



# A-Z Directory

**Business & Residential Listings**

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**Barking**

**2024/25**

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, Gcr** 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 .....  
**ABC 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.

<b>BAP</b>	Baptist Union of Great Britain
<b>BUD</b>	Buddhist
<b>CE</b>	Church of England
<b>CI</b>	Church of Ireland
<b>CS</b>	Church of Scotland
<b>CW</b>	Church in Wales
<b>HIN</b>	Hindu
<b>JWSH</b>	Jewish
<b>LUTH</b>	Lutheran
<b>METH</b>	Methodist
<b>MUS</b>	Muslim
<b>ORTH</b>	Orthodox
<b>PENT</b>	Pentecostal
<b>QU</b>	Quaker
<b>RC</b>	Roman Catholic
<b>SA</b>	Salvation Army
<b>SE</b>	Scottish Episcopal Church
<b>SK</b>	Sikh
<b>URC</b>	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	A Plant Hire, Co Ltd, Barking		Barking Indust Pk Alfreds Wy Barking .....	(020) 8591 2939
1 Call Detectives, Private Investigator, Knowles House Green Lane .....	(07010) 600960	Fresh Wharf Highbridge Rd Barking .....	(020) 8507 8111	Barking Indust Pk 71 Alfreds Wy Barking .....	(020) 8594 4767
1st Bathroom, Ltd, 1063 High Rd Romford .....	(020) 8590 7700	A Plus Motors, 154 High Road Romford .....	(020) 8597 2495	Acorn Security Locksmiths, Ltd, 6 Rowallen Pde, Green La Dagenham .....	(020) 8983 8194
1st Call Detectives, Private Investigators, 686 Becontree Avenue Dagenham, Essex .....	(0844) 4176518	A P News Ltd, Goodmayes Road Ilford .....	(020) 8590 3986	Action Community Resource Development, Suite 209 Estuary House 196 Ballards Road Dagenham .....	(020) 8595 1065
1st Call Detectives, Private Detectives, Radial House Ripple Road .....	(0844) 7723241	A P News Ltd, Goodmayes Road Ilford .....	(020) 8597 7156	Activenewham, East Ham Leisure Cntr 324 Barking Rd E6 .....	(020) 8548 5850
1st Chadwell Heath Scout Group, Catterall Hall Cecil Road Romford .....	(020) 8983 8613	A P News Ltd, Goodmayes Road Ilford .....	(020) 8598 9350	Actz Media, Unit 5 Trafalgar Bsns Cntr River Rd Barking .....	(020) 8591 6920
1st Class Flight Services, Mobile .....	(07956) 269760	A R S Decorator, Ltd, 38 Audley Gardens Ilford .....	(020) 3649 5587	Ada Solicitors, Solicitors, Suite F Weller House Longbridge Road Barking .....	(020) 8594 8199
1st Emergency Glaziers, Glaziers, Market Street East Ham, London .....	(0845) 6656685	A R Signature Events, Unit 1F St Marks Industrial Est 439 North Woolwich Road Victoria Docks London .....	(020) 7511 1330	ADC London, Ltd, The Granary 80 Abbey Road Barking .....	(020) 3759 7161
1st Glass & Mirror, Co Ltd, Sterling Wks Rainham Rd Sth Dagenham .....	(020) 8595 1666	A & S Halal Meat, Ltd, 72 Goodmayes Road Ilford .....	(020) 3976 7590	Adebayo Nk T/A Atg Stores, 209 Oxlow Lane Dagenham .....	(020) 3737 5624
FAX .....	(020) 8595 1660	A S K Letting, Ltd, 66 Goodmayes Road Ilford .....	(020) 8599 1429	Adedeji & Quansh, Drs, A & B B, 2 Halbutt St Dagenham .....	(020) 8592 1544
1st International Couriers, Courier Services, Market Sreet East Ham, London .....	(0845) 6602980	A V A Tyres, Ltd, 73 Whalebone Lane South Dagenham .....	(020) 8593 7374	ADI Global Distribution, Security Equipment, Unit 78 London Industrial Park Roding Road Beckton .....	(020) 7474 9880
1st London Chauffeurs, Car Hire - Chauffeur Driven, Market Street East Ham, London .....	(0845) 6648730	A World Without Cancer, Ltd, 12 Chapel Rd Ilford .....	(020) 8594 4588	ADI Global Distribution, Security Equipment, Unit 78 London Industrial Park Roding Road Beckton .....	(020) 7511 2099
1st Vauxhall Spares, Ltd, 363 Green Lane Ilford .....	(020) 8590 6367	A & Z Collection, Ltd, 521 Katherine Road E7 .....	(020) 8471 4381	ADS Foodservice, Ltd, Unit G12 Chadwell Heath Industrial Park Kemp Road Dagenham .....	(020) 8599 1214
Or .....	(020) 8597 3993	A1 Bi-Fold Systems, Unit 4, Cromwell Centre 32 Thames Road Barking .....	(020) 8521 6451	Adu, Dr, Odu, 266 Porters Avenue Dagenham .....	(020) 8593 5022
