Educational,
The Grove Social Club 50 Grove Road Romford .....(020) 3538 9125
Chadwell Handy Shop, Ltd,
7 High Road Romford .....(020) 8586 1689
Chadwell Health Centre, The,
Ashton Gardens Romford ..... (0844) 3878044
Chadwell Heath Academy,
Christie Gdns Romford .....(020) 8252 5151
Chadwell Heath Cars, Mini-Cab,
1074 High Rd Romford .....(020) 8599 6800
Chadwell Heath Community Centre,
Chadwell Heath Library High Road Romford .....(020) 3720 2296
Chadwell Heath Dental Practice,
1054 High Road Romford .....(020) 8599 7189
Chadwell Heath Nursery,
31-33 High Road Romford.....(020) 8599 8111
Chadwell Heath Orthodontics Practice,
165 High Rd Romford .....(020) 8597 0908
Chadwell Heath Plumbing & Heating Ltd,
79 Chadwell Heath Lane Romford .....(020) 8599 7210
Chadwell Heath Sub Post Office,
4-5 Tudor Parade High Road Romford..... (020) 8590 2004
Chadwell Supermarket,
105 Chadwell Heath Lane Romford..... (020) 8597 7072
Chai Gali & Cakes, Ltd,
431 Barking Road East Ham London ..... (020) 3089 9474
Chaii Studio,
106 Ilford Lane Ilford ..... (020) 3532 1080
Character Joinery,
FAX ..... (020) 8592 1700
Charles De Alwis,
Solictors
FAX ..... (020) 8597 7327
Charter Security, Ltd,
Cambridge Ho 4/7 Cambridge Rd Barking ..... (020) 8507 7443
Or ..... (020) 8507 7717
FAX ..... (020) 8507 7702
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13 Wadhurst Court..... (0800) 8321977
Cheap Store,
157 Green Street E7..... (020) 8472 7224
Cheeko Mot Centre, Wholesale Retail,
431 Ilford Lane Ilford ..... (020) 8514 0404
Chegwidden, & Co, Chigwidden & Co,
Chegwidden & Co Priestley House Priestley Gardens
Romford..... (020) 8590 2182
Chegwidden, & Co, Chrtd Acctnts,
Priestley House Priestley Gardens Romford..... (020) 8597 2531
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Cherry Orchard, (Care Uk),
1 Richard Ryan Place Dagenham..... (020) 8984 0830
Chetan Wholesalers, Ltd,
Barking
47 River Rd Barking ..... (020) 8594 8907
Or ..... (020) 8594 8985
Chicago,
369 Katherine Road E7 ..... (020) 8503 5755
Chicago Pizza & Fried Chicken,
369 Katherine Road E7 ..... (020) 8471 6770
Chicken 4 U, Take Away,
409 Ilford Lane Ilford ..... (020) 8478 1569
Chicken Spot, Fast Food Rstnt,
145b Broad Street Dagenham..... (020) 3759 0431
Chick'N Twist,, Ltd,
7 High Street South East Ham London ..... (020) 3161 9194
Chilli Tree Limited,
111 Rainham Road Rainham..... (01708) 522956
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John Smith Ho Bevan Av Barking ..... (020) 8594 4454
Chilvers McRae Healthcare, Ltd,
John Smith Ho Bevan Av Barking ..... (020) 8594 9013
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614 Longbridge Road Dagenham ..... (020) 7945 0617
Chocolate Xplosion, Ltd,
26 Goodmayes Road Ilford ..... (020) 4537 9894
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Unit 319 Barking Enterprise Centre Cambridge Road
Barking ..... (020) 8594 4469
Chris Eames Info, Ltd, Logistics,
Container Base Box Lane Renwick Road Barking ..... (0843) 8164902
Chris Eames Sales, Ltd, Logistics,
Container Base Box Lane Renwick Road Barking ..... (0843) 8164901
Christ Embassy Docklands, Christ Embassy Docklands,
Parts Plaza Uk Ltd, 45 Thames Road Barking..... (020) 7018 0719
Christ Heritage Assemblies,
First Floor 34-36 East Street Barking..... (020) 8507 1382
Christchurch Thames View,
Christchurch & Vicarage Bastable Avenue Barking ..... (020) 8594 9491
Chung Wah,
61 Roycraft Avenue Barking ..... (020) 8507 1674
Chunky Chicken & Pizza, (Ilford) Ltd,
279 Ilford La Ilford ..... (020) 8478 1114
Churches & Other Places of Worship,
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Barking
St. Margaret's Church (CE) Broadway Barking ..... (020) 8594 2932
Barkingside
St. Thomas Moor Church (RC)
The Presbytery 514 Longbridge Rd Barking..... (020) 8590 2191
Dagenham
Bethel Full Gospel Church
Parsloes Av Dagenham..... (020) 8593 2241
Forest Gate
Emmanuel Church Romford Rd E7..... (020) 8522 1900
228a-234A Heathway Dagenham ..... (020) 8984 8988
Ilford
Clementswood Baptist Church 132 Ilford La Ilford..... (020) 8514 3136
South Hornchurch
Church of St. John & St. Matthew South End Rd Rainham ..... (01708)
555260
Cima Traders,
56 Kennedy Rd Barking ..... (0845) 2637258
Circle Anglia,
Flat 1 Seawall Court Dock Road Barking..... (020) 8591 2961
Circle Anglia,
Flat A Office 1 Knight Close Dagenham ..... (020) 8599 4350
Citiguard Security, Ltd,
The RCL Bldg Box La Barking ..... (020) 8592 5727
City Gates School,
330 Uphall Rd Ilford..... (020) 8911 8083
City Goddess, Ltd, Whsle Ret,
C G House 107b Chadwell Heath Lane Romford ..... (020) 8597 0337
City Landmark Designs Ltd,
1 Beadles Parade Rainham Road South Dagenham..... (020) 8593 2929
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23 Thames Road Barking..... (020) 8981 5007
City Mortgage Services,
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City Plumbing Supplies,
Dagenham
FAX ..... (020) 8517 8312
Citysprint, (UK) Ltd,
Unit 1A London Indust Pk,Whitings Wy E6..... (020) 7473 2112
Ck Supply, Ltd,
Unit 6A Barking..... (020) 3154 9222
Claire Fashions,
150 Ilford Lane Ilford..... (020) 8514 3493
Claremont Clinic,
459 Romford Rd E7 ..... (020) 8522 0222
Classic Security Solutions, Instl Security Systems,
33 River Road Business Park River Road Barking ..... (020) 8507 7771
Clay Oven,
36 Whalebone Lane South Dagenham..... (020) 8592 2293
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The Orchard Health Centre Gascoigne Road
Barking, Essex ..... (020) 8594 1481
CLK Property Services, Ltd,
Boat House Wood Lane Dagenham ..... (020) 8517 4234
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Barking..... (020) 8594 9130
Cloudpark, Ltd,
316 Romford Road London..... (020) 3859 2551
Club Ambassador, Rstnt,
20 London Rd Barking ..... (020) 8594 6027
Club Fade LDN, Ltd,
1076 High Road Romford ..... (020) 3478 6697
CM Production Management, Ltd,
Heath Park Hall Rusholme Avenue Dagenham ..... (020) 3089 8572
CMP Protective & Investigative Group, Private Detectives,
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536 Rainham Road South Dagenham ..... (020) 8984 8226
Cod & Chips,
14 St. Georges Road London..... (020) 8552 5602
Coffee Point, Plc,
Unit 4 Thames Gateway Pk,Choats Rd Dagenham..... (020) 8596 4600
Coins Of The Realm, Ltd,
P.o Box 2662 Romford ..... (0800) 1691066
Collease, Ltd,
Charter Trailers Ltd Choats Rd Dagenham..... (020) 8517 1171
Colour Maker Photos, Ltd, Bowlers,Angling,
3A Cinema Pde Whalebone La Sth Dagenham..... (020) 8592 3273
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Portacabin Baker J A C Ltd Grove Road Romford..... (020) 8597 9666
Colourite Metal Treatments, Ltd, Anodizers,
FAX ..... (020) 8592 1171
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Colvia Management Co Ltd,
Colvia Management Co Ltd, Barking Industrial Park Alfreds Way
Barking..... (020) 8594 7206
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361 Henley Rd Ilford ..... (020) 8478 5050
Or..... (020) 8478 7700
Comfort Cars, Ltd,
361 Henley Road Ilford ..... (020) 8478 1623
Comfort Insurance, Ltd,
8 Goresbrook Rd..... (020) 8984 0777
FAX ..... (020) 8984 0666
Comfy Beds & Furniture,
51-57 High Street South E6..... (020) 8475 0464
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142 Longbridge Rd Barking..... (020) 8594 8220
Committee Of Action On Women's Issues,
103 Exeter Rd Dagenham ..... (020) 8595 3594
Community Food Enterprises, Ltd,
4 Thameside Industrial Estate Factory Road E16..... (020) 7511 9014
Community Options,
11 Horse Leaze London..... (020) 7473 1945
Companion Care Veterinary Surgery, Pets At Home,
Beckton
Gateway Retail Park 8 Claps Gate Lane E6 FAX..... (020) 8507 2981
Compass Plumbing, Plmbrs Mrcnts,
Unit 4, Sterling Trdg Est Rainham Rd Sth Dagenham..... (020) 8595 3143
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Freephone Quotes 13 Roundmoor Dv Cheshunt ..... (0800) 7314064
Complete Motor Works, Ltd,
Chadwell Hth Indust Pk Kemp Rd Dagenham ..... (020) 8599 9595
Computer Hospital Limited,
Sales 78 Rainham Rd Rainham..... (01708) 553310
Computer Talk, Ltd,
Capricorn Cntr Coppen Rd Dagenham ..... (020) 8595 7744
Computing Centre,The,

FAX ..... (020) 8598 2709
Concept Living, Ltd,
Unit 17 Muirhead Qy Freshwharf, Highbridge Rd
Barking ..... (020) 8591 3803
Concord Lifting Equipment, Ltd, Lifting Eqpt Engs,
Buzzard Creek Indust Est Barking ..... (020) 8594 7529
Concordia Healthcare,
79 Axe Street Barking ..... (020) 8911 3740
Concordia Healthcare,
234 Porters Avenue Dagenham ..... (020) 8596 7850
Config M, Ltd, I T Consultancy & Sales,
Estuary House 196 Ballards Road Dagenham ..... (020) 3137 1643
Connate Limited,
149 Rainham Road Rainham ..... (01708) 552014
Connolley Metals, Ltd,
Unit 5C Thames Road E16 ..... (020) 3621 7644
Construction Sealants, Ltd,
154 Rainham Road Rainham ..... (01708) 555007
Containers 4 Sale, UK Ltd,
27 Goring Road Dagenham ..... (020) 3621 2263
Containers R Us Freight Lift Limited, Ltd, Logistics,
Choats Road Dagenham ..... (0843) 8164897
Containers R Us, Ltd, Logistics,
Choats Road Dagenham ..... (0843) 8164695
Contracts Support Services, Ltd Ltd, Recrutmt,
A/2 Heigham Rd E6 ..... (020) 8472 6024
Cookies Island,
Unit 18A Gallions Reach Shopping Park 3 Armada Way
Beckton London ..... (020) 7473 3070
Cooper, B.M, & Co,
88 Wood La Dagenham ..... (020) 8526 7888
FAX ..... (020) 8526 7999
COOPER, J, & Son (Undertakers) Ltd, Monmtl Masons,
Chadwell Heath 89 High Rd Romford ..... (020) 8590 3709
Co-operative Food,The,
Barking
34 Faircross Pde, Longbridge Rd ..... (020) 8594 4319
Dagenham
513 Gale St ..... (020) 8592 5646
455 Porters Av ..... (020) 8592 1471
Petrol Station
Dagenham
402 Becontree Av Beacontree ..... (020) 8598 1492
Co-operative Funeralcare, The,
East Ham 16 High St North E6 ..... (020) 8472 3501
Copyfast, Photocopy Sales & Repairs,
57 Cecil Road Romford ..... (020) 8599 3033
Coral,
Telephone Betting ..... (08002) 42232
Corbyn Construction, Ltd,
Thames Ho Basin Sth E16 ..... (020) 7055 0343
16-18 River Road Barking ..... (020) 8591 3598
Corbyn Construction MC, Ltd,
Gallions Hotel Basin Approach E16 ..... (020) 7474 8977
Cornwell V.C Cadet Centre,
Cornwell Vc Cadet Centre Vicarage Lane E6 ..... (020) 8475 8886
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Unit 5D Barking Business Centre,Thames Road
Barking ..... (020) 8594 8962
FAX ..... (020) 8594 7499
Coscon, UK,
Cosco House Vicarage Drive Barking ..... (020) 8507 8879
Cosmic Video Amusements, Amsmt Mach Oprs,
Operations Cromwell Centre Thames Rd Barking ..... (020) 8594 4321
FAX ..... (020) 8594 1235
Cost Saver, Convenience Store,
2 High Street North East Ham London ..... (020) 8470 8855
Costcutter, Grocery Shop,
14-20 Farr Avenue Barking ..... (020) 8591 3999
Cotisens Solicitors, Ltd,
3a Station Parade Barking ..... (020) 8594 8683
Couleur Cafe Uk Ltd,
2 Barking Learning Centre Town Square Barking ..... (020) 3304 8246
Counter Tech Investigations, Private Investigator,
523 Katherine Road Forest Gate ..... (0871) 2500617
Countrywide Electrical Distributors, Ltd,
Dagenham
Freshwater Rd ..... (020) 8503 8900
FAX ..... (020) 8503 8900
Courier Service & Removals 24hr,
87 High Street Eastham, London ..... (0870) 3611480
Courier Service & Removals 24hr,
393 Katherine Road Forest Gate, London ..... (0870) 3611481
Covered Buckles, Ltd,
Unit 6 Riverside Indust Est Thames Rd Barking ..... (020) 8507 7888
Coversure Insurance Services, Ltd,
28 Theydon Gardens Rainham ..... (01708) 550962
Covert Investigations, Private Investigator,
40 High Street South ..... (0844) 5872318
Cowley, Dr, Natalielaura,
93 Colne House 103 Harts Lane Barking ..... (020) 8591 1447
Cranbrook Wines, Ltd,
Unit 5 Buzzard Creek Indust Est River Rd
Barking ..... (020) 8507 8447
Crazy Productions, Ltd, Tshirt Prntg,
467 Katherine Road E7 ..... (020) 8470 0010
Creek Metals,
Creek Metals Ltd / Eastern Works Alfreds Way
Barking ..... (020) 8109 0852
Crester Services, Ltd,
416 Green Lane Ilford ..... (020) 8597 6373
Cri,