2 Cervezas Por Favor, Ltd, Flat 31 Tiller House 20 Armada Way London .....	(020) 3621 2886	A1 Bodyshop, Ltd, 80 Barking Industrial Park Alfreds Way Barking .....	(020) 8507 9896	Advanced Security Systems, (London) Ltd, 29 Ferndale Rd E7 .....	(020) 8472 5559
3A Retail, UK Ltd, 17 Goresbrook Road Dagenham .....	(020) 8592 6081	A13 Taxis, Ltd, 15a River Road Barking .....	(020) 8594 9080	Advantech, U K, 51 Lascars Avenue London .....	(020) 8317 1380
4x4 Parts Centre, Ltd, Unit 17 Riverside Industrial Estate Thames Road Barking .....	(020) 8594 4443	Aa Service, 334-40 Mayesbrook Motors Romford Road London .....	(020) 3524 0392	AE Wealth Management, Ltd, Flat 204 Priors House 5-7 Loxford Road Barking .....	(020) 3409 6779
5 Star Minicabs, Taxi Serv, Unit 1 Stratford City Cars 332 Barking Rd E13 .....	(020) 7511 1010	AAA, 156 High Street North E6 .....	(020) 8552 6155	Ae Wilson Group, 1171 High Road Romford .....	(020) 8590 0087
6/6 Vision, Ltd, 62 High Street North E6 .....	(020) 8586 0200	Abacus, & Co, Chrted Acntnt, 416 Green Lane Ilford .....	(020) 8590 0505	Aelia, UK Ltd, King George V Dk Sth E1 .....	(020) 7511 5287
7 Day Locksmiths 24, 24 Hour Locksmith, Bristol Rd London .....	(0844) 4117615	FAX .....	(020) 8598 8975	AGS Doors & Shutters, Ltd, 1 Ingley Wks 13 River Rd Barking .....	(020) 8591 7337
7 Packaging, Co Ltd, 20 River Rd Barking .....	(020) 8507 7877	Abba Cars London, Ltd, Woodman Pde Woodman St E16 .....	(020) 7474 7400	Ahern Rubbish Movements, Ltd, Oakfield Lodge Albyns Farm South End Road Rainham .....	(01708) 525442
12 Services & Solutions Limited, Ltd, Prmtg Servs, 7 Rowallen Parade, Green Lane Dagenham .....	(0843) 8163706	Abbas Travel & Tourism, Ltd, 72 Green St E7 .....	(020) 8552 1858	Ahmed, Dr, A, 45 Westbury Rd E7 .....	(020) 8472 4123
24 7 Available Emergency Locksmith, 443 Barking Rd E6 .....	(0800) 8186429	Abbey Concrete, Ltd, Freshwater Road Dagenham .....	(020) 8597 7221	AIG Lettings & Management, Ltd, 352B Green Lane Ilford .....	(020) 3441 1695
24 Hour Locksmiths 7 Day, 24 Hour Locksmith, Barking Rd London .....	(0844) 4117614	Abbey Dental, 2 Arboretum Place Barking .....	(020) 8594 4129	Aj Autos Mot Center, Gar, Unit 8 Cromwell Centre Coppen Road Dagenham .....	(020) 8592 8847
24hr Emergency Locksmith, Locksmiths, Call Centre London .....	(0871) 7810980	Abbey Gauge, Co Ltd, Pressure Gauges Thermtrs, 139 Becontree Av Dagenham .....	(020) 8590 3233	Ajc Wilson Bodyshop, 429 Rainham Rd Sth Dagenham .....	(020) 8592 6111
28th Nov, Ltd, 68 Green Street London .....	(020) 3343 5644	FAX .....	(020) 8590 5082	Ajs Interiors, Ltd, Farley House Kinvara Business Park 22-42 Freshwater Road Dagenham .....	(020) 8597 3000
35 - London, Lyon Way 71 Chequers Lane Dagenham .....	(020) 8595 3435	Abbey Kebab, 1 Hewett Road Dagenham .....	(020) 8595 6485	AK Estate Maintenance, Ltd, 790 Longbridge Road Dagenham .....	(020) 3161 6423
121 Food Supply, Ltd, 399 Barking Road E6 .....	(020) 8503 4343	Abbey Quilting, Ltd, Selinas Lane Dagenham .....	(020) 8592 2233	AK Immigration Services, 178A High St Nth E6 .....	(020) 8471 9007
127 Solutions, Ltd, Business IT And Cisco Communications Provider, Barking		Abbey Road, Barking) Mngmt Ltd, Crick Ct Spring Pl Barking .....	(020) 8507 3748	Aka IT Consulting, Ltd, 171 South Park Drive Ilford .....	(020) 3560 2024
Sales .....	(0872) 0858412	Abbey Roller Shutters & Security Products, Ltd, Unit 24 Ripplside Commercial Estate Ripple Road Barking .....	(020) 8595 7556	Akshar, Ltd, 114 Becontree Avenue Dagenham .....	(01794) 765716
FAX .....	(0872) 0858412	Abbey Scaffolding, 7 Thames Road Barking .....	(020) 8507 1414	Akzo Nobel Resins Silvertown, Minerva Wks North Woolwich Rd E16 .....	(020) 7473 7000
247 Autos, Tyres & Serv, Rear Of 386 Ripple Rd Barking .....	(020) 8591 0666	Abbeyfield Extra Care Society, George Brooker House 100 Dagenham Avenue Dagenham .....	(020) 8984 8983	Al Arbab, 89 Green Street London .....	(020) 3715 4156
247 Detectives, Private Investigator, 43 Ripple Road .....	(020) 0888 1093	ABBI Consulting Engineers, Ltd, 41 Eustace Road Romford .....	(01708) 594063	Al Madina Mosque, Mosque, 2 Victoria Road Barking .....	(020) 8478 8526