St. Lukes Daybreak Centre St. Lukes Church Dagenham Road
Dagenham ..... (020) 8595 1375
Crime Concerns Services, Ltd,
128 St. Marys Barking ..... (020) 8591 9855
Cristal Insulations, Ltd,
48 Goodmayes Road Ilford ..... (020) 8597 0442
Critical Epos Solutions, It Telecoms Internet,
565b Longbridge Road Barking ..... (020) 8598 1244
Cromwell Card, Co,
Cromwell Cntr Coppen Rd Dagenham ..... (020) 8592 2764
Cromwell Lodge,
Longbridge Road Barking ..... (020) 8594 8894
Cromwell Tools, Ltd,
Building 3 Fresh Wharf Estate Highbridge Road
Barking ..... (020) 8477 4120
Cronifer, (London) Ltd,
72 River Rd Barking ..... (020) 8507 0800
Crow Metals, 250 Western Avenue,
250 Western Avenue Dagenham ..... (020) 8596 5937
Crowlands Heath Golf, Golf Club,
Crowlands Heath Golf Club Wood Lane Dagenham ..... (020) 8984 7373
Crowlands Heath Golf Club,
FAX ..... (020) 8984 0505
Crown Decorator Centre,
6 Alfreds Way Industrial Estate Alfreds Way
Barking ..... (020) 8591 5620
Crown Decorator Centre, Dectrs Mrcnts,
Alfreds Wy Indust Est Alfreds Wy Barking ..... (020) 8591 9665
Crown Linen Hire, Comml Laund Servs,
Unit 6-7 1-3 Lyon Business Park River Road
Barking ..... (020) 8507 2881
Crowned Kids Nursery, Ltd,
523A Gale St Dagenham ..... (020) 8595 4148
Crystal Car Wash,
13f River Road Barking ..... (020) 8591 2240
Crystal Cl Vision, Ltd,
764 Green Lane Dagenham ..... (020) 4568 8368
Crystal London, Beauty,
288 Green Street E7 ..... (020) 8552 8932
Crystal London Bridal Studio, Ltd,
294 Green Street E7 ..... (020) 8471 2225
Ct Guards, Uk Ltd,
Harmony Ho Sacred Heart Conv Baden Powell Clo
Dagenham ..... (020) 8984 8668
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919 Green La Dagenham ..... (020) 8595 4786
Curry Mahal Tandoori,
27 Goresbrook Rd Dagenham ..... (020) 8592 6277
Or ..... (020) 8984 8804
Currys, Elec Dom Appl,
Superstores
Beckton Gateway Retail Pk Claps Gte La E6 ..... (03445) 610000
Currys Digital, Elec Retlrs,
Branches
East Ham 108 High St Nth E6 ..... (03445) 610000
Curzon Community Association,
Curzon Community Centre Bastable Avenue Barking ..... (020) 8594 0318
Customville American,
Dominion Works Freshwater Road London Essex ..... (020) 8590 1449
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Barking ..... (020) 8507 9933
Cutlass Security Services, Ltd,
26 Levett Gardens Ilford ..... (020) 8478 5669
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E16 ..... (020) 7511 3099
Cygnet Health Care, Plc,
23 Tunnan Leys E6 ..... (020) 7511 2299
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Thames Gateway Technology Cntr 4 University Wy E16. (020) 8223 7785
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137 Broad St Dagenham ..... (020) 8220 3757
D.D.P Cargo, Ltd,
355 Katherine Road Forest Gate ..... (020) 8471 2711
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85 Longbridge Rd Barking ..... (020) 8594 2244
D.P.T Enterprise,
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D T Trucks, Ltd,
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The Rcl Bldg Box La Barking ..... (020) 8517 3303
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Daddies Snack Bar,
Creekmouth Ho River Rd Barking ..... (020) 8507 1325
Dagenham, Takeway,
612 Longbridge Road Dagenham ..... (020) 8597 9933
Dagenham Baptist Church,
72 Chaplin Road Dagenham ..... (020) 8592 2926
Dagenham Dry Cleaners, Dry Clnrs,
76 Church Street Dagenham ..... (020) 8984 7000
Dagenham Mortgage Solutions,
28 Whalebone Lane South Dagenham ..... (020) 8517 1477
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Victoria Road Dagenham ..... (020) 8595 2760
Or ..... (020) 8984 9688
Dagenham & Redbridge Football Club, Ltd,
Victoria Rd Dagenham ..... (020) 8592 1549
Or ..... (020) 8592 7194
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Or ..... (020) 8592 2235
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408a Ilford La Ilford ..... (020) 8478 0505
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256a Heathway Dagenham ..... (020) 8517 4747
Daminis, Ltd,
249 Green Street Forest Gate London ..... (020) 3876 8117
Dan Nails,
80 Wood Lane Dagenham ..... (020) 8593 7111
Danimak, Ltd,
Dagenham Dk Est Chequers La Dagenham ..... (020) 8596 9040
Danwood, Eletronicswholesale,
Unit 4c Barking Business Centre Thames Road
Barking ..... (020) 8591 9919
Daro, UK Ltd,
Unit 34-36 London Industrial Estate Eastbury Road
E6 ..... (020) 7511 4052
Darul Ihsaan Barking, Ltd,
86 Longbridge Road Barking ..... (020) 3904 8036
DAT Tinstamp, Ltd,
Unit K1 Chadwell Heath Industrial Park Kemp Road
Dagenham ..... (020) 8590 6667
Dataday Accountabilty, Ltd,
48 Longbridge Rd Barking ..... (020) 8507 9786
Datateq, Cmptr Servs,
895 High Rd Romford ..... (020) 8590 4898
Datatq, Ltd,
895 High Rd Romford ..... (020) 8590 8090
Davenport Vehicle Services, Ltd,
Freshwater Road Dagenham ..... (020) 8597 4441
David Huggett M F, Ltd,
Unit 13 Freshwharf Highbridge Road Barking ..... (020) 8594 4874
David Huggett Motor Factors, Ltd,
Units 2-4 Muirhead Quay Freshwharf Highbridge Road
Barking ..... (020) 8591 9911
Muirhead Qy Freshwharf Highbridge Rd Barking ..... (020) 8594 9504
David Phillips & Partners, Ltd,
FAX ..... (020) 8599 3435
Davidson, Sandra, Est Agts,
Seven Kings
353 Green La Ilford ..... (020) 8597 7372
FAX ..... (020) 8983 8979
Davin Foods,
Savvas House Davenport Centre Renwick Road
Barking ..... (020) 8593 1314
Dawn Meats, (UK) Ltd,
Unit 13, 5 Hillcroft Rd E6 ..... (020) 7511 2662
Day Lewis Pharmacy,
149-151 Broad Street Dagenham ..... (020) 8592 0161
2 Royal Pde,Church St Dagenham ..... (020) 8517 9142
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Locksmith,
Eton Rd Ilford ..... (0845) 1647423
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13 High St Sth E6 ..... (020) 8471 3100
Ddg Windows, Ltd,
101 Wantz Road Dagenham ..... (020) 8596 5929
De Sunrise Education Centre, Education,
475 Romford Road E7 ..... (020) 8475 0500
Deane, W.E, Ltd, Shpg Fwrdg Agts,
Lyon Bsns Pk River Rd Barking ..... (020) 8532 6400
Debono Foods, Ltd,
Tubecraft Ltd 20 Eastbury Road E6 ..... (020) 7476 2659
Deborah Day Stage School Trust,
Grosvenor Road Forest Gate ..... (020) 8502 6866
Decco, Ltd,
Unit 9 Sterling Trading Estate Sterling Industrial Estate Rainham Road
South
Dagenham ..... (020) 8593 5407
Deeps Footware,
132 High Street North E6 ..... (020) 8552 2858
Deevee Transits,
Portacabin Longreach Road Barking ..... (020) 8594 8881
Define Art & Graphic Design, Ltd,
437 Katherine Road Forest Gate London ..... (020) 8821 9365
De-Jasmine Laser & Beauty Clinic,
130A Ilford Lane Ilford ..... (020) 8553 5289
Dejbunji Telecom, Ltd,
432 Barking Rd E6 ..... (020) 8548 0867
Delia Lock & Locksmith Service, Emergency 24hr locksmith,
Marlborough Rd Essex ..... (0845) 1647233
Delrose House, Ltd,
Cloud House Roycraft Avenue Barking ..... (020) 8507 2183
Delta Home Improvement, Ltd, Prpty Managment,
618 Green Lane Ilford ..... (020) 3602 8117
Deltabay International, Ltd,
37 Green St E7 ..... (020) 8471 5320
Demenex Plant Hire, Ltd,

19 Creek Road Barking ..... (020) 8507 1145
Denim House, Ltd,
BALMORAL TRADING ESTATE RIVER ROAD BARKING .... (020) 8594 3836
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480 Barking Road E6 ..... (020) 8472 0638
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E6..... (020) 7511 2400
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354 Ilford Lane Ilford ..... (020) 8911 8710
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95 Green Street London ..... (020) 3720 0996
Designer Dhaage, Ltd,
149 Ilford Lane Ilford ..... (020) 3674 3398
Dessertz, Ltd,
334c Romford Road London ..... (020) 8555 2288
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Devsstream, Ltd,
399 Katherine Road London..... (020) 3325 2905
DFS Furniture,
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Unit 7 Beckton Triangle Retail Pk 5 Claps Gte La
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10 Goresbrook Rd Dagenham..... (020) 8595 8335
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First Floor 16 Hobbs Mews Ilford ..... (020) 8599 1642
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3 Gallions Close Barking ..... (020) 8594 2609
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Or ..... (020) 8478 8510
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Diamond Properties, Prpty Mngmt,
340 Katherine Road Forest Gate London ..... (020) 8471 2220
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218 High Street North ..... (0844) 5894174
Dilka Private, Ltd,
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244 Green Street E7 ..... (020) 8472 0504
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318 Romford Rd E7 ..... (020) 8519 8180
Direct Calculating, Ltd, Statisticians,
40 Goodmayes Rd Ilford..... (020) 8590 0074
Direct Design Studios, Marketing, Branding, Web And New Media,
Barking
Sales ..... (0872) 0858201
FAX ..... (0872) 0858201
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Cranfield Golf Centre Whalebone Lane North
Romford ..... (03437) 771451
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Mortgage Advice 250 St. Vincent St Glasgow ..... (0845) 2468100
Savings 250 St. Vincent St Glasgow..... (0845) 2468200
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Motor Insurance 3 Edridge Rd Croydon ..... (03452) 468888
Pet Insurance 3 Edridge Rd Croydon ..... (03452) 468246
Rescue & Breakdown
All Sales & Enquiries 3 Edridge Rd Croydon ..... (0845) 2468999
Travel Insurance 3 Edridge Rd Croydon ..... (03452) 468910
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Barking ..... (020) 8507 9666
Direct Staff & Direct Calculating, Ltd,
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Or ..... (020) 8593 6000
Or ..... (020) 8517 1717
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Ilford
79 Ilford Hl Ilford ..... (020) 8553 0202
Dixy Chicken, Ltd,
247 Ilford Lane Ilford ..... (020) 8911 0601
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Customs Ho King George V Lock Woolwich Manor Wy
E16..... (020) 7474 0007
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The Compressor Ho Dockside Rd E16 ..... (020) 7540 5563
Docklands Wharf, Ltd,
72 River Rd Barking ..... (020) 8591 2020
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48 Levett Gardens Ilford..... (020) 8590 1301
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895 High Road Chadwell Heath Romford, Essex ..... (0870) 4423631
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Cafe Bar Ho Freshwater Rd Dagenham ..... (020) 8590 7744
FAX ..... (020) 8590 7040
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Dorian House Hotel,
160 Longbridge Rd Barking ..... (020) 8594 5986
Doric Insurance, Ltd,
Wigham House Wakering Road Barking ..... (0843) 8163426
Dougie Barber,
15a Farr Avenue Barking ..... (020) 8591 9994
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Branches
Romford
Chadwell Hth 1185 High Rd..... (020) 8597 0043
DOUGLAS ALLEN SPIRO, Ltd, Est Agt,Survyrs,Vals,
Branches
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364 Green Lane Ilford ..... (020) 8590 5035
Dpb, Ltd,
4 The Triangle Tanner Street Barking..... (020) 8591 4000
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2 Jephson Road E7..... (020) 8470 6429
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812 Green Lane Dagenham..... (020) 3620 6145
Dr C Tan T/A Castle,
813 Green Lane Dagenham..... (020) 3689 1471
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Dr Gupta & Partners,
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7 Salisbury Av Barking ..... (0844) 4778704
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Thames View Clinic Bastable Avenue Barking ..... (020) 8591 5734
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Barking ..... (020) 8592 9200
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Unit 1, 58 Green Street Forest Gate ..... (020) 8552 2999
Dreams, Plc,
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Beckton Retail Pk Alpine Wy E6 ..... (020) 7476 9808