365, Hotel, 365-67 Romford Road E7 .....	(020) 8534 8586	Abbi Consulting Engineers, Ltd, 41 Eustace Road Romford .....	(01708) 986990	Alba Beds, Ltd, Unit 3, Rima House Ripple Road Barking .....	(01708) 982574
Or .....	(020) 8536 0009	Abet, Ltd, 70 Roding Rd E6 .....	(020) 7473 6910	Or .....	(020) 8595 4202
365, Htl, 365 Romford Road London .....	(020) 8519 4087	Abet, UK, Abet Ltd 70 Roding Road E6 .....	(020) 7476 6000	Albany Residential, 631 Rainham Rd Sth Dagenham .....	(020) 8593 3030
786 Airport Taxis, 5 Bacon Ter Fitzstephen Ro Ad Dagenham .....	(020) 8596 9000	ABK Motors, Ltd, Unit 1C V W House Selinas Lane Dagenham .....	(020) 8037 7735	Albu, E, 1508 Lemonade Building 3 Arboretum Place Barking .....	(020) 8594 8927
786 Halal Groceries, Ltd, 4 Rainham Road South Dagenham .....	(020) 8526 6124	Able Business Services, Ltd, 235 Marston Avenue Dagenham .....	(020) 8517 3600	Aldinga, UK Ltd, Abbeyfield Ho 20 Strathfield Gdns Barking .....	(020) 8594 4728
14839841, Mr, Rose Bui, Ret, 26 Station Parade Barking .....	(020) 8594 2126	Abo Hair Salon, 6 Becontree Avenue Dagenham .....	(020) 3538 5092	Abbey Whf Kingsbridge Rd Barking .....	(020) 8594 5316
2048 Dagenham Squadron Rafac, Professional Financial Services, Territorial Army Centre Dagenham .....	(020) 8984 8907	Abu Discount Store, 46 Whalebone Lane South Dagenham .....	(020) 3490 5936	Aleyna, Ltd, 7-13 Goodmayes Road Ilford .....	(020) 8599 0407
A A Dream, Ltd, 474 Ilford Lane Ilford .....	(020) 3325 1461	AC Mini Cabs, 9 Royal Pde, Church St Dagenham .....	(020) 8593 1715	Alf Onnie, Curtains & Linens, 176 High St Nth E6 .....	(020) 8472 4658
A & A Motors, 18 Barking Industrial Park Alfreds Way Barking .....	(020) 8594 1864	Academy Central, Loughborough RTM Co Ltd, Flat 218 Loughborough House 2 Honour Gardens Dagenham .....	(020) 3982 4378	Alfa Green Auto, Ltd, 4 Greenshields Industrial Estate Bradfield Road E16 .....	(020) 7511 7414
A & D Hammonds, Ltd, Roding House 2 Cambridge Road Barking .....	(020) 8591 0878	Accident Group, The, 55 King Street Manchester .....	(0800) 1613333	Alfa1, 416 Trocoll Ho Waking Rd Barking .....	(020) 8507 9999
A G L Construction Services, Ltd, 23 Mersea House 104 Harts Lane Barking .....	(020) 8591 7196	Accident Victims Helpline, Ltd, Claims, 88 Goodmayes Rd Ilford .....	(020) 8597 8872	Al-Futtuwwa Girls Secondary School, 2 Victoria Rd Barking .....	(020) 8478 5115
A H S Dagenham, Ltd, 227-231 Heathway Dagenham .....	(020) 3337 7636	Or .....	(020) 8599 6136	Al-Hadi Jask, Ltd, Al-hadi Jask 1108 High Road Romford .....	(020) 3903 7198
A J E Beauty, Flat 30 Neale Court Berengers Place Dagenham .....	(020) 8595 9500	Accord Electrical Wholesalers, Ltd, 144 High Rd Romford .....	(020) 8597 8080	Ali, Money Exchange, 26 Goodmayes Road Ilford .....	(020) 8597 3878
A & J Plumbing & Heating London, Ltd, Plmbg & Htg, 250 Rainham Rd Sth Dagenham .....	(020) 8595 4000	Accounts Center, Ltd, 492 Gale St Dagenham .....	(020) 8595 8333	Ali Baba, 289 Wood Lane Dagenham .....	(020) 3730 0635
A K Meat, Ltd, 244 Heathway Dagenham .....	(020) 3457 6242	Ace 1 Limo's, Ltd, PO Box 1845 Ilford .....	(0870) 2401708		
A Nice Man With A Van, Removals Storage & Domestic, 87 High St South Barking, London .....	(0844) 2470523	Ace Care & Domestic Recruitment Agency Ltd, 3 Beamway Dagenham .....	(020) 3685 3107		
A Nice Man With A Van, Removals Storage & Domestic, 393 Katherine Rd Forest Gate, London .....	(0844) 2470524	ACL Autos, Mtr Vhcle Rpr,			
A Pashmi & Associates, 221 Heathway Dagenham .....	(020) 8592 0822				

Ali Baba London, Ltd, 289 Wood Lane Dagenham .....	(020) 8517 1777	Angel Courier Services, Ltd, Unit 16 River Road Business Park 33, River Road Barking .....	(020) 8594 7444	227-29 Gascoigne Road Barking.....	(020) 3903 9363
Alijo, (Uk) Ltd, Main Barking Business Centre Thames Road Barking.....	(020) 8591 6886	Angus Doner And Ribs Ltd, 55 Goodmayes Road Ilford.....	(020) 3524 2873	ARK International, (GB) Ltd, Unit P O Y O Business Units Hindmans Way Dagenham .....	(020) 3091 6105
Alijo Uk Ltd/Blind Gallery, Unit 6g Barking Business Centre Thames Road Barking .....	(020) 8594 4772	anicemanwithavan.com, Removals & Domestic, 141 Broad St Dagenham .....	(0844) 2458982	Armstrong York Environmental Services Lt, 62 River Rd Barking .....	(020) 8594 0430
Alijoe Services, Shop, Unit 1b V W House Selinas Lane Dagenham .....	(020) 8593 2103	anicemanwithavan.com, Removals & Domestic, 1074 High Rd Romford .....	(0844) 2458979	Artcore International, Charity, Napier Works Napier Road E6.....	(020) 8552 8744
All Saints Catholic School, All Saints School Terling Road Dagenham.....	(020) 8984 9139	anicemanwithavan.com, Removals & Domestic, 21A Longbridge Rd Barking.....	(0844) 3328492	Arun Estates, 1185 High Road Romford .....	(020) 8599 4683
Allcool, Unit 4 Ripple Road Barking .....	(020) 3340 6727	anicemanwithavan.com, Removals & Domestic, 145 Wood Ln Dagenham .....	(0844) 2458981	ASD Traders, Ltd, 136 High Street North London .....	(020) 3874 5980
Allegiance Protection Group, Private Investigator, Radial House Ripple Road Barking.....	(0871) 8760113	Anika, Ltd, 7 Parsloes Av Dagenham.....	(020) 8593 3737	Asda Stores Ltd, Asda Stores Ltd Merrielands Crescent London .....	(020) 3674 9578
Allied Law Chambers Solicitors, 547-549 Green Lane Ilford .....	(020) 3774 6841	Anita Hair And Beauty Salon, 136 High Street North London .....	(020) 3654 4650	Asda Stores Ltd, Genoa Building 2 Short Blue Place Barking .....	(020) 3441 8753
Al-Madina Hijabs, Ltd, 3 Ajax Works Hertford Road Barking .....	(020) 8594 9900	Anita Office Equipment, Ltd, Unit 24 River Rd Business Pk, River Rd Barking .....	(020) 8507 2373	Ashfords Partnership, Llp, 114-116 Goodmayes Road Ilford.....	(020) 8599 7263
Aln'stef, Ltd, 80 High Street South E6 .....	(020) 3417 0580	FAX .....	(020) 8507 3575	Ashley White Estate, Est, 46 Mount Pleasant Ilford Lane Ilford.....	(020) 8553 1111
Alpha Bodyworks, Ltd, 103 Wantz Road Dagenham .....	(020) 3161 2235	Annemarys Bake Hut, Ltd, Unit 12a Midas Business Centre Wantz Road Dagenham.....	(020) 8595 1134	Ashley White Estates, Ltd, 46 Ilford La Ilford .....	(020) 8478 1222
Alpha Cars, 4 Faircross Pde Longbridge Rd Barking .....	(020) 8591 8000	Another Dye Mention In Hair, 654 Green La Ilford.....	(020) 8597 3555	Ashraff, Dr, S, Surgery, Moorland Rd Health Cntr Morland Rd Dagenham .....	(020) 8592 1771
9 Faircross Pde Longbridge Rd Barking .....	(020) 3288 2044	Ansari, Dr, Doctors Surgery, 364-370 Ripple Road Barking, Essex .....	(0844) 3756111	Ashtead Plant Hire, Unit E Abbey Whf Kingsbridge Rd Barking.....	(020) 8507 1779
Alphabet Cars, Taxi Oprtn, 256 Heathway Dagenham .....	(020) 8592 5555	Anstee & Ware, Ltd, Unit 2 The Invicta Centre Alfreds Way Barking .....	(020) 8591 9957	Ashton Estate Agency, Ltd, 1 High Road Romford .....	(020) 8599 2323
Alphabet Mini Cabs, 498 Gale St Dagenham .....	(020) 8592 1000	Anwars Halal Meat, Co, 370 Ilford La Ilford .....	(020) 8478 9900	Asian Snacks, Ltd, Unit 7 Dominion Works Freshwater Road Dagenham ....	(020) 8599 4647
Or .....	(020) 8592 5000	Any Time Autos Locksmiths, Locksmiths, 24 Hour, Storey Street London .....	(0844) 4117236	Asiatic, Ltd, 28 Thames Road Barking.....	(020) 8591 0982
Alphabet Mini Cabs, 591 Barking Rd E6 .....	(020) 3793 2307	Any Time Locksmiths, Locksmiths, 24 Hour, Wivenhoe Road Barking .....	(0844) 4117275	Ask Afro Foods, Ltd, Unit 4 New England Trading Est Gascoigne Road Barking .....	(020) 8532 7880
Alphabet Mini Cars, 591 Barking Rd E6 .....	(020) 8470 1900	Anytime Recruitment, Ltd, Suite 418 Wigham Ho 16 Wakering Rd Barking .....	(020) 8507 7355	Aspire Dental Care, Ltd, 1-3 Dewey Road Dagenham.....	(020) 8595 1116
Or .....	(020) 8503 5555	Apasen, Fernhill Centre 242 Fernhill Street E16.....	(020) 7476 4340	Asta Beauty, Ltd, 451 Becontree Avenue Dagenham .....	(020) 8597 9966
Alphaworld, Ltd, 416 Green Lane Ilford .....	(020) 8590 0404	Apex Fabrications, 104 Melford Av Barking .....	(020) 3288 2088	Aston Fox Property Consultants, 196 High St Nth E6.....	(020) 8470 5252