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302 Trocoll Ho Wakering Rd Barking ..... (020) 8594 5356
Drive Motors The, Ltd,
22b Alfreds Way Barking ..... (020) 8507 9700
Drums Distribution Services, Ltd,
Unit 3 Charles St E16 ..... (020) 7474 1100
Dsf Services, Ltd,
72 Wood Lane Dagenham..... (020) 8592 3152
DSICMM Group, Ltd,
Evolution Ho 12 Choats Rd Dagenham ..... (020) 8984 5400
Dt & T Coporation,
222a Heathway Dagenham..... (020) 8526 6044
Dua Halal Meat,
88 Longbridge Road Barking ..... (020) 3632 4676
Dube and Kroll Solutions, Ltd, Logistics Company,
Estuary House, 196 Ballards Road Dagenham ..... (020) 3137 1645
Dube & Kroll Solutions, Ltd, Logistics,
196 Ballards Road Dagenham ..... (0843) 8164877
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Aston Ho Thames Rd Barking..... (020) 8709 1700
D'Vine, Ltd,
40 Ripple Rd Barking ..... (020) 8594 3618
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The Clockhouse East Street Barking ..... (020) 8594 1808
E E I Future Force, Ltd,
32 High Rd Romford ..... (020) 8590 3445
E Feldman, Ltd,
22 Barking Industrial Park Alfreds Way Barking ..... (020) 8594 0643
4 Barking Industrial Park Alfreds Way
Barking FAX..... (020) 8594 0659
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9 Woodgrange Road Forest Gate London ..... (020) 8221 1990
E.H.S Traders, Ltd,
25 Rutland Road Forest Gate, London..... (0845) 8901911
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667-69 Green Lane Dagenham..... (020) 8599 9860
E J Timber, Ltd,
Unit 3 Alpine Business Centre Eastbury Road
London ..... (020) 7476 7710
E S B Services, Ltd,
Thames Ho Longreach Rd Barking..... (020) 8594 5255
Eagle Enterprises International, Ladies Handbags & Luggage,
The Kiosk The Mall Heathway Dagenham ..... (020) 8517 0467
Eagle Wine, Off Licence,
88-90 Ilford Lane Ilford ..... (020) 8553 5643
Eagle Wines, Off Lic,
88 Ilford La Ilford ..... (020) 8553 5313
Earlswood Industrial Services,
Mirravale Trading Est Selinas La Dagenham ..... (020) 8595 3060
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St. Lukes Church Baxter Road Ilford..... (020) 8478 2162
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75 Derby Rd E7 ..... (020) 8471 3153
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Market Street East Ham, London ..... (0845) 6676981
East Ham Emergency Drain Cleaners, Drain Cleaners,
Market Street East Ham, London ..... (0845) 6605819
East Ham Emergency Plumbers, Plumbers,
Market Street East Ham, London ..... (0845) 6604587
East Ham Removals, Removals & Storage - Domestic,
Market Street East Ham, London ..... (0845) 6600524
East Ham Rubbish Clearance, Waste Disposal Services,
Market Street East Ham, London ..... (0845) 6693488
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220 High Street North E6 ..... (020) 8472 7227
Or..... (020) 8552 0250
East London Wines, Ltd,
2 St. Georges Rd E7..... (020) 8548 0404
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Unit 8 Cromwell Business Centre 10 River Road
Barking..... (020) 7474 5246
East N West Cash, & Carry Ltd,
Unit 8,10,Cromwell Business Centre River Road
Barking..... (020) 8594 2016
East Street Dental Practice,
63 East Street Barking..... (020) 8532 7910
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Aqua Ct Serpentine Clo Chadwell Heath ..... (020) 8597 8793
Or..... (020) 8599 4802
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Hulse Avenue Barking..... (020) 8507 4500
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Eastbury Comp School Rosslyn Road Barking ..... (020) 8591 5067
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392 Green La Ilford ..... (020) 8599 5600
Eastern Mobile Exchange,
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Emt Ho Alpine Wy E6..... (020) 7511 5112
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FAX ..... (0872) 0855775
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Ecolutionz, Ltd,
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Jo Richardson Community Scho Gale St Castle Gn ..... (020) 8526 8680
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Unit 4-5 Alfreds Wy Indust Est,Alfreds Wy
Barking..... (020) 8594 7121
FAX ..... (020) 8591 7920
Edward James, Est Agts,
33 Faircross Pde Barking ..... (020) 8594 2004
Efc Dagenham Ltd,
714-720 Green Lane Dagenham..... (020) 8306 7596
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Or..... (020) 3380 5658
Elecsafe Uk Contractors Limited,
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Electric Wholesale,
Unit 23 Eastbury Rd E6 ..... (020) 7476 6536
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7 Back La Romford..... (020) 8597 1811
Electrical Testing & Surveys, Ltd,
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4 Edgefield Ct Edgefield Av Barking FAX ..... (020) 8594 3849
Eleves Construction, Ltd,
175 Clements Road E6..... (020) 3337 2299
ELG Haniel Metals,
12 River Rd Barking ..... (020) 8591 8444
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Elim Pentecostal Churches,
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Elimwells, Ltd,
454 LODGE AVENUE DAGENHAM ..... (020) 8592 5195
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234A Oxlow La Dagenham ..... (020) 8596 5858
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Or ..... (020) 8596 5999
Or ..... (020) 8596 9994
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Pacific Whf Hertford Rd Barking ..... (020) 8507 3395
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Containerbase Barking Box La Renwick Rd Barking ..... (020) 8592 7576
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Unit 2 Dominion Works Freshwater Road Dagenham.... (020) 8590 6077
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54 Station Rd Chadwell Hth ..... (020) 8593 2222
Or ..... (020) 8593 0000
Elm Lane Day Nursery,
22 Church St Dagenham ..... (020) 8984 8184
Elvet Floral, Ltd,
392 Romford Road E7 ..... (020) 3601 9692
Eman Foundation, Ltd,
2 Ashgrove Road Ilford ..... (020) 8597 7055
Emerson Crane Hire, Ltd,
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Dagenham ..... (020) 8548 3900
Eminent Accountants & Global Compliance, Ltd,
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Barking ..... (020) 8594 3733
Emmanuel Church,
Romford Road E7 ..... (020) 8522 1900
Emmanuel Oak, & Co,
Midas Ho 34 High St Nth E6 Mobile ..... (07071) 226395
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Emperor Ho Freshwater Rd Dagenham ..... (020) 8598 2259
Emperor Shopfitters, Ltd,
Emperor House Freshwater Road Dagenham ..... (020) 8590 4466
Cafe Bar Ho Freshwater Road Dagenham ..... (020) 8598 2353
FAX ..... (020) 8598 2501
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1 Strone Road London ..... (020) 8472 6644
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Empire Venue,
593 Barking Rd East Ham ..... (0843) 5387219
Enchanted Castle, (Day Nursery) Ltd,The,
557 Barking Road E6 ..... (020) 8552 6777
Energy Master, Ret,
8 St. Georges Rd E7 ..... (020) 8471 0043
Energy4UK, Ltd,
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Barking ..... (020) 3417 2323
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Unit 3 Davenport Cntr Renwick Road Barking ..... (020) 8595 3251
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Unit 5 Davenport Centre Renwick Road Barking ..... (020) 8592 3000
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21 Rippleside Commercial Est Renwick Rd Barking ..... (0843) 5079916
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Environment Agency,
Customer Services ..... (0870) 8506506
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Gas
Sales ..... (03332) 024600
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Business
Electricity
Sales ..... (03332) 024759
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Sales ..... (03332) 024759
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Estuary Ho Ballards Rd Dagenham ..... (020) 8592 5522
Equifax, Plc,
Personal - Commercial Credit Information & Sales
Chapel St London NW1 ..... (0844) 3350550
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8 Town Quay Wharf, Abbey Road Barking ..... (020) 7404 0222
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25-27 Station Parade Barking ..... (020) 8591 0777
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E16 ..... (020) 7473 4500
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FAX ..... (020) 8599 7102
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1181 High Rd Romford ..... (020) 8597 0052
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160 London Road ..... (0844) 5894186
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Essex Wrought Iron, Ltd,
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Dagenham ..... (020) 8592 9619
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Bradfields Rd E16 ..... (020) 7473 1243
FAX ..... (020) 7473 3351
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Dagenham ..... (020) 8595 1988
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Euro Foods Group, Ltd,
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Euromix Concrete, Ltd,
Mohawk Whf Bradfield Rd E16 ..... (020) 7473 8222
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FAX ..... (01708) 744980
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FAX ..... (020) 8472 2131
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Everlys Chicken Hut,
70 Rainham Road Rainham ..... (01708) 361776
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Barking ..... (020) 8507 1612
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Excel Sliding Door & Double Glazing London, Ltd,
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Exdirectory, Ltd,
Unit 6 River Rd Business Pk River Rd Barking ..... (020) 8591 6641
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86 Rainham Road Rainham ..... (01708) 500500
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F1 Tyres, Ltd,
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6A The Quadrant Hoylake Wirral ..... (0870) 7384858
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18 Faircross Parade Longbridge Road Barking ..... (020) 8594 4956
Faircross Health Centre,
51 Upney La Barking ..... (020) 8594 3667
Faircross Launderette, Launderette Drycleaning Servs,
22 Faircross Parade ,Longbridge Road Barking ..... (020) 3659 9415
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13 Chapel Road Ilford ..... (020) 8553 4279
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58 Ilford La Ilford ..... (020) 8227 1722
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157 Strone Road London ..... (020) 3601 9513
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Regaltech Ltd, Unit B7 Chadwell Heath Industrial Park
Kemp Road ..... (020) 8617 3340
Famcc, Ltd,
38 St. Albans Avenue London ..... (020) 7998 4796
Famcc, Ltd,
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129 Ashburton Avenue Ilford ..... (020) 8552 4374
Fancy Interiors,
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Fans & Spares, Ltd,
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Dagenham ..... (020) 8595 5226
Faron Grant Associates, Ltd,
316 Romford Rd E7 ..... (020) 8522 0001
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97 Ilford La Ilford ..... (020) 8553 2225
Fastlane Styling Europe, Ltd,
895 High Rd Romford ..... (020) 8599 5558
Fastrax Cargo, Shipping,
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2 First Av Dagenham ..... (020) 8592 4082
Fb London,
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Or ..... (020) 3560 5782
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London ..... (020) 3876 7522
Ferraris Piston, Ltd,
The Lo Cntr River Rd Barking ..... (020) 8477 4560
Ff, Fff,
245 Oxlow La Dagenham ..... (020) 8595 2527
Fight For Peace,
Fight For Peace Academy Woodman Street E16 ..... (020) 7476 5785
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Unit 4 713 Green Lane Dagenham ..... (020) 8590 0900
First Choice Travel Shop,
Barking 19 East St ..... (0870) 2418362
Barking 19 East St Barking ..... (0844) 5615712
Chadwell Heath 37 High Rd Romford ..... (0844) 5615760
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Fisk Fire Protection,
140 Ashburton Av Ilford ..... (020) 8983 8999
Fiteasy Services, Ltd,
72 River Rd Barking ..... (020) 8591 0588
Fitted Carpet, Co Ltd,The,
52 Whalebone La Sth Dagenham ..... (020) 8517 8334
FAX ..... (020) 8517 8337
Five Elms Dry Cleaners,
277 Wood Lane Dagenham ..... (020) 8592 1128
Five Elms Medical Practice,
Five Elms Road Dagenham ..... (020) 8517 1175
Five Star Trimming,
497 Katherine Road E7 ..... (020) 8503 5687
Fiza & Co London, Ltd,
Unit 29 77-87 River Road Barking ..... (020) 8591 7555
Flavaz Candy & Vape,
334-34 Romford Road Forest Gate London ..... (020) 3859 6948
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Round Ho Porters Av Dagenham ..... (020) 8595 4131
54 Station Rd Chadwell Hth ..... (020) 8592 7777
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FAX ..... (020) 8984 0101
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FAX ..... (0870) 7325011
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FAX ..... (0870) 7325011
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Barking Constituency
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Bridge Ho150 London Rd Barking ..... (020) 8594 0510
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Unit 63 Barking Indust Pk,Alfreds Wy ..... (020) 8591 2110
Linkhaven Estates, Ltd,
Amanveer House 523 Green Lane Ilford ..... (020) 8599 4922
93-97 New Road Dagenham ..... (020) 3196 2740
Links Event Solutions,
Thames Refinery Factory Road E16 ..... (020) 7476 2860
Linnell, Michael, & Co Ltd,
New Harbours 75 River Rd Barking ..... (020) 8594 5898
Lipa Tandoori,
517 Barking Rd E6 ..... (020) 8470 6214
Lipa Tandoori, Ltd,
517 Barking Road E6 ..... (020) 8548 0062
Or ..... (020) 8548 8282
Liquor Mart,
9 Vicarage Lane E6 ..... (020) 8821 9920
Little Feyza, Ltd,
25 Goresbrook Road Dagenham ..... (020) 8592 9562
Little Rascals Pre School,
Whybridge Inf School Ford Lane Rainham ..... (01708) 550075
Lituanica, Ltd, Food Ret,
Unit 4 Beckton Retail Park Alpine Way E6 ..... (020) 7473 2619
Lituanica Retail, Ltd,
Unit 4 Beckton Retail Pk Alpine Wy E6 ..... (020) 7474 8899
Lituanica, UK Ltd,
3 Gallions Clo Barking ..... (020) 8591 5599
Liyon Legal, Ltd,
6a,Monteagle Court Wakering Road Barking ..... (020) 8594 1224
Lloyds Pharmacy,
Dagenham 281a Wood La ..... (020) 8592 1613
Ilford 2 Brooks Pde Green La ..... (020) 8599 2495
L'Madina H Services,
36-38 Station Parade Barking ..... (020) 3490 8387
Loa, Ltd, Ticket Agencies,
1 Kempton Road East Ham ..... (0843) 8160097
Local Contract Hire & Leasing, Ltd,
Barking ..... (020) 8507 0775
Local Locksmith Barking, Ltd,
50 Westbury Road Barking, London ..... (020) 3603 2807
Local Staff Hire,
540 Rainham Rd Sth Dagenham ..... (020) 8517 9247
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217818
Lockson Services, Ltd,
Unit 1 Heath Pk Indust Est, Freshwater Rd
Dagenham ..... (020) 8597 2889
FAX ..... (020) 8597 5265
Logicmove Storage Solutions, Ltd,
33 Thames Rd Barking ..... (020) 7511 3355
Logistical Software, Ltd,
895 High Rd Romford ..... (020) 8590 4882
Londinium Property Services, Ltd,
400 Romford Rd E7 ..... (020) 8471 2211
London Airports Taxi Transfer, Taxis,
Market Street London ..... (0871) 2217436
London And Quadrant,
Tippett Court 38 Poulett Rd London ..... (020) 8821 0213
London Borough Of Newham,
New Comms Room Newham Central Depot Folkestone Road
E6 ..... (020) 8471 2689
London Borough of Newham Building Control,
328 Barking Rd East ..... (0870) 7656756
London Broast, Takeway,
4 Lodge Avenue Dagenham ..... (020) 8597 3315
London Carton, Co (The),
The Recycling Centre Gallions Close Barking ..... (020) 8594 7848
London Chamber of Commerce, Exp Documentation Off,
FAX ..... (020) 8591 5682
London Chamber Of Commerce,The,
Unit 2 Town Quay Wharf Town Quay Wharf Abbey Road
Barking ..... (020) 8507 9627
London City Bond, Ltd,
91-101 River Rd Barking ..... (020) 8594 0258
London City Cars, Ltd,
London City Airport, King George V Dk Sth E16 ..... (020) 7511 2888
London College Of Business, Ltd,
Unit 6a,Monteagle Ct Wakering Rd Barking ..... (020) 8591 2222
Or ..... (020) 8591 8888
London Early Years Foundation,The,
1A Farrance Road Romford ..... (020) 8599 1548
London Executive Aviation, Ltd,
King George V Dock South E16 ..... (020) 7474 3344
FAX ..... (020) 7474 5566
London Imports,
Unit 8 77-87 Trafalgar Business Centre River Road
Barking ..... (020) 8507 2937
London Insurance Services, Ltd, Insurance,
316 Romford Rd E7 ..... (0872) 4365644
London Mint Office,
Harmsworth House, 13-15 Bouverie Street London ..... (0800) 0374321
London Pioneer College, Coll,
Floor 1St Roding House 2 Cambridge Road Barking ..... (020) 8594 0036
London Plumbing & Heating Supplies,
531 Barking Road E6 ..... (020) 8470 1837
London & Quadrant,
Warden Call Flats 1-24 227 Goodmayes Lane
Ilford ..... (020) 8597 0599
Or ..... (020) 8598 1574
London & Quadrant Housing Trust,
Barnmead Court Flat 2 Barnmead Road Dagenham ..... (020) 3784 7952
London Regatta Centre,
Dockside Rd E16 ..... (020) 7511 2211
London Removal Service, Removals & Storage,
70a Leigh Road East Ham ..... (0871) 4230551
London Steel Fabrication,
Buzzard Creek Industrial Estate Unit 14 River Road
Barking ..... (020) 8616 9930
London Tower Services, Ltd,
Unit 16 London Industrial Park Alpine Way E6 ..... (020) 7511 2090
London V Trader Ltd,
Ripplesde Commercial Estate Ripple Road
Barking ..... (020) 3609 3521
London Wholesale,
73 River Road Barking ..... (020) 8594 7799
London Wholesale, (UK) Ltd,
Unit 4 Thames Rd Indust Est Thames Rd E16 FAX ..... (020) 7473 0903
London Who'S Who, Ltd,
6Suite 2 Room 3 Trinity House Clements Court Clements Lane
Ilford ..... (020) 8553 4177
Long Land Shops Ltd,
296 Heathway Dagenham ..... (020) 3686 0482
Or ..... (020) 3686 0483
Long Lane Bodyshop,
Abbey Wharf Industrial Estate Kingsbridge Road
Barking ..... (020) 8594 0306
Long & Son Trading, Ltd,
London Indust Pk Roding Rd E6 ..... (020) 7473 1177
Long Valley Packaging, Ltd,
6 Atcost Rd Barking ..... (020) 8594 0345
Longland Shops, Ltd,
295 Heathway Dagenham ..... (020) 8596 0800
Look Ahead Housing & Care,
2 Gardiner Clo Dagenham ..... (020) 8592 3616
144 Longbridge Rd Barking ..... (020) 8594 6510
148 Longbridge Rd Barking ..... (020) 8594 7913
28 Vicarage Rd Dagenham ..... (020) 8592 1257
Look Ahead Housing & Care, Ltd,
1 Vineries Clo Dagenham ..... (020) 8592 3851
Look Around Properties, Ltd, Real Estate,
290 Reede Road Dagenham, Essex ..... (020) 3384 6633
Lords Chemist,
35 Station Pde Barking ..... (020) 8594 2332
FAX ..... (020) 8591 4414
LordTaylor Services, Ltd,
235 Oxlow Lane Dagenham Essex ..... (020) 8595 3892
Lotus General Stores,
357 Ripple Road Barking ..... (020) 3062 4730
Lounge, (2010) Ltd,The,
14 Becontree Av Dagenham ..... (020) 8590 9923
Lovell, & Son (Butchers) Ltd,
111 Rainham Rd Rainham ..... (01708) 553921
Loxford School Of Science & Technology,
Loxford School Of Science & Technology Loxford Lane
Ilford ..... (020) 8514 7754
Loxford Social, (Non-Political) Club & Institute,
104 South Park Drive Ilford ..... (020) 8598 1850
Lr Technic, Ltd,
Unit 9 Ripplesde Commercial Estate Ripple Road
Barking ..... (020) 8984 7396
LS Accountants Services, Ltd,
316 Ilford Lane Ilford ..... (020) 3649 0474
Lts Powered Access,
Atlantic Whf Hertford Rd Barking ..... (020) 8591 1375
Lucin, plc, FAX,
Luckva Accountancy Agency, Acctcy Agcy,
150 Altmore Avenue E6 ..... (020) 8472 4759
Lucky Eight, Ltd,
396 Katherine Road E7 ..... (020) 8472 2175
Lucky Inn,The, Chinese Takeaway,
6 Faircross Parade Longbridge Road Barking ..... (020) 8591 1292
Lucy & Martin Recycling, Ltd,
Unit 10, 113 River Rd Barking ..... (020) 8591 9220
Unit 10 113 River Road Barking ..... (020) 8591 6387
Luhars, Ltd,
287 Western Avenue Dagenham ..... (020) 4541 4472
Lusobrits Tranding Company, Ltd Ltd,
19 Creek Rd Barking ..... (020) 8591 7243
LUTON INTERNATIONAL AIRPORT,
All Enquiries ..... (01582) 405100
Luxe Motor, Gar,
13b River Rd Barking ..... (020) 8591 9299
Luxe Motor Clinic, Ltd,
13a River Road Barking ..... (020) 3340 6478
Luxury Nails,
283 Heathway Dagenham ..... (020) 8593 4006
Lyndhurst & Lane, Ltd,
6 Upney Lane Barking ..... (020) 8594 8108
M A A A B, Ltd,
Unit 2 30 Thames Road Barking ..... (020) 3457 5579
M And M Flooring, Crpts,
582 Longbridge Road Dagenham ..... (020) 8599 8231
M A Properties, (UK) Ltd,
56 Thornton Road Ilford ..... (020) 8514 6458
M C Dentistry, Ltd, Dent Surgery,
208 Longbridge Road Barking ..... (020) 8594 0548
M I P Builders, Ltd, Refurbishment/Construction,
4 Braintree Road Essex ..... (020) 3384 6669
M & K Autos, Ltd,
Unit 31 Barking Indust Pk Alfreds Wy Barking ..... (020) 8507 9990
M K Carpets & Furniture,
192 Ilford La Ilford ..... (020) 8514 0442
M.Long Haulage & Daughters, Ltd,
Thunderer Road,Chequers Lane Dagenham ..... (020) 8596 9530
Or ..... (020) 8596 9880
M & M Redhead,
FAX ..... (020) 8477 8301
M P Builders,
9 Woodstock Gardens Ilford ..... (020) 8215 3148
M.Ps,
See under Members Of Parliament
M P Support, Ltd,
53 Shirley Gardens Barking ..... (020) 8507 2214
M R B, Insurance Brokers Ltd,
321 High Rd Romford ..... (020) 8598 1111
Or ..... (020) 8598 8080
M R Motor Services, Ltd,
418 Romford Rd E7 ..... (020) 8472 1234
M & S Wholesale, Ltd,
50 Barking Industrial Park Alfreds Way Barking ..... (020) 8507 7501
M Wynter Shoe Repairs,
1211 High Road Romford ..... (020) 8597 1228
Ma Bakers, Bkry & Sandwich Bar,
668 Rainham Rd S Dagenham ..... (020) 8592 6255
Ma Private Practice, Ltd,
17 Ashford Road London ..... (020) 3689 6159
Maa Laxmi,
The Mall 20 Heathway Dagenham ..... (020) 8593 8360
Maa Laxmi,
The Mall 20 Heathway Dagenham ..... (020) 8984 0785
"MAC",
m',Mc & Mac are to be treated as "Mac" & the next letter in the name determines position of the entry. Similarly , with names such as "Mace" & "Mack" the fourth letter determines t
heir position.
McCreadie Hotel,
357 Romford Rd E7 ..... (020) 8555 8528
McDonald Brown, Ltd,
Mobile ..... (07956) 203150
McDonald Brown, Ltd,
7 Eastbury Rd E6 FAX ..... (020) 7473 1133
McDonald's Restaurants, Ltd,
Restaurants
Armada Way E6 ..... (020) 7511 0113
Barking
41 East St Barking ..... (020) 8594 1350
Beckton Unit 1Gateway Retail Park 8 Claps Gate Lane
E6 (Drive-Thru) ..... (020) 8594 9383
Dagenham
217 Whalebone La Sth Dagenham (Drive-Thru) ..... (020) 8593 6616
New Road Dagenham (Drive-Thru) ..... (020) 8984 8114
McGarret Engineering, Ltd,
143 Becontree Av Dagenham ..... (020) 8599 5119
McKev Plumbing & Heating, Ltd,
31 Bell Farm Avenue Dagenham ..... (020) 3971 3991
Macleish Littlestone & Cowan,
269 Ilford La Ilford ..... (020) 8514 3000
Macleish,Littlestone,Cowan & Kemp, Solrs,
23 Longbridge Rd Barking FAX ..... (020) 8507 1191
Macturner Accounting,
Petronne Ho Church St Dagenham ..... (020) 8595 3470
Madina Foundation Dagenham East,
539 High Road Post Office Rainham Road South
Dagenham ..... (020) 8117 3467
Magic Lamp Entertainments & Events,
132 Foots Cray La Sidcup ..... (0845) 6032817
Magic Touch, Ltd,
386 Ripple Rd Barking ..... (020) 8507 7155
Magical Media, Ltd, Multimedia Services,
322 Green Lane Ilford, Essex ..... (020) 3051 4969
Mahar Traders,
Unit 1 Buzzard Creek Industrial Estate River Road
Barking ..... (020) 3609 5625
Mahir Dagenham, Mini Mkt,
10 Porters Avenue Dagenham ..... (020) 3759 9217
Mahir Design, UK Ltd,
230 Green St E7 ..... (020) 8586 2072
Mahir Design, Uk Ltd,
230 Green Street Forest Gate London ..... (01582) 732477
Majestic Solicitors, Ltd,
97A Ilford Lane Ilford ..... (020) 8478 4492
FAX ..... (020) 8514 5476
Majid, Sons Ltd,
207 Ilford La Ilford ..... (020) 8478 1880
Majoo Pizza & Grill, Ltd,
288 Ilford Lane Ilford ..... (020) 3325 4197
Major Bite, Takeaway,
173 Ilford Lane Ilford ..... (020) 8478 5557
Majors Builders Merchants, (East Ham) Ltd,