Altmore Infants School, Altmore Avenue E6.....	(020) 8470 0742	FAX .....	(020) 3288 2077	Atco Estates, 360 Green La Ilford .....	(020) 8599 4557
Aman Fashions, Ltd, 205 Ilford La Ilford.....	(020) 8553 5357	Apex Hospitality, Ltd, American Diner, Unit 3 Jenkins La Barking .....	(020) 8591 8127	Atco Estates, Est Agt, 704 Green Lane Dagenham .....	(020) 3609 0885
Amar Bazar, Ltd, 7 Faircross Parade Longbridge Road Barking .....	(020) 8594 3925	Apex Lift Services, Dagenham.....	(020) 8983 8311	Atlas Cars, Atlas Radio Cars Ilford HI Ilford.....	(020) 8478 1010
Amathus, Unit 7 River Road Business Park, River Road Barking.....	(020) 3441 9385	Aprna, Takeway, 105 Ilford Lane Ilford .....	(020) 8553 3343	Or .....	(020) 8478 4888
Amazing Grace Christian Sanctuary, Dominion Works Freshwater Road Dagenham .....	(020) 3674 6456	APP Wholesale, Plc, Unit 12-14 Sterling Industrial Estate Rainham Road South Dagenham.....	(020) 8517 5040	Atlas Radio Cars, Ltd, 71 Ilford HI Ilford.....	(020) 3771 8374
Amazing Grace Christian Sanctuary, Unit 2 Dominion Works Freshwater Road Dagenham....	(020) 8597 2444	Or .....	(020) 8517 5103	ATM Law, 18 Goodmayes Road Ilford.....	(020) 3091 2835
Amba Forwarding, (London) Ltd, Unit 6 77-87 Trafalgar Business Centre River Road Barking.....	(020) 8591 1600	Or .....	(020) 8517 5150	Or .....	(020) 3091 2836
Amba House, Ltd, 183a Becontree Avenue Dagenham .....	(020) 3305 5313	Or .....	(020) 8517 5205	Or .....	(020) 8262 5256
Ambe Shop Ltd, Pier Parade London.....	(020) 7473 0270	Or .....	(020) 8517 5227	Or .....	(020) 8262 9616
Ambe Shop Ltd, Pier Parade London.....	(020) 7476 2518	Or .....	(020) 8517 5453	Atom Services, Ltd, Clock Ho East St Barking .....	(020) 8591 5140
Ambica Jewellers, 278 Green Street E7 .....	(020) 8552 1377	Or .....	(020) 8592 0642	Or .....	(020) 8594 0906
Ambitions Employment Agency, Ltd, 3 Chapel Road Ilford.....	(020) 8478 4446	Appeta, Ltd, 726a Green Lane Dagenham.....	(020) 3161 0223	Atomic Comics, 1112 High Road Romford .....	(020) 8597 8547
Ambrose Upholstery, 211 Reede Road Dagenham .....	(020) 8595 1776	Apr Chicken And Pizza Limited, Accommodation At 178 Ripple Road Barking .....	(020) 8591 3883	Aurea Praxis, Ltd, 20 Kean Crescent Dagenham .....	(020) 3105 1495
AMBULANCE, In Emergency dial 999 and ask the operator for Ambulance		Aquaflow Services, Dagenham.....	(020) 8597 0030	Aurica Lights, 4 Mayesford Road Romford .....	(020) 8597 8071
American Professional Nails, 264 Heathway Dagenham .....	(020) 8984 9902	Aravindans, Sols, 216 High St Nth E6 .....	(020) 8503 5034	Aurora's Home Made Food, Ltd, 44 Crossroad Road Barking.....	(020) 8143 8198
Amir Boutiques, Clothg Boutique, 110 Ilford Lane Ilford.....	(020) 8616 8764	Arber Duka, Flat 14 Honeysuckle Court Hyacinth Close Ilford .....	(020) 3732 6469	Aurum Enterprise, Ltd, 137 Green Street E7 .....	(020) 8471 0614
Amish, 39 River Road Barking.....	(020) 8507 2926	ARC Car Wash, Barking 512 Ripple Rd .....	(020) 8591 8607	Aurum Interiors, Ltd, 116 Academy Court 556 Longbridge Road Becontree Dagenham .....	(020) 8586 4470
Amish Wholesalers, 39 River Road Barking.....	(020) 8507 0127	ARC Car Wash Beckton, Arc Car Wash Tesco Petrol Station Armada Way E6.....	(020) 7511 3499	AUSTRALIAN HIGH COMMISSION, Australia Ho Strand WC2.....	(020) 7379 4334
Amoroso, Eamonn R, Dent Surg, 624 Green La Ilford .....	(020) 8599 4966	Architectural Lead And Metalwork, Dominion Works Unit 4 Freshwater Road Dagenham....	(020) 8590 5696	Auto Fix, 418 Romford Road London .....	(020) 3417 2061
Amtrak Express Parcels, Express Parcel Delivery, Branch IGI Unit 3 Balmoral Trading Estate River Road Barking, Essex .....	(0870) 8110687	Architectural Lead & Metal Work, Ltd, Dominion Wks Freshwater Rd Dagenham.....	(020) 8590 5619	Auto Star Elites, 2 Back Lane Romford .....	(020) 8590 3322
An Global, & Co Ltd, 194b High Street North East Ham.....	(020) 3859 2624	Architectural Windows, Ltd, Archtl Windows, Unit 16 Midas Business Centre Wantz Road Dagenham.....	(020) 8517 5514	Automech Services, Mech, 19A Barking Industrial Park Alfreds Way Barking.....	(020) 8591 8648
Anand Pan Centre, 229 Green St E7.....	(020) 8471 6387	Archtype Metalworks, Rippleside Commercial Est Rippleside Commercial Est Ripple Rd Barking .....	(020) 8517 4216	Autostop Car Care Centre, Ltd, 429 Porters Av Dagenham.....	(020) 8592 4685
Anand Pan Centre, Ltd, Ticket Agencies, 116 Ilford Lane Ilford Essex .....	(0843) 8160132	Argos, Ltd, Barking Store Number 0839 7-7a, The Vicarage Field Shopping Centre Ripple Road Barking .....	(0845) 1657839	Or .....	(020) 8592 9403
Anbarns Glass, Ltd, Thames Ho Longreach Rd Barking.....	(020) 8594 5757	Argos Stores, Ltd, Beckton Branch 429 Units 5-6 Beckton Triangle Retail Park, Claps Gate Lane Beckton .....	(0845) 1657429	Aventis, FAX .....	(020) 8919 2140
Ancestry Group Limited, 484 Barking Road London.....	(020) 3723 9400	Argos Stores, Ltd, Beckton Branch 429 Units 5-6 Beckton Triangle Retail Park, Claps Gate Lane Beckton .....	(0845) 1657429	Avenue Cars, 54 Station Rd Chadwell Hth .....	(020) 8590 4464
Andhra Spice Private Limited, 3 London Road Barking.....	(020) 8306 4608	East Ham 90-96 High Street North East Ham, Greater London .....	(0845) 1657029	Avery Emerson Solicitors, 335 Green La Ilford .....	(020) 8215 0884
Andrew Bass Pharmacy, 1148 Green Lane Dagenham .....	(020) 8592 1756	Ariana Restaurant, Afgan Persian Rstnt, 100 Longbridge Road Barking .....	(020) 8594 4544	Avis Europe, Plc, Avis Ho Park Road Bracknell.....	(01344) 426644
Angel, 66 Ager Avenue Dagenham .....	(020) 8127 4914	Ariana Restaurant London, Afgan Persian Rstnt, 100 Longbridge Road Barking .....	(020) 8591 9119	Aviva, Main Switchboard 8 Surrey St Norwich .....	(01603) 622200
		Ariston Development, Ltd, 7-7a, The Vicarage Field Shopping Centre Ripple Road Barking .....	(0845) 1657839	Awal, Dr, Mohammad, 48 Madras Road Ilford .....	(020) 8553 4098
				Awesome Clothing, Ltd, 27a Sylvan Road London .....	(020) 3336 9340
				Ay Chicken, Ltd, Ay Chicken, 198 High Street North East Ham London .....	(020) 3759 0455
				Az Group Services,	



215 Oxlow La Dagenham .....	(020) 8595 0001	Barking Computers, 1 Station Parade Barking .....	(020) 8594 1480	Becontree Medical Centre, 641-645 Becontree Avenue Dagenham.....	(0844) 4778681
Azka Impex, (London) Ltd, Unit 10 1-3 Lyon Business Park River Road Barking .....	(020) 8594 4441	Barking & Dagenham Chamber of Commerce, 50 Cambridge Rd Barking .....	(020) 8591 6966	641-645 Becontree Avenue Dagenham.....	(020) 3747 3020
Azra, Fish & Chips, 706 Green Lane Dagenham.....	(020) 8599 5050	Barking & Dagenham Council For Voluntary, Barking & Dagenham C V S 121-25 Ripple Road Barking .....	(020) 8532 7300	Beauty Sanctuary,The, 66 Longbridge Road Barking.....	(020) 8594 5092
Azsu, Jacks Cafe, 145a Rainham Road Rainham.....	(01708) 553368	Barking & Dagenham Dairies, Unit 19 Riverside Indust Est Barking.....	(020) 8591 2300	Beauty Trendz, Ltd, 5 Brooks Parade, Green Lane Ilford .....	(01708) 761746
B & B Cash And Carry Limited, Wines & Spirits, 195 ILFORD LANE ILFORD.....	(020) 8514 7840	Barking & Dagenham Dairies, Unit 19 27 Riverside Industrial Estate Thames Road Barking .....	(020) 8591 2300	Beautyqueens Cosmetics, Barking, Ltd, 52 East Street Barking.....	(020) 8591 6057
B B Fatima Cash & Carry, Ltd, 1171 High Road Romford .....	(020) 3793 4272	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Beckton Skill Centre, The Eastbury Centre 7 Hillcroft Road E6.....	(020) 7511 3000
B & C News Agents, 165 Bennetts Castle Lane Dagenham .....	(020) 8517 5167	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Becontree Homes, State Agents, 437 Becontree Avenue Dagenham.....	(020) 8590 9090
B D Corporation, UK (Pvt) Ltd, Unit 1 Portland Commercial Estate Ripple Road Barking .....	(020) 8595 8130	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Becontree Plant Hire, Ltd, 708 Green La Dagenham .....	(020) 8599 5915