Southend Road E6 ..... (020) 8470 8199
Or ..... (020) 8470 8279
Maker, Dr, S.P,
35 Maplestead Rd Dagenham ..... (020) 8595 0017
Malam Suya Hut Limited,
14 London Road Barking ..... (020) 8711 0888
Malik, Dr, D,
207/2 Basin App E16 ..... (020) 7055 4712
Malik Law Associates, Ltd,
241B Katherine Rd E7 ..... (020) 8471 7417
Malmin Orthodontic Group, Ltd,
16 Woodstock Gardens Ilford ..... (020) 3904 7466
Mamasi, Ltd,
161 Broad Street Dagenham ..... (020) 3340 0052
Manam, Dr, A,
459 Romford Rd E7 ..... (020) 8522 0222
Manforce Security, Ltd,
394 Ilford Lane Ilford ..... (020) 8911 8385
Mango Solicitors, Ltd,
233 Stamford Road Dagenham ..... (020) 8593 1599
Mank Private, Ltd,
94 A Longbridge Road Barking ..... (020) 8220 1161
Manns Waste Management, Ltd,
The Old Bus Depot Chequers Lane Perry Road
Dagenham ..... (020) 8984 9989
Mansons Chemists, Ltd,
Forest Gte 15 Woodgrange Rd E7 ..... (020) 8534 3212
Marcantonio Foods, Ltd, Ice Cr Cone/Wafer Mfrs,
22 Thames Rd Barking ..... (020) 8591 3399
Marcline, Ltd, Menswr Whslrs,
48 Levett Gdns Ilford ..... (020) 8361 8107
Market Street Health Group,
Primary Health Centre 52 Market Street E6 ..... (020) 8548 2200
Marks Gate Cars,
1074 High Rd Romford ..... (020) 8597 7879
Marlborough Electronics,
51 Marlborough Road London ..... (0871) 4906272
Marvel, & Co,
367 Katherine Road E7 ..... (020) 8471 0845
Marylin Ipsom,
14 Winsor Terrace London ..... (020) 8062 7841
Mas Bazar, Ltd,
Unit E Kingsbridge Road Barking ..... (020) 3649 8934
Maslen Motors, Car Sales,
Workshop 154 High Rd Romford ..... (020) 8597 8887
Mastaa Care, Chemst,
26 Whalebone Lane South Dagenham ..... (020) 8592 2497
Master Locksmiths & Security Services, Ltd,
11 Blunden Close Dagenham ..... (020) 8590 7111
Master Wok,
458 Lodge Avenue Dagenham ..... (020) 8592 8854
Mastercrate, Ltd,
Unit 3 The IO Centre 59-71 River Road Barking ..... (020) 8691 6949
Matagi, Ltd,
14 Herbert Gardens Romford ..... (020) 8590 3001
Matalan, plc,
Beckton
Retail Pk Woolwich Manor Way E6 ..... (020) 7473 9780
Matapan, (Beacon Tree),
The Matapan Green Lane Dagenham ..... (020) 8984 0952
Matapan,The,
Green La Dagenham ..... (020) 8596 9641
Mather Engineering, Ltd, Mould Tool Mkrs,
73 River Road Barking ..... (020) 8594 1092
Mathur, Dr, P,
Victoria Health Cntr Queen Rd Barking ..... (0870) 4173987
Maxxixare, Ltd, Recruitment,
23 Bartletts House Vicarage Road Dagenham ..... (020) 3685 9107
Maya Kitchen, Ltd,
119 Mungo Park Road Rainham ..... (01708) 843022
Mayesbrook Funeral Services,
Faircross Pde Longbridge Rd Barking ..... (020) 8507 7641
Mayesbrook Manor Barking Management, Ltd,
Lift East Academy Ct 566 Longbridge Rd Dagenham ..... (020) 8599 3922
Mayesbrook Motors,
514 Ripple Road Barking ..... (020) 8594 2288
Mayespark Primary School,
Goodmayes La Ilford ..... (020) 8599 2263
Mayfield School and College,
Mayfield High School Mayfield Road Dagenham ..... (020) 8590 5211
Maysoon Designer, Ltd,
76 Ilford Lane Ilford .....
Maz Barber,
282 Lodge Avenue Dagenham ..... (020) 3674 3558
Mazees Restaurant,
275c Oxlow Lane Dagenham ..... (020) 8984 0637
Mb Mini Coaches, Ltd,
122 Eccleston Crescent Romford ..... (020) 3620 5893
Mbs Commerical Construction, Ltd,
Mbs Commerical Construction Ltd 113 River Road
Barking ..... (020) 8507 9660
"Mc",
Names with a prefix Mc are sorted with those beginning Mac
Mdg London,
Unit 7 Greenshield Industrial Estate Bradfield Road
London ..... (020) 7476 1884
Meat Factory, The,
365 Ripple Road Barking ..... (020) 8127 1833
MECCA SOCIAL CLUBS,
1086 High Rd Chadwell Hth ..... (020) 8590 3292
Dagenham Leisure Pk Cook Rd Dagenham ..... (020) 8593 9862
Medina Dairy, Ltd,
Gallions Clo Barking ..... (020) 8594 9899
Meer Julhas, & Co Ltd,
37 Green Street Forest Gate London ..... (020) 3904 7458
Meera Store,
13 Goodmayes Road Ilford ..... (020) 8598 8988
Members of Parliament,
Hodge Margaret (Barking Constituency)
House of Commons, Westminster SW1
Barking Constituency
Office ..... (020) 8594 1333
Mercygrace Motors & Auto Spares,
335 Rainham Rd Sth Dagenham ..... (020) 8592 8011
Merit Accountancy, Ltd, Accountants,
29B Aberdour Road Goodmayee ..... (020) 3051 4971
Metaenterprices, Ltd,
50 Cambridge Road Barking ..... (020) 8591 4446
M&g RPF GP, Ltd,
Orchestra House 20 Ilford Hill Ilford ..... (020) 8553 5828
Mi Cafe, Ltd,
119 Green Street E7 ..... (020) 4619 7269
Mic Auto Services, Ltd,
Unit 9 River Road Barking ..... (020) 8591 7002
Mighty Cars Ltd,
22-28 Greenshield Industrial Estate Bradfield Road
London ..... (020) 3560 8225
Mike's Auto,
1a Finden Road Forest Gate ..... (020) 8471 3891
Milano Rugs, Whoelshaler,
43 East St Barking ..... (020) 8507 2514
Millennium Cash & Carry,
57 King Edwards Road Barking FAX ..... (020) 8591 7677
Millennium Cash & Carry,
3 Gallions Close Barking ..... (020) 8591 7169
Millicent Preston House,
Wardens Office Ground Floor Millicent Preston House 157 Ripple Road
Barking ..... (020) 8507 9188
Millions Group Of Companies, Ltd,
1120 High Road Chadwell Heath Romford ..... (01708) 897567
Milner Elledge, Ltd,
1A Station Parade Heathway Dagenham ..... (020) 8984 0940
Mimi, Fash Boutique,
15 Carlton Ter E7 ..... (020) 8470 5199
Mimi, Ltd,
280 Green Street E7 ..... (020) 8548 4043
Mini Supermarket,
107 Movers Lane Barking ..... (020) 8507 2606
Minicabs, Ltd,
86 Rainham Rd Rainham ..... (01708) 555123
Or ..... (01708) 556555
Ministry Of Printing,
Unit 6 Greenshields Industrial Estate Bradfield Road
Victoria Docks London ..... (020) 3203 0227
Minster Insulation,
East London (Barking)
Ripple Road Barking, Essex ..... (020) 8477 9180
FAX ..... (020) 3332 0334
MIRAD,
Misha Trading, Ltd,
614e Green Lane Ilford ..... (020) 8590 5999
Miss Leah Hassan,
74 Birch Ct Sherman Gdns Chadwell Hth ..... (020) 8590 7043
Mississppi, Pizza & Chicken,
225 Oxlow Lane Dagenham ..... (020) 8595 2219
Or ..... (020) 8595 5857
Misue Linen Services,
Rippleside Commercial Est Ripple Rd Barking ..... (020) 8596 5802
Misue Linen Services,
Unit 10 Ripple Road Barking ..... (020) 3638 4803
Mitra, Dr, A.K,
35 Maplestead Rd Dagenham ..... (020) 8595 0017
MJM Supplies, Ltd,
Unit 7 Riverside Indust Est 27 Thames Rd
Barking ..... (020) 8507 0723
MK Enterprise Group, Ltd,
Unit 2 30 Thames Road Barking ..... (020) 3161 6577
Mk Travels Uk Co, Ltd,
Unit 36, Vicarage Field Shopping Centre Ripple Road
Essex ..... (020) 8594 3895
MKL (Derby), Ltd, Medical Practice,
12 Torrington Road Dagenham ..... (020) 3384 7004
Mm Meat & Poultry, Ltd,
Unit 7 Cromwell Centre 32 Thames Road Barking ..... (020) 8594 0999
MMS Supplies, Ltd,
Chequers Lane 2 Chequers Lane Dagenham ..... (020) 8595 2819
Mobile Care Centre, Mobile Rprs,
19 Longbridge Road Barking ..... (020) 8594 9498
Moby Dick, Pblc Ho,
Whalebone La Nth Romford ..... (020) 8590 9524
Moghal, Dr,
188 Ripple Rd Barking ..... (020) 8594 0212
Moghal, Dr, I.A,
370 Parsloes Av Dagenham ..... (020) 8592 2280
Moghul,
200 Chadwell Heath Lane Romford ..... (020) 8598 4500
Mohan, Dr, T.C,
35 Maplestead Rd Dagenham ..... (020) 8595 0017
Mohi Uddin,
668 Green Lane Ilford ..... (020) 8597 7759
Moneywise Investments, Ltd, Insurance Providers,
440 Romford Road Forest Gate ..... (0843) 8162930
Moneywise Investments, Plc,
440-442 Romford Road Forest Gate ..... (020) 8552 5521
Or ..... (020) 8472 2624
Monkey Puzzle Day Nursery,
20-24 Freshwater Road Dagenham ..... (020) 8599 8627
Monolith, (UK) Ltd,
Unit 3b Thames Rd E16 ..... (020) 7540 0010
Monsoon Indian Takeaway,
12 Farr Avenue Barking ..... (020) 8507 3344
Montague Santer Wells, Solicitors,
FAX ..... (020) 8594 5079
Montague Santer Wells Solicitors,
44-44A Longbridge Road Barking ..... (020) 8594 7542
Montessori & Me Nursery, Ltd,
319 High Road Romford Essex ..... (020) 8599 4279
Moor Envelopes,
Unit 3C Standard Ind Estate Henley Rd London ..... (020) 7474 4079
Moore, Ramsey, Ltd,
4 Clock Ho East St Barking ..... (020) 8591 9088
Morphitis, Barbers,
117 Mungo Park Road Rainham ..... (01708) 558251
Morrison, W M, Supermarkets Plc,
Supermarkets
Dagenham Wood La ..... (020) 8984 1630
Moss Bros,
Unit B, Circle 13 Gascoigne Rd Barking ..... (020) 8911 3500
Moss, F.E, Glaz,Bldrs Mrcnt,
678 Green Lane Ilford ..... (020) 8590 5180
Motion Cars, Motion Cars Ltd, Ltd,
773 Becontree Av Dagenham ..... (020) 8595 6633
Motor Magic, Ltd Ltd,
278 High Road Romford ..... (020) 8597 5875
Motorfair,
Faircross Garage Faircross Avenue Barking Essex ..... (020) 8594 2420
Motorised, UK Ltd,
R/O 1144 Motts Lane Green Lane Dagenham ..... (020) 8593 3004
Mount Of Fire & Miracles Ministries,
11 New Road Dagenham ..... (020) 8526 7575
Moving Pad, Ltd,
Sales 3 Reede Rd Dagenham ..... (020) 8595 1133
Mp Consultancy Services, Ltd,
33 Vicarage Lane E6 ..... (020) 8470 3710
MP Sahu & NN Dudda, Dr,
417 Ilford Lane Ilford ..... (020) 8491 9066
MPs,
See under Members Of Parliament
Mr Ahmad Ahmadi,
60 Whalebone La Sth Dagenham ..... (020) 8593 0500
Mr Cameron Khalid,
12 Frimley Road Ilford ..... (020) 8590 7877
Mr Mobiles, Ltd, Mobiles Phones,
194 High St Nth E6 ..... (0872) 4358047
Mr Mp Ghazijahani,
Adshell Outside 831 Longbridge Road Dagenham ..... (020) 8590 3234
MR & MRS Food, Ltd,
12-13 Carlton Terrace,Green Street ..... (020) 8472 2600
MRB Insurance, Ltd,
321-323 High Rd Romford ..... (0872) 4358740
Mriah, Ltd,
Unit 3 Sterling Trading Est Rainham Rd Sth
Dagenham ..... (020) 8592 1934
Ms Dukpe Adeyanju,
Flat 1 Wigham House 16-30 Wakering Road Barking ..... (020) 3674 9083
Mughal Consultants Ltd,
350 Ilford Lane Ilford ..... (020) 7018 9037
Mulbrook, Ltd,
Mulbrook Ltd 36 High Street North E6 ..... (020) 8552 4741
Mulbrook, Ltd,
250 Heathway Dagenham ..... (020) 8593 5234
9 Station Parade Barking ..... (020) 8507 3582
Mulligan Private Investigators, Private Detectives,
210 Ripple Road ..... (020) 7175 4018
Multifinance Solutions, Ltd,
Northwick House 191/3 Kenton Rd Harrow ..... (0845) 6038567
Multiple Care Solutions, Ltd,
226 50 Barking Enterprise Centre Cambridge Road
Barking ..... (020) 8594 1561
Mumtaz, H,
104 Ilford Lane Ilford ..... (020) 3719 4397
Museums,
Old Station Museum Pier Rd E16 ..... (020) 7474 7244
Muslim Welfare House, Shop,
1221 High Road Romford ..... (020) 8062 3486
My Local Florist, Prince Regent Ln,
165 Altmore Av London ..... (0844) 4113321
My Tutor,
575 Wood Lane Dagenham ..... (020) 3161 6405
Mybazar, Ltd,
Emt House 68 Alpine Way E6 ..... (020) 3793 2989
Myrene Signs, Ltd,
Unit R O Y O Business Units Hindmans Way
Dagenham ..... (020) 3244 0140
N R D J, Ltd,
263 Green Street Forest Gate London ..... (020) 8471 1088
N. T Cost Cutters,

129 Gordon Road Ilford....(020) 8478 4854
Nadas Express, Ltd, Off License Shop,
446 Romford Road Forest Gate London....(020) 3601 8610
Naeem, M,
103 Burges Rd E6....(020) 8552 7175
Nagina Restaurant, Ltd,
2a Hickling Road Ilford....(020) 3876 1024
296 Ilford Lane Ilford....(020) 8478 2229
Nail Station,
New Unit 4-6, Police Station Ripple Road
Barking....(020) 3673 4669
Or....(020) 3673 4670
Nali Restaurant, Ltd,
41 Ripple Road Barking....(020) 8507 8822
Nando's Chickenland, Ltd,
Stores
Barking Unit 1,The Odeon,2-10 Longridge Rd Barking....(020) 8507 0795
Nason-Waters Centre The,
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Barking fax .... (0871) 5278049
Premiere Maintenance & Installation Services, Ltd,
The Alpine Bsns Cntr Eastbury Rd E6 ....(020) 7476 5542
Prestige Accounts Limited,
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Prestige Cars,
15 Westbury Road London....(020) 8472 2055
Prestige Car Specialist, Gar,
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Prestige Motor Company,
Chadwell Hth Indust Pk Kemp Road Dagenham....(020) 8597 9894
Pretty Angels Boutique,
Unit 23-24 Vicarage Field Shopping Centre Ripple Road
Barking ....(020) 8591 9797
Prime Time Staffing, Ltd,
245 Rainham Road North Dagenham.... (01708) 985088
Primelodge Estates, Est Agcy,
29 Longbridge Rd Barking ....(020) 8591 8581
Primus Financial Solutions, Ltd,
63 Cambeys Road Dagenham .... (01277) 201177
Print & Stitch, Printing,
Flat A 467 Katherine Road E7....(020) 8552 1214
Print Traders, Ltd,
Unit 4 24 Thames Rd Barking....(020) 8507 3000
Printing Services,
FAX ....(020) 8478 8968
Printworks Urban Entertainment Centre (Eurotel),The, Printworks,
Corporation St Manchester....(0161) 385 8000
Priory Unisex Hair Salon,The,
170 South End Road Rainham .... (01708) 526252
Private Investigations Services, Private Investigator,
2 East Street ....(020) 7175 8978
Priya Exclusives,
18 Carlton Terrace Green Street E7 ....(020) 8503 4831
Pro Syndicate, Ltd,
Ajax Works Hertford Road Barking ....(020) 8594 9900
Progon I.T, Ltd,
177 Express Drive Ilford....(020) 8598 2484
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Barking ....(020) 3304 7507
Or ....(020) 3304 7508
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Prontaprint,
Barking
Unit 7 Rippleside Commercial Est Ripple Rd
Barking ....(020) 8924 0600
Prontaprint Barking & Stratford,
Unit 6 Rippleside Commercial Estate Ripple Road
Barking .... (020) 8595 1122
Property Masterz Uk Ltd,
Ilford Lane Ilford .... (020) 8911 0849
Property Surgeon,
75-77 Chadwell Heath Lane Romford .... (020) 8599 1809
PSR Developments, Ltd, Property,
63 Oban House Barking.... (020) 3384 7172
PTS Plumbing Trade Supplies, Plumbers Merchants,
Barking
7 Alfreds Wy Indust Est.... (020) 8477 4870
FAX .... (020) 8591 6190
Puma Building Services,
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Pumps & Motors,
Abbey Gnge Wks Hertford Rd Barking .... (020) 8507 2288
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3 Dunedin Ho Manwood St E16.... (020) 7511 5870
QPAS International,
Thames Gateway Technology Cntr 4 University Wy E16 (020) 8223 7377