B E Spares Marine, Ltd, Town Qy Whf Town Qy Whf Abbey Rd Barking .....	(020) 8594 9409	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	706 Green Lane Dagenham FAX.....	(020) 8590 8340
B J Brown Business Machines, Ltd, Stry & Business Machs, Mirravale Trading Est Selinas Lane Dagenham .....	(020) 8593 7000	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Becontree Plant Hire, Ltd, 708 Green La Dagenham .....	(020) 3771 8232
B J K Holdings Chelmsford, Estate Management Service, Unit 3 Valentines House 51-69 Ilford Hill Ilford.....	(020) 8478 5727	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Becontree Tandoori, 507 Gale St Dagenham .....	(020) 8596 9746
B J Tyres & Exhausts, 662 Green Lane Ilford.....	(020) 8599 2746	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bedford Supermarket, Supmkt, 537 Barking Road East Ham London.....	(020) 3601 6789
B & K Builders Merchants, 410 Ilford Lane Ilford .....	(020) 8911 9187	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bedrock Print Finishers, Ltd, FAX .....	(020) 7474 3800
B & K Building Merchants, 410 Ilford La Ilford .....	(020) 8553 1481	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bell's College, Ltd, 38 Goodmayes Rd Ilford .....	(020) 8599 2211
B M K Printers, Ltd, FAX .....	(020) 8595 6237	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	FAX .....	(020) 8599 9964
B.T., Please see under BT		Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Belvedere Private Clinic, The, Flat 15 Waldair Court Barge House Road Victoria Docks .....	(020) 8616 1902
Baaz Travel, Ltd, 281 Green Street Forest Gate.....	(020) 3649 9460	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Benchmark, Kitchens & Joinery, Dagenham Unit 10b Sterling Indust Est, Rainham Rd Sth Dagenham .....	(020) 8517 9452
Babriya Fashions, 27 Sylvan Rd E7 .....	(020) 8586 2525	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	FAX .....	(020) 8517 9581
Babycare, Baby Nrsry Items, Rowallen Pde Green La Dagenham FAX.....	(020) 8590 8699	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Benicraft, Ltd, 5 Carlton Terrace Green Street E7 .....	(020) 8552 9735
Baffour, Afua, 25 Shaw Gardens Barking .....	(020) 8616 9985	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bennets Castle Care Home, 244 Bennets Castle La Dagenham .....	(020) 8517 7714
Baileys Drycleaners, Drycleaners, 236 Oxlow Lane Dagenham .....	(020) 8592 7849	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	FAX .....	(020) 8517 7718
Bains Cohen Solicitors, 61A East St Barking .....	(020) 8252 7793	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bennetts General Store, Ltd, 230 Bennetts Castle Lane Dagenham.....	(020) 8593 4039
Baird, & Co, Bullion Mrnts, Unit 21 Gemini Bsns Pk Hornet Wy E6.....	(020) 7474 1000	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Benson Sedgewick Dagenham, Benson Sedgewick Engineering Ltd Selinas Lane Dagenham .....	(020) 8593 0212
Bairstow Eves, Ltd, Est Agt, Barking 74 Station Pde .....	(020) 8591 3840	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bensons For Beds, Ltd, Unit 1b Goodmayes Retail Park High Road Romford .....	(020) 8590 1695
Dagenham 252 Heathway.....	(020) 8517 0082	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Benson-Sedgwick Engineering, Ltd, FAX .....	(020) 8592 8240
East Ham 204 High St Nth E6.....	(020) 8470 9000	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bents Plant Hire, Ltd, Unit 11 Manchester Way Heathway Industrial Estate Dagenham .....	(020) 8595 3048
Romford 24 High Rd.....	(020) 8597 8961	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bespoke Flowers, 628 Rainham Road South Dagenham .....	(020) 8984 7557
Bakery, Bkry, Unit 9A Sterling Trading Estate Sterling Ind Est, Rainham Road South Dagenham .....	(020) 3674 7464	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bessie Handbag, Ltd, Handbag Ret, Unit 1 Thames Rd E16.....	(020) 7476 3231
Balti Cottage, 18 Goresbrook Road Dagenham.....	(020) 8924 0333	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Advice, 64 High Street North East Ham.....	(020) 8472 2935