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456 Becontree Avenue Dagenham.... (020) 8590 4050
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Branches
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523 Katherine Road E7 .... (020) 8470 4717
Quality Foods,
118-126 Ilford Lane Ilford .... (020) 8514 8888
Quality Furniture,The,
374 Katherine Rd E7 .... (020) 8503 4227
Quansh & Adedeji, Drs, B.B & A,
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Queen Marys Hospital,
Frognal Av Sidcup .... (020) 8302 2678
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407 Katherine Road Forest Gate.... (020) 8552 4879
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469 Rainham Road South Dagenham .... (020) 8252 6066
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R And T Cosmetics, Hair & Cosms,
265 Heathway Dagenham.... (020) 8593 5926
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203 Ilford La Ilford .... (020) 8924 7755
Or .... (020) 8514 7965
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Barking .... (020) 8595 1155
R.K. Carpets Ltd,
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691a Green Lane Dagenham.... (020) 8590 5566
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R S Toys & Stationery, Toys Stationery,
A 99 Halley Road E7.... (020) 8548 1046
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6 Station Parade Heathway Dagenham .... (020) 8593 8781
R White Waste Management, Ltd,
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2 Mayesbrook Road Dagenham.... (020) 8599 2510
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Raj Ladies Tailor Ltd,
202 Green Street London .... (020) 7052 1971
Raj Properties, Ltd,
12 Green St E7 .... (020) 8472 6869
Rajvir Singh Brar Ta Jb Double Glazing,
163 North Street Barking.... (020) 8591 1146
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2 High Street South East Ham .... (0844) 8500355
Ramy Off License,
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Dagenham .... (020) 3784 2053
Randall Plant, Ltd,
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FAX .... (020) 7473 0220
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Rdc Uk London, Ltd, Ret,
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Bradfield Rd Silvertown.... (020) 7511 8565
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Little Heath .... (020) 8548 7400
Redbridge Disability Association,The,
98 Ilford La Ilford.... (020) 8514 2565
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Ilford Methodist Church Ilford Lane Ilford .... (020) 8270 2303
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Barking.... (020) 8594 3777
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22 Eastbury Rd Beckton.... (0800) 3891076
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Barking.... (020) 8507 1111
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FAX .... (0870) 7363001
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Right A Way Freight, Ltd, Logistics,
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Dagenham Dk Chequers La Dagenham ..... (020) 8593 5401
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496 Ripple Rd Barking ..... (020) 8594 1674
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528 Romford Rd E7 ..... (020) 8472 0547
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18A Vicarage Field Shopping Centre Ripple Road
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Riskyfashions.Com Limited,
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Barking ..... (020) 8594 1071
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East Ham ..... (03448) 269730
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Or ..... (020) 3624 8637
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Unit 2 River Road Business Park,River Road
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19a-19B Thames Road Barking ..... (020) 8594 3214
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Beckett Ho Ilford Hl Ilford ..... (020) 8553 5119
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Robertson Laboratories, B G,
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277 Ilford Lane Ilford ..... (020) 8478 4008
Robinson Sterling Chartered Accountants,
616D Green La Ilford ..... (020) 8598 4130
616D Green Lane Ilford ..... (020) 8590 5266
Robinson Sterling Chartered Accountants, Ltd,
616D Green Lane Ilford ..... (020) 8586 1789
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Robinson Sterling Nyc Financial,
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FAX ..... (020) 8591 0426
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Barking ..... (020) 8591 9142
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Moby Dick Whalebone La Nth Romford ..... (020) 8548 7270
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Rosy New Era Healthcare, Health Social Care,
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Rowallan House,
17 Little Hth Chadwell Hth ..... (020) 8597 4175
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35 Maplestead Rd Dagenham ..... (020) 8595 0017
Roy, Dr, S.K,
35 Maplestead Rd Dagenham ..... (020) 8595 0017
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45 Barking Industrial Park Alfreds Way Barking ..... (020) 3952 7629
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Royal Bengal Tandoori 7 Parsloes Avenue
Dagenham ..... (020) 8517 9404
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Royal British Legion Clubs Ltd
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Dagenham
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261 Heathway Dagenham ..... (020) 8592 1515
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Barking ..... (020) 8591 3771
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RS Worldwide, Htl Mngmt Servs,
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Or ..... (020) 8594 9395
S B P Engineering, Engng,
Unit 7 Pollyte Works Wantz Road Dagenham ..... (020) 8593 0077
S. C. Refinishing, Gar,
39b Barking Industrial Park Alfreds Way Barking ..... (020) 8591 7616
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714-720 Green Lane Dagenham ..... (020) 8617 0809
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Media Ho Ashford Rd Maidstone ..... (07000) 705432
S & J Fast Food, Ltd, Takeaway,
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8 Reede Rd Dagenham ..... (020) 8517 5968
S K S Double Glazing, Ltd,
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Forest Gate
251 Katherine Rd E7 ..... (020) 8471 2123
Or ..... (020) 8471 5326
Or ..... (020) 8552 5525
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447 Barking Rd London London ..... (020) 3337 2763
S L Motors, Mot Bodymechanical Repairs,
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S M Khairul Islam,
Durham Place, 6 Eton Road Ilford ..... (020) 3490 4995
S.P.W, Chrtd Accts,
239 Regents Park Rd N3 ..... (020) 8371 5000
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(Sacoma-Global) Ltd,
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Safe Point, Safe Point,
440 Hedgemans Rd Dagenham ..... (020) 8593 5993
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Kennard Street Health Centre 1 Kennard St E16 ..... (0870) 4173173
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Chadwell Heath 97-131 High Rd Chadwell Hth ..... (020) 8598 8945
Ilford
Ilford Lane Ilford ..... (020) 8553 0145
Sainsburys Superstore, Ltd,
Beckton Savacentre 1 Claps Gate La E6 ..... (020) 8477 4700
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St. Angelas Ursuline Convent School St. Georges Road
E7 ..... (020) 8552 4982
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St. Erkenwald Church,
St. Erkenwald Vicarage Levett Road Barking ..... (020) 8594 2271
St. Ethelburga's Church,
41 Linton Road Barking ..... (020) 8594 2849
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Dagenham
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South End Road Rainham ..... (01708) 559099
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St. John & St. Matthews Vcge South End Rd
Rainham ..... (01708) 555260
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St. Lazarus & St. Andrews Church Rutland Road
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330 Ilford Lane Ilford ..... (020) 8553 5395
St. Lukes Church,
Baxter Road Ilford ..... (020) 8553 7606
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St. Thomas Moor's Catholic Church,
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Saints Off Licence,
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Saj Engineering, Engng Wks,
412 Trocoll Ho Wakering Rd Barking ..... (020) 8507 2729
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Trocoll House Wakering Road Barking ..... (020) 8594 8616
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Local Corps & Community Centres
Barking Corps
Ripple Rd Barking ..... (020) 8594 2964
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London ..... (020) 8616 7096
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Dagenham 247 Heathway..... (0800) 0304321
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Buzzard Creek Industrial Estate Unit 10 River Road
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32 The Mall Heathway Dagenham.....(020) 8517 1892
Savers Health & Beauty, plc,
Barking
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Savewise Express,
262 Chadwell Heath Lane Romford ..... (01708) 361956
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Forest Gate
393 Katherine Road E7.....(020) 7055 5335
Or .....(020) 7476 6969
Or .....(020) 7476 7167
Or .....(020) 7476 7700
Or .....(020) 7476 7701
Or .....(020) 7476 7895
Or .....(020) 7511 2011
Or .....(020) 8472 3907
Or .....(020) 8472 8222
Or .....(020) 8472 9898
Or .....(020) 8503 5577
Or .....(020) 8552 1122
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(Infants) Mungo Pk Rd Rainham ..... (01708) 555707
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London Borough of Redbridge
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Grove Chadwell Hth La Chadwell Hth.....(020) 8590 3611
Mayes Park Primary Goodmayes Lane Ilford.....(020) 8599 2263
Uphall Primary School Uphall Rd Ilford.....(020) 8478 2993
Woodlands Loxford La Ilford (Junior).....(020) 8478 4612
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Loxford High Loxford La Ilford (FAX).....(020) 8514 6257
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Shackleton Hall Morden Road Romford .....(020) 8597 3592
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Thames Gateway Manufacturing Centre, Ltd,
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Technology Centre ..... (020) 8223 3388
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Reservations & Enquiries ..... (0845) 8444777
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279 Heathway Dagenham ..... (020) 8592 2934
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52 Ripple Rd Barking ..... (020) 8594 3758
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FAX ..... (020) 8507 9048
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79A Whalebone La Sth Dagenham ..... (020) 8500 5039
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Whalebone Sedation Centre,
474 Whalebone Lane North Romford ..... (020) 8599 4283
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443 Porters Avenue Dagenham ..... (020) 3673 3945
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Whitaker & Sawyer (Brushes), Ltd,
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FAX ..... (020) 8593 7668
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12 Movers La Barking ..... (020) 8594 4042
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Or ..... (020) 8553 2677
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Wisetech,
Trocoll Ho Wakering Rd Barking ..... (020) 8591 3794
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Or ..... (020) 8593 3294
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Or ..... (020) 8592 9992
Or ..... (020) 8593 9448
Wood Oven,
25-27 Station Parade Barking ..... (020) 8091 6053
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Wood Style Carpentry,
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A, A, 34, Webber House North Street, Barking, Essex....(020) 3490 5540
A, Mr A, 52 Ripley Rd, Ilford....(020) 3132 6667
A, A, 58 St. Johns Road, Barking....(020) 3623 3592
A, A, 58 Vicarage La, E6....(020) 3138 3807
A, E, 136 Chadwell Heath Lane, Romford....(020) 8597 5095
A, Fn, 36 Warrington Road, Dagenham....(020) 8597 9274
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A, I, 4 Stephen Jewers Gardens, Barking....(020) 3672 5353
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A, M, 13 Ashley Road, LONDON....(020) 8821 9020
A, M, 66 Western Avenue, Dagenham....(020) 3294 9540
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A, N, 71 Derby Road, Forest Gate....(020) 7022 3582
A, N, 397 London Road, Romford....(020) 7285 8914
A, R, 98 Victoria Road, Barking....(020) 3132 5519
A, Mr S, 28 Surrey Road, Barking....(020) 8177 4181
A, S, 70 Westbury Road, Barking....(020) 3853 1028
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B, J, 34 Lynett Road, Dagenham ... (020) 8270 8904
B, N, 40 Tanner Street, Barking ... (020) 8507 0725
B, S, 28 Sherrard Rd, E7 ... (020) 8177 6537
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B, J, 18 Ron Todd Close, Dagenham ... (020) 8593 2908
B, W, 10 Beccles Drive, Barking ... (020) 8591 5132
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BATE, R, 57 Tilney Road, Dagenham ... (020) 8252 8737
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B, Fateha, 100 Wilmington Gardens, Barking ... (020) 8594 2146
B, H, 503 Green La, Ilford ... (020) 8597 5192
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B, R, 49 Alexandra Road, London ... (020) 8552 0027
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B, R, 31 Ratcliff Road, Forest Gate ... (020) 3723 4204
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CHOUDHURY, G, 2 Madeleine Close, Romford (020) 8597 6592
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C, M, 668A Green Lane, Seven Kings (020) 4531 2889
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C, N, Flat 33,Driberg Court Bromhall Road, Dagenham (020) 7205 3651
C, S, 611 Goresbrook Road, Dagenham (020) 3665 8822
C, S, 35 Greatfields Road, Barking (020) 8591 2802
C, T, Jackson Court Flat 6 St. Mark'S Place, Dagenham (020) 3524 9414
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C, B, 35 Tasker House, 62 Dovehoouse Mead, Barking (020) 8141 7506
C, David, 23b Manor Road, Dagenham (020) 8595 3425
C, G.R, 811 Dagenham Road, Dagenham (020) 8592 5923
C, Mrs P, 27 Grafton Rd, Dagenham (020) 8517 7909
C, S, 41 Sherwood Gardens, Barking (020) 8594 4582
C, S, 65 Stamford Road, Dagenham (020) 3509 2924
CLARKE, Gwen, 36 Cranborne Road, Barking (020) 8594 8590
C, J, 188 Lillechurch Road, Dagenham (020) 8262 3829
C, Y, 23A Chadwell Heath Lane, Romford (020) 8590 9374
CLAXTON, C, 22 Khartoum Road, Ilford (020) 8514 3371
CLIFFORD, J, Flat 40,Dukes Court Barking Road, London (020) 7524 2296
CLIWALA, I, 156 Ballards Rd, Dagenham (020) 8215 0960
CLOVER, Robt, 45 Harts Lane, Barking (020) 8591 3411
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COBOURN, P, 32 Sterry Road, Dagenham (020) 8262 3392
COCHRANE, M, 52 Wedderburn Road, Barking (020) 8594 1801
COCK, D, 40 Sandhurst Drive, Ilford (020) 8597 5778
COCODIA, E, 157a Downing Road, Dagenham (020) 8984 0693
CODJO, Mr H, 563a Longbridge Rd, Essex (020) 8597 0072
CODRESCU, A, 138 Blake Avenue, Barking (020) 3673 2544
COE, Stephen, 33 Hall Road, Chadwell Heath (020) 8599 2261
COFFMAN, M, 58 Campden Crescent, Dagenham (020) 8270 9870
COFIEBRUCE, Sammilia, 22 Lawson Close, Ilford (020) 8514 2599
COGLEY, W, 22 Clarissa Road, Romford (020) 8599 9433
COIPEL, M, 10 Masefield Gardens, LONDON (020) 3524 2019
COKE, Joshua, 81 Mountfield Road, E6 (020) 8552 9324
COKER, Sam, 33 High Street South, Charlton Courts East Ham (020) 8471 6085
C, Miss Y, 189 Gurney Close, Barking (020) 8177 5935
COLBURN, T.J, 143 South Park Drive, Ilford (020) 8597 6002
COLE, C.H, 25 Tilney Road, Dagenham (020) 8592 9962
C, S, 23 Woodstock Rd, E7 (020) 8141 1474
COLEMAN, J, 76 East Road, Chadwell Heath (020) 8599 2156
C, S, 17 Tenbury Close, LONDON (020) 3612 7329
COLLEY, S, 84 Third Avenue, Dagenham (020) 8593 9383
COLLIER, Mrs A, 20 Romsey Rd, Dagenham (020) 3132 2539
C, D, 158 Western Avenue, Dagenham (020) 8593 9185
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COLLINS, A, 4 Lawrence Crescent, Dagenham (020) 8252 2228
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C, Leslie, 583 Becontree Avenue, Dagenham (020) 8593 8051
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CONSTANTINE, G, 89 Shrewsbury Rd, E7 (020) 8177 6539
CONSTANTINESCU, M, 107a Ripple Road, Barking (020) 8591 3740
COOK, B, 24 Shaw Avenue, Barking (020) 8517 0247
C, D, 12 Babington Road, Dagenham (020) 8517 7922
C, J.M, 44A Halbutt Street, Dagenham (020) 8593 9269
C, K, 242 Goresbrook Road, Dagenham (020) 8595 2932
C, M, 22 Fenman Gdns, Ilford (020) 8597 7318
C, P, 46 Ashburton Avenue, Ilford (020) 8591 0784
COOKE, M, Flat 25 Driberg Court Bromhall Road, Dagenham (020) 8596 9494
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C, R.A, 545 Barking Rd, E6 (020) 8470 5805
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D, Leond, 39 Bennett Road, Romford (020) 8599 7616
D, L, 8 Sylvan Avenue, Romford (020) 8599 0444
D, M, 63 Langhorne Road, Dagenham (020) 8252 2781
D, P, 16 Blaney Crescent, E6 (020) 8552 2047
D, R, 33 Urswick Road, Dagenham (020) 8984 1875
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D, Mrs Danielle, 56 Hooks Hall Drive, Dagenham (020) 8595 8241
D, P, 527 Becontree Avenue, Dagenham (020) 8526 7850
D, S, 38 Gay Gardens, Dagenham (020) 8252 0412
D, S, 163 Maplestead Road, DAGENHAM (020) 8593 0645
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DAVY, J, 28 Roycraft Avenue, Barking (020) 8591 0086
D, J, 95 St. Georges Road, Dagenham (020) 8595 6115
DAWNES, T, 52 Sandyhill Road, Ilford (020) 8220 5746
DAWOOD, M, 7 Kings Road, Barking (020) 8616 5574
DAWSON, C, 35 Malan Square, Rainham (01708) 928609
DAY, C, 12 Tom Mann Close, Barking (020) 8594 1558
D, J, 88 Bushgrove Road, Dagenham (020) 8595 2980
D, Tony, 166 Lillechurch Road, Dagenham (020) 8593 3740
DAYAL, D, 17 Manor Road, Romford (020) 3624 9300
DAYARAMPALLY, K K, 154 Park Avenue, London (020) 3318 8881
DCOSTA, M, 46 Campden Crescent, Dagenham (020) 8215 0850
DE CARVALHO, D, 36 Rothwell Road, Dagenham (020) 3732 4781
DE CORT, E, Flat 1 5, Rodman House Podd Street, Barking (020) 3565 4762
DE FRATES, S, 25 Trader Rd, E6 (020) 7168 0910
DE SOUZA-SNARES, K, Mobile, 98 Stratton Drive, Barking, Essex (07947) 885701
DEAL, S, 15 Reede Road, Dagenham (020) 8924 8429
DEAN, Adm A, 23 Woodstock Gardens, Ilford (020) 8599 5063
D, V, 37 Sugden Way, Barking (020) 8220 6688
DEANE, S, 115 Westrow Drive, Barking (020) 8924 0864
DEAR, G, 610 Becontree Avenue, Dagenham (020) 8592 9470
DEARSLEY, W.A, 99 Park Avenue, E6 (020) 8471 2782
DEATIVO, M, Flat 81,Peverel House Stour Road, Dagenham (020) 7671 7700
DEBNATH, S, 21 Monega Road, Forest Gate (020) 3757 6123
DEBONO, A, 30 Crosby Road, Dagenham (020) 3590 6555
DECELVA, Mr S, 15 Paget Rd, London (020) 3132 2054
DEDA, Mr N, 50 Earlsdown House / 135 Wheelers Cross, Barking (020) 8177 4941
DEDIC, S, 5 Alder Walk, Ilford (020) 8477 0154
DEEBLE, G, 76 Bell Farm Avenue, Dagenham (020) 8593 1646
DEEN, B, 59 Waterside Clo, Barking (020) 8590 2199
D, F, Flat 37 The Lumiere Building 544 Romford Road, E7 (020) 8177 6206
DEGIACOMI, A, 162 Oxlow Lane, DAGENHAM (020) 3648 2509
DELA CRUZ, Mr F, 40 Ashford Road, E6 (020) 8141 8690
D, J V, 40 Ashford Road, London (020) 3435 8160
DELAY, G, 9 Nursery Close, Romford (020) 8599 8773
DELEON SANTOS, R, 7 Eastbrook Close, Dagenham (020) 8592 0476
DELGADO, H, Flat 202 Aston House 45 Campus Avenue, Dagenham (020) 8598 9775
D, M, 2 Exeter Ho Margaret Bondfield Av, Barking (020) 8594 9242
D, O, 73A Lansbury Avenue, Chadwell Heath (020) 3380 7411
DELIU, Mrs Ina, 135 Charlemont Road, London (020) 3105 6547
DEMETRASHVILI, L, 6 Caledon Road, London (020) 3092 1731
DEN WASSENBERG, Mr H, 55 Greatfield Rd, Barking (020) 8177 5948
DENISA, Z, 19 Seabrook Road, DAGENHAM (020) 3737 5548
DENMAN, M, 372 Heathway, Dagenham (020) 8593 4970
DENNETT, S, 101 Reede Road, Dagenham (020) 8592 1215
DESHARAJU, R.K, 89 Caulfield Rd, E6 (020) 8472 9780
DESIRA, G, 109 Upney Lane, Barking (020) 8507 9522
DESOSA, Mr N, 98 Victoria Road, Barking (020) 8141 2389
DESPY, Mr M, Heath Park Industrial Estate Freshwater Road, Dagenham (020) 8586 4261
DEV, K, 484 Romford Rd, E7 (020) 8177 6209
DEVEY, Cd, 91 Heathfield Park Drive, Chadwell Heath (020) 8141 6344
DEVI, S, 48 Beam Avenue, Dagenham (020) 3294 8150
DEVIKA, S, 23 Lathom Road, East Ham (020) 3608 4144
DEWDHARY, M, 28 Ashgrove Road, Ilford (020) 8599 2415
DEWITT, K, 216 Valence Wood Road, Dagenham (020) 8593 0904
DEY, B, 104 Park Avenue, London (020) 3536 2551
DHANDA, Ms Neelam, 37a Gartmore Road, Ilford (020) 8599 0571
DHANJAL, G, 125 Gordon Road, Ilford (020) 3092 3997
DHILLON, Mrs I, 37 Westbury Rd, Barking (020) 3132 4022

DHIMAN, Mr V, 23 Howard Road, Ilford....(020) 3132 8205
DHIMAR, G, 25 Upton Park Road, E7 ....(020) 8471 3212
DHOLA, S, 49 Becontree Avenue, Dagenham ....(020) 8599 3104
DHORE, Mrs H, 51 St Geoges Road, Dagenham ....(020) 8517 1406
DIAS, Ms C, 34 Stanley Avenue, Barking ....(020) 3132 8598
D, Elisa, 13 Stour Road, Dagenham ....(020) 3674 7684
DIAZ, D, Flat 5,Billington House,5 Northgate Road, Barking ....(020) 3152 2824
DIBRA, S, 97 Ellerton Road, Dagenham ....(020) 3343 7508
DICKERSON, D, 11 Hayes Drive, Rainham .... (01708) 558165
DICKSON, L, 97 Wilmington Gardens, Barking ....(020) 8262 9637
DICUSARA, M, 555 Romford Road, London ....(020) 8914 3166
DIDHAM, R.F, 553 Ripple Road, Dagenham ....(020) 8593 2966
DIEZ CLEMENTE, J.L, 21 Radley Avenue, Ilford ....(020) 8597 8394
DIGGINS, David.W.O, 29 Charlton Crescent, Barking....(020) 8594 8534
D, S, 1 Coote Gardens, Dagenham ....(020) 8592 0727
DIGNAN, H, 36 Castleton Road, Ilford ....(020) 8590 0885
DILLAWAY, D, 766 Dagenham Road, Dagenham ....(020) 8220 8803
DILWORTH, Mr P, 42 Pittman Gardens, Ilford ....(020) 8177 3505
DIMA, A, 68 Standfield Road, Dagenham ....(020) 3016 9861
DIMITROV, D, Flat 3 7a Goodmayes Road, Ilford....(020) 3560 4904
DIMOND, Mr J, 37 Peverel Hse, Stour Rd, Essex....(020) 8141 5859
DIN, Admiral A, Flat 401 Orvis Court 12 Mizzen Street, Barking ....(020) 3794 6928
DINEEN, Karen, 42 Gainsborough Road, Rainham .... (01708) 526141
DING, Mr Shuangyuan, 9 Urswick Gardens, Nolo ....(020) 3723 3805
DINICA, D, Flat 5 30 Arundel Gardens, Ilford ....(020) 8599 8457
DIRA, F, 27 Medway Close, Ilford....(020) 8478 1002
DIRIWARI, W, 27 Woodlands Avenue, Romford....(020) 3665 9356
DIXON, A.J, 142 Temple Avenue, Dagenham ....(020) 8592 6593
D, C, 35 Alexandra Road, Rainham.... (01708) 521242
D, Mr Grant, 11 Arundel Gardens, Ilford....(020) 8983 8117
D, L.J, 247 Henley Road, Ilford....(020) 8553 3646
D, Mr Paul, 8 Broomhill Road, Ilford ....(020) 8590 8048
D, R.J, 169 Crescent Road, Dagenham ....(020) 8593 0038
D, Ms T, 8 Crstyal Way, Dagenham ....(020) 3132 7179
DJELAL, I, 16 Blessing Way, Barking ....(020) 8984 9640
DJOMENI, A, 10 Tanner Street, Barking....(020) 3715 5468
DOBREA, C, 9 Turnage Road, Dagenham....(020) 8595 4883
DOBRIANSKA, I, 46 Downings, London....(020) 3718 4178
DOBROVOLENSKIENE, S, 5 Davington Gardens, Dagenham ....(020) 3539 4767
DODD, Mrs Pamela, 181 Mungo Park Road, Rainham.... (01708) 550711
DODGE, A, Mobile, 6 Wroxall Road, Dagenham .... (07956) 566582
DODSON, R, 42 Waldegrave Road, Dagenham ....(020) 8599 4285
DOHERTY, J, 88 Meadway, Ilford....(020) 8591 6529
D, P, 119 Valence Avenue, Dagenham....(020) 8270 8563
DOLI, Miss L, 854 Rainham Rd South, Dagenham....(020) 8177 5621
DOLLING, Lisa, 326 Bonham Road, Dagenham ....(020) 8596 9591
DOMINGO, A, 219 Charlton Crescent, Barking....(020) 8924 4021
DOMINIC, T, 204 14, Elizabeth Fry Apartments Kings Road, Barking ....(020) 3560 9791
DOMINIQUEHANCOCK, J, Flat 24,Thaxted House Siviter Way, Dagenham....(020) 7524 1322
DONKER, M, 208 Henley Road, Ilford....(020) 8553 5310
DORAI, N, 12 Fullerton Avenue, Dagenham....(020) 3152 6501
DORMER, J, 13 Ray Gardens, Barking....(020) 8924 1540
DORMUSH, E, 3 Yeoman Close, London....(020) 3669 6577
DORNEY, Mr G, 187 Ibscott Clo, Dagenham ....(020) 3132 5123
DOUGHTY, C, 7 Westrow Dv, Barking ....(020) 8507 9355
DOUGLAS, Mr A, 84 London Road, Barking ....(020) 8177 3171
D, D, 60 South End Road, Rainham .... (01708) 509878
DOVE, Jas H, 20 Norfolk Road, Dagenham ....(020) 8593 4780
DOWERS, J, 86 School Road, Dagenham....(020) 8595 9927
DOWGIEL, Mrs Elzbieta, 57 Gordon Road, Romford ....(020) 8599 9302
DOWLER, Mr W, 85 Althorne Way, Dagenham ....(020) 8141 5558
DOWLUT, G, Mobile, 55 Ashgrove Road, Ilford, Essex.... (07956) 878771
DOWN, A, 15 Kemp Road, Dagenham ....(020) 8599 2806
DOWNER, Miss L, 49 Goodmayes Lane, Ilford ....(020) 8590 2891
DOWNMAN, Bobbie, 104 Amesbury Road, Dagenham ....(020) 8984 9226
DOWNS, J.A, 117 Grosvenor Road, Dagenham....(020) 8220 5876
DOWSETT, M.R, 2 Manning Rd, Dagenham, Essex.... (07904) 396442
DOWSON, K, 50 Henshawe Road, Dagenham ....(020) 8593 3041
DRAGAN, A, 223 Hedgemans Road, Dagenham, Essex....(020) 3556 8702
DRAGU, D, Flat 906 Mill Point 86 Abbey Road, Barking ....(020) 3718 4071
D, V, 85 Sparsholt Road, Barking ....(020) 8591 1728
DRAKE, D, 36A Salisbury Road, Dagenham ....(020) 3561 5812
DREWNOWSKA, Aniela, 352 Becontree Avenue, Dagenham ....(020) 8599 5347
DRUMMOND, J.J, 81 Cavendish Gardens, Barking....(020) 8591 4659
D, S.R, 24 Sapphire Close, Dagenham ....(020) 8597 9095
DRYNAN, P, 18 West Road, Chadwell Heath ....(020) 8597 7658
DSOUZA, A, 867 Green Lane, Dagenham ....(020) 3583 3594
D, J, 108 Burns Avenue, Romford....(020) 3624 5915
D, S, 45 Fambridge Road, Dagenham....(020) 3843 2473
DUBUNA, C, 68 Napier Road, E6 ....(020) 8472 2174
DUDEK, B, 93 Amesbury Road, Dagenham ....(020) 8517 1222
DUKA, M, Flat 14 Honeysuckle Court Hyacinth Close, Ilford ....(020) 8793 3258
DUKELIELE, S, 96 Stamford Road, DAGENHAM....(020) 3566 5060
DUKHURE, R, 137 Burges Rd, E6....(020) 8177 5871
DULIEU, J, 3 Basedale Road, Dagenham....(020) 3729 0826
D, M, 40 Sedgemoor Drive, Dagenham ....(020) 8593 9554
DUMBLIAUSKAS, I, 4 Paul Robeson Close, E6 ....(020) 8552 0622
DUMITRU, E, 162 Bentry Road, Dagenham ....(020) 3663 9535
D, M, 121 Reede Road, Dagenham ....(020) 3532 5633
DUNCOMBE, A, 49a Tyrone Rd, E6....(020) 8177 8573
DUNHAM, I, 11 Hugo Gardens, Rainham.... (01708) 520788
DUNLOP, P, 37 Canfield Road, Rainham .... (01708) 520546
DUNN, D, 64 Cambeys Road, Dagenham ....(020) 8517 8066
DUPRE, D, 51 Skeffington Rd, E6 ....(020) 8475 0711
DURBHAKA, N, 33 Althorne Way, Dagenham....(020) 8592 2231
DURBRIDGE, D, 2 Boulter Gardens, Rainham .... (01708) 441778
DURRANI, R, 24 Warrington Square, Dagenham ....(020) 8599 5240
DURRU, J, 4 Verney Road, Dagenham....(020) 8595 0833
DURSO, D, 19 Lancaster Avenue, Barking....(020) 8591 1786
DUSOYE, Samad, 98 Park Avenue, Barking ....(020) 8591 0949
DUTU, M, Flat 502 Roehampton House 39 Academy Way, Dagenham ..... (020) 3652 3197
DUYLIE, Mr B, 44/62 Dovesmead, London....(020) 8591 2024
DYER, A, 43B Ripple Road, Barking....(020) 8262 2163
D, M, 10 Bream Gardens, London....(020) 8548 9068
DYERSON, J, 10 Greenway, Dagenham....(020) 8597 5961
DYTLOW, Adolf, 135 Heigham Road, E6 ....(020) 8552 3103
EADY, L, 181A Becontree Avenue, Dagenham....(020) 8599 3180
EAGLESTONE, G, 30 Hedgemans Road, Dagenham....(020) 8592 6591
EAKETTS, P, 58 Chadway, Dagenham ....(020) 8597 2378
EAPPARIELLO, Peter, 63 Dereham Rd, Barking ....(020) 8591 1919
EAST, Chas E, 1 Salcombe Drive, Romford ....(020) 8599 5778
E, P, 213 Hunters Square, Dagenham ....(020) 8593 5077
EASTBROOK COMMUNITY ASSOCIATION, Wantz Hall Rainham Road North, Dagenham....(020) 8592 5092
EASWARAN, Kavitha, 218 Shrewsbury Road, E7....(020) 8470 4592
EATHERTON, T.J, 40 Wall End Road, E6 ....(020) 8552 2084
EAVERY, Mrs A, 24 Dagenham Avenue, Dagenham....(020) 8177 5635
EBENEZER, M, 25 Fenman Gardens, Ilford....(020) 8001 0654
EBOOTE, C, 25 Babington Road, Dagenham ....(020) 8593 3923
EBRAHIM, A, 95 Shrewsbury Road, London ....(020) 8471 8280
EDMONSON, N, 573 Green Lane, Ilford ....(020) 8597 0812
EDMUNDS, Janet, 29 Theydon Gardens, Rainham....(01708) 551238
EDU, S, 4 Norman Rd, E6....(020) 8470 3836
EDUNG, H, 41 Fairfield Road, Ilford....(020) 8478 7217
EDWARD ALFONSO, A, Flat 82 Thaxted House Siviter Way, Dagenham ....(020) 3294 2605
EDWARDS, A, 12 Polesworth Road, Dagenham ....(020) 8517 8206
E, Mr D, 74 Fenman Gardens, Goodmays....(020) 8141 1797
E, Elizabeth, 66 St. Albans Avenue, E6 ....(020) 8470 5169
E, J, 98 Millard Ter Heathway, Dagenham ....(020) 8526 7840
E, J.B, 116 Whalebone Lane South, Dagenham....(020) 8593 4312
E, S, 1 Craigen Gardens, ILFORD....(020) 3685 6833
EFEKELE, Marthe, 76 Winding Way, Dagenham ....(020) 8586 1504
EFOBI, Comfort, 284 Becontree Av, Dagenham ....(020) 8590 7930
EGBERONGBE, Mrs O, 45 Roberts Place Dagenham, Dagenham ..... (020) 8177 6591
EGERTON, Angela, 64 Woodward Rd, Dagenham ....(020) 8595 2875
EHINMONORIN, O, 26 Monmouth Road, Dagenham ....(020) 8595 2474
EJAPA, K, 55 Sunningdale Avenue, Barking....(020) 3712 7246
EKE, J, 75 Hulse Avenue, Barking ....(020) 8594 6507
EKPENYONG, Mr J, 231B Ilford Lane, Ilford....(020) 8177 3476
EKUBAN, D, 5 Naseby Rd, Dagenham....(020) 8517 2168
ELAHEEBUCUS, R, 51 Westrow Drive, Barking....(020) 8252 0510
EL-ASMAR, D S, 19 Durban Gardens, Dagenham ....(020) 3479 4871
ELAVIA, D, 78 Hurstbourne Gardens, Barking....(020) 3638 7501
ELECTRICITY
Please see listings in Business & Services Section

ELF, M, 745 Green Lane, Dagenham ....(020) 8590 8153
ELFORD, S, 34 Thornton Road, Ilford....(020) 8553 5178
ELIE, Andrew, 2 West House Loxford Road, Barking ....(020) 8514 6483
ELIJAH, J, 102 15 Steel Back House, 15 Steel Back House Renwick Road, barking....(020) 3091 5977
ELLIOT, Barbara, 24 Farmway, Dagenham....(020) 8590 8547
E, K, 98 Kinfauns Road, Ilford....(020) 8590 5192
ELLIS, C.A, 47 Mayesbrook Road, Dagenham ....(020) 8597 5372
E, C.L, 4A Braintree Road, Dagenham....(020) 8595 5168
E, S, 56 Harrold Road, Dagenham....(020) 3623 0163
ELLMORE, C, 35 Hulse Avenue, Barking....(020) 8594 4682
ELMER, K.G, 36 Ford Lane, Rainham....(01708) 552968
ELMS, Miss T, 249 Charlton Crescent, Barking ....(020) 8141 6299
ELUKU, D, 37 Millhaven Close, Romford ....(020) 8599 3727
ELY, A, 6 Wolsey Av, East Ham ....(020) 8471 1950
EMANUEL, M, 95 Bromhall Road, DAGENHAM ....(020) 3560 4818
EMBALO, L, 103 Birdbrook Close, Dagenham....(020) 3652 4458
EMBERSON, J.C, 50 Mill Lane, Romford ....(020) 8590 3223
EMERENINI, N, 26B Whalebone Lane South, Dagenham....(020) 8593 2343
EMMANUEL, Soosaipillia, 100 Holland Road, London....(020) 8472 4950
EMMERY, T, Flat 24 George Crouch Centre Althorne Way, Dagenham ....(020) 8592 2957
EMOKPAE, G, 39 Whitebarn Lane, Dagenham ....(020) 8595 1335
EMPSON, Mr H, 27 Blackthorn Road, Ilford....(020) 3132 8189
E, W, 14 Primrose Avenue, Romford ....(020) 8599 3604
ENACHE, M, 47 Hunter Road, Ilford....(020) 3715 9375
ENE, F, 409D Whalebone Lane North, Romford....(020) 3561 5114
ENEBI, Mr S, 365 Ripple Road, Barking ....(020) 3479 5316
E, Mr Y, 365 Ripple Road, BARKING....(020) 3479 5312
E, Mr Y, 365 Ripple Road, BARKING....(020) 3479 5313
ENEVER, D, 237 Marston Avenue, Dagenham ....(020) 8220 5328
ENGOMBE, D, 58 Avenue Rd, Chadwell Hth....(020) 8598 2621
ENYIM-OTEBIL, B, 15 St. Olaves Road, London ....(020) 8471 1466
EREL, K, 9 Sheppey Rd, Dagenham ....(020) 8593 1567
ERSKINE, Mrs June, 111a Mungo Park Road, Rainham ....(01708) 523493
ERUTEYA, Mr A, 75 Burnside Rd, Dagenham....(020) 3132 7884
ERYTHSEE, L, 37 Bentry Road, Dagenham ....(020) 3652 0907
ESEKA, O, 18 Shipton Close, DAGENHAM....(020) 3560 9582
ESFAHANI, S, 21 Blacksmiths Close, Romford ....(020) 3686 1556
ESKELSON, K, 100 Dawson Avenue, Barking....(020) 8591 0147
ESSIEN, M, 60 Wivenhoe Road, Barking ....(020) 8014 9505
ESTALL, T.H, 15 Sterry Gardens, Dagenham ....(020) 8595 1490
ESTATES, G, 188 Lodge Avenue, Dagenham ....(020) 8984 1800
ESUOLA, A, 3 Dairy Mews, Romford....(020) 3091 1261
ESWA, Mrs L, 10 Kendal Avenue, Barking....(020) 3326 9452
ETHERTON, J, 47 Blacksmiths Lane, Rainham....(01708) 536324
EVANS, C, 21 Maud Gardens, Barking....(020) 3532 2006
E, E, 5 Britannia Road, Ilford ....(020) 8478 6473
E, H, 102 Victoria Road, Barking ....(020) 8220 5639
E, P, 46 Chudleigh Crescent, Ilford....(020) 8590 8381
E, P, 71 Victoria Road, Barking ....(020) 8478 6603
E, R, 2 Dukes Road, London ....(020) 8548 1400
E, R, 30 Shaw Avenue, Barking ....(020) 8595 2680
E, S, 36 Faulkner Close, Dagenham....(020) 8590 0216
E, T, 57 Melbourne Road, London....(020) 8552 5013
E, T.H, 7 Chittys Lane, Dagenham ....(020) 8590 8441
EVERITT, A, 170 Longbridge Road, Barking ....(020) 8270 3441
E, A, 46 Wren Road, Dagenham ....(020) 3524 1096
EVERTON, F, Flat 208 Oculus House 16-48 Cambridge Road, Barking....(020) 3770 9553
EZEAKA, M.U, 8a Boleyn Gardens, Dagenham ....(020) 3730 7164
EZEKIEL, S, Flat 6 11, Chapman Apartments Frogley Park, Barking....(020) 3565 8908
EZENWAKWERE, M, Flat 6, 68-82 Shaftesbury Road, London ..(020) 8617 9341
EZEUGHA, C, 36 Adeliza Close, Barking....(020) 3005 8688
EZIEFULA, J, 33 Bristol Road, E7 ....(020) 8552 8005
F ELLMORE, Graham, 470 Ilford Lane, Ilford Essex....(020) 8514 2414
FADEYI, S, 24 Springpond Road, Dagenham ....(020) 8013 6156
FAINT, Ronald, 37 Ridgewell Close, Dagenham....(020) 8592 3222
FAIRBAIRN, J, 137 Express Drive, Ilford ....(020) 8598 2566
FAIRS, Mrs 56 Heathfield Park Drive, Romford ....(020) 8599 6007
FAISAL, H, 159 Mortlake Road, Ilford ....(020) 3623 2951
FAIZ, Mr R, 429 Ilford Lane, Ilford....(020) 8141 1321
FAIZOVIENE, L, 582A Rainham Road South, Dagenham ....(020) 3612 3287
FALADE, E, 64 Canonsleigh Road, DAGENHAM ....(020) 3304 4492
FALLON BRADLEY, J, 28 Manor Square, Dagenham ....(020) 3723 3615
FANG, F, 56 Charlton Crescent, Barking....(020) 8252 1035
FARAM, L.E, 2B Grove Park Road, Rainham....(01708) 555932
FARDUSY, J, Flat 31 Bellingham Court Wanderer Drive, Barking....(020) 3887 6329
FARHAD, O, 17 Sandhurst Drive, Ilford....(020) 8597 6451
FARKAS, Z, 87 Winsor Terrace, London ....(020) 3623 4705
FARMER, L, 4 Bragg Close, Dagenham ....(020) 8517 5417
FAROOQ, M, 119 Harts Lane, Barking....(020) 3370 2586
FARQUHAR, G, 103 Rugby Road, DAGENHAM ....(020) 3712 7346
FARRELL, Christine, 90 School Road, Dagenham ....(020) 8252 7083
F, J, 21 Hepworth Gardens, Barking ....(020) 8591 7129
FARUK, O, 30 Chester Road, London ....(020) 3370 2640
FASHIMA, O, 4 Hedgemans Way, Dagenham....(020) 8141 6238
FATEMINOROOZANI, d, 218 Henley Rd, ILford....(020) 8911 8173
FAULKNER, M, 19 Wilmington Gardens, Barking ....(020) 8594 4073
FAYEMI, A, 41 Woodshire Road, Dagenham ....(020) 3304 5664
FAZAL, M, 135 Lathom Rd, E6....(020) 8177 3370
FEASEY, E, 2 Oakley Avenue, Barking....(020) 8507 7751
FEHY, M, 138 Grosvenor Road, London ....(020) 8257 7832
FELLOWES, Mr J, 5 Guysfield Drive, Rainham....(01708) 557715
FENSON, P, 83A Monmouth Road, Dagenham ....(020) 3669 7189
FERGUSON, D, 35 Winding Way, Dagenham....(020) 8599 5685
F, M, 18 Penrith Crescent, Rainham ....(01708) 445775
FERIZOLLI, Mr Indrit, 19 Ashbrook Road, Dagenham....(020) 3784 0838
FERNANDES, G, 24 Strone Rd, Forest Rd ....(07956) 335864
F, Miss L, 175 Stains Rd, Ilford ....(020) 3138 3360
F, P, 11B Braintree Road, Dagenham ....(020) 3590 3887
FERNANDEZ, Mr E, 6 Norwich Mws, Ilford....(020) 8597 0773
F, M, Flat 4 Sharleston Court 36-40 Abbey Road, Barking.....(020) 8591 9047
F, P, 26 Horse Leaze, E6 ....(020) 7159 0909
FERROL, V, 17 Poulett Road, E6 ....(020) 8472 3382
FHAHZAD, F, 88 St. Anns, Barking....(020) 8591 7431
FIELD, Mrs Christine, 80 Wren Road, Dagenham ....(020) 8517 4187
F, S, 263 Ilchester Road, DAGENHAM....(020) 8592 3195
FIEULAINE, A, 205 Lodge Avenue, Dagenham....(020) 8117 9163
FILLERY, R, 20 Faircross Avenue, Barking ....(020) 8594 9703
FINCH, T, 22 Fitzstephens Road, Dagenham ....(020) 8593 6649
FINGS, J, 21 Castle Ho Castle Rd, Dagenham ....(020) 8595 1221
FINK, Miss A, 46 The Coverdales, Barking ....(020) 8177 1704
F, N, 94 Beverley Road, Dagenham ....(020) 3720 0113
FIRE
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FISHER, D, 533 Heathway, Dagenham....(020) 8593 6323
F, J.E, 6 Ventnor Mansions Ventnor Gardens, Barking ....(020) 8594 1152
FISK, K, 178 Sheppey Road, Dagenham....(020) 8593 6906
FITZGERALD, M.C, 16 Crescent Road, Dagenham....(020) 8593 8888
F, S, 74 Fyfield Road, Rainham ....(01708) 557544
FITZSIMONS, C, 34 Greenwood Avenue, Dagenham ....(020) 8593 3950
FLAME, J, 134 Marston Avenue, Dagenham ....(020) 8054 4743
FLEET, J, 18 Roding Court Mill Road, Ilford....(020) 8478 5251
F, P, 9 Thornhill Gdns, Barking ....(020) 8594 0164
FLOATE, P.A, 22 Beresford Gardens, Romford ....(020) 8597 4016
FLORA, H, Mobile, 35 Vine Gardens, Ilford, Essex ....(07956) 655049
FLORES, S, 53 Daffodil Gardens, Ilford....(020) 3354 7905
FLORESCU, T, 228 Oval Road North, Dagenham....(020) 7543 8033
FLOWERS, P, Flat 2 6, Willoughby House Podd Street, Barking (020) 3654 5181
FLYNNE, M, 6 Abbotsford Road, Ilford....(020) 8252 4823
FOO, W, 23 Stocker Gardens, Dagenham ....(020) 3715 7201
FOORD, I, 151 Valence Avenue, Dagenham ....(020) 8597 0528
FORANTI, U, 77 Dorset Rd, E7....(020) 8141 1558
FORBES, G, 10 Aldborough Road, Dagenham ....(020) 8252 3346
FORD, G, 1 Flat A Woodgrange Road, London....(020) 8503 1905
F, K, 68 Frizlands Lane, Dagenham ....(020) 8517 9042
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W, Julie, 95 Chelmer Cres, Barking (020) 8594 3734
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W, S, 926 Green Lane, Dagenham (020) 8599 2500
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W, P, 38 Woodbridge Road, Barking (020) 8594 6054
WEBBER, P, 70 Marston Avenue, Dagenham (020) 8220 5254
WEBSTER, A.D, 72 Canonsleigh Road, Dagenham (020) 8252 4708
W, R.W, 9 Warley Avenue, Dagenham (020) 8593 6326
W, V, 200 Oval Road North, Dagenham (020) 8924 1569
WEDDERBURN, G, 468B Romford Road, LONDON (020) 8471 1801
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WELFARE, D, 104 Kenneth Road, ROMFORD (020) 8599 8648
WELHAM, M.L, 143 Ford Lane, Rainham (01708) 522147
WELLER, D, 16 Peartree Gardens, Dagenham (020) 8593 7994
WELLINGTON, N, 205 Halley Road, E7 (020) 8470 7076
WELLS, B, 46 Huxley Drive, Romford (020) 8590 9926
W, D, 26 Farr Avenue, Barking (020) 3624 6840
W, Mrs Jacque, 72 Grosvenor Road, Dagenham (020) 8262 7446
W, T, 699 Longbridge Road, Dagenham (020) 8270 1727
WENDLEKEN, J, 139 Wood Lane, Dagenham (020) 8517 1454
WEST, A, 490 Ripple Road, Barking (020) 8591 7229
W, D, 17 Meadway Court Whalebone Lane South, Dagenham (020) 8592 0993
W, J, 4 Ashton Gardens, Romford (020) 8599 2097
WESTLAKE, R, 10 Elms Gardens, Dagenham (020) 8592 3881
WESTON, L, 198 Fanshawe Crescent, Dagenham (020) 8595 4608
WHARF, D, 209 Ballards Road, Dagenham (020) 8592 9180
WHEATLEY, J.A.G, 5 Chittys Lane, Dagenham (020) 8597 1067
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WHITE, B, 86 Primrose Avenue, Romford (020) 8590 1104
W, Mr Brian, 11 Waldegrave Road, Dagenham (020) 8599 9585
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W, D, 22 Waldegrave Road, Dagenham (020) 8597 8215
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W, J, 43 Salisbury Avenue, Barking (020) 8591 7720
W, J, 243 Wilmington Gardens, Barking (020) 8594 1908
W, J.T, 119 Ashburton Avenue, Ilford (020) 8590 4900
W, L, 300 Valence Avenue, Dagenham (020) 8597 4083
W, P, 106 Auriel Avenue, Dagenham (020) 8592 5303
W, T, 177 New Road, Dagenham (020) 8593 8578
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WILKINSON, B, 24 Neville Road, Dagenham (020) 8593 8770
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W, G, 20 Mayville Road, Ilford (020) 8553 5933
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W, R, 6 Jephson Road, E7 (020) 8471 1897
W, S, 58 Sebastian Ct Meadow Rd, Barking (020) 8924 5464
W, S, 72 Tilney Road, Dagenham (020) 3903 8676
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W, D, 45 South Park Drive, Ilford (020) 8590 5663
W, G, 5 Bainbridge Road, Dagenham (020) 8595 4267
W, G, 60 Hainault Road, Chadwell Heath (020) 8262 2228
W, K, 8 Hollidge Way, Dagenham (020) 8984 0025
W, L, 26 Birchdale Gardens, Romford (020) 8597 4688
W, M, 1 Loxford Lane, Ilford (020) 8514 8374
W, P, 25 Glandford Way, Romford (020) 3561 9001
W, S, 163 Hedgemans Road, DAGENHAM (020) 3566 8329
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W, J, 3 Mayfield Rd, Dagenham (020) 8590 6142
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