Balti Cottage, The, 16-30 Goresbrook Road Dagenham.....	(020) 8593 7443	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Buy Communication, 268 Heathway Dagenham .....	(020) 3731 3935
Bandor Bazar Cash & Carry, Grocery Store, 130 Green Street E7 .....	(020) 8471 0094	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Or.....	(020) 3731 3936
Bank of Scotland, Personal Customers The Mound EH1 .....	(03457) 213141	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Or.....	(020) 3731 3937
Bansal Holdings, Ltd, 78 Ilford Lane Ilford .....	(020) 3089 0225	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Friends Rainham Vet Surgery, 2 South End Rd Rainham .....	(01708) 555788
BAP Glass, 187 Broad Street Dagenham, Essex .....	(020) 8517 1586	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Friends Veterinary Group, 191 Broad Street Dagenham .....	(020) 8595 5818
Bar 21 Ilford, Ltd, Wholesale Retail, 19-21 Chapel Road Ilford.....	(020) 8553 5114	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Kebab House,The, 1098 High Road Romford .....	(020) 8598 9191
Barclays Bank, Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Of Travel, Ltd, Berol Ho Ashley Road E7 .....	(020) 8885 2200
Business Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Properties London, Ltd,The, 482 Katherine Road E7 .....	(020) 3509 9530
Barclays Bank, PLC, Branches Barking Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Properties London, The, 482 Katherine Road London .....	(020) 3754 2415
Business Customers .....	(03457) 345345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Best Selling, Ltd, Unit A Circular 13 Gascoigne Road Barking .....	(020) 8591 2444
Beacontree Heath Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	FAX .....	(020) 8591 2555
Business Customers .....	(03457) 345345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bestline Enterprises, Ltd, 57 King Edwards Road Barking .....	(020) 8594 3001
Chadwell Heath Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Betfred, 253/255 Oxlow Lane Dagenham.....	(020) 8109 2205
Business Customers .....	(03457) 345345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bethel Full Gospel Church, Parsloes Av Dagenham .....	(020) 8593 2241
Dagenham Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Better Value, Retail, 13 Ripple Road Barking .....	(020) 8507 0707
Business Customers .....	(03457) 345345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Beyond Cash And Carry, 157 Green Street London .....	(020) 3754 5628
Upton Park Personal Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bhanji Gokaldas, & Sons, Goldsmiths & Jewlrs, 294 Green St E7 .....	(020) 8470 1221
Business Customers .....	(03456) 052345	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Or.....	(020) 8471 6070
Bare Beautiful, 5a Faircross Parade Longbridge Road Barking .....	(020) 8594 9897	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bharat Food Store, 5 Carlton Terrace Green Street E7 .....	(020) 8472 6393
Bargain Bazar, Unit 4a1 Beckton Retail Park Alpine Way London .....	(020) 7055 0440	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Bidaai London, Ltd, 97 Ilford Lane Ilford.....	(020) 8514 4906
Barking 1st Call Detectives, Private Detectives, 19 Longbridge Road .....	(020) 7175 3193	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Big Fry,The, 466 Lodge Avenue Dagenham.....	(020) 8592 8998
Barking Cafe, 13 East Street Barking .....	(020) 8591 5905	Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Big Security Services, P & O Containers Box La Barking .....	(020) 8596 5961
		Barking & Dagenham London Borough of, Services Housing Estate Management Caretakers Perryman Ho The Shaftesbury Barking .....	(020) 8591 8127	Big Yellow,	

Barking			
Hertford Rd Barking	(020) 8591 2600		
FAX	(020) 8709 1239		
Dagenham			
Unit A2, Eastern App Business Pk 25 Alfreds Wy			
Barking	(020) 8507 0770		
FAX	(020) 8477 8639		
Bilacan, Ltd,			
241 Oxlow Lane Dagenham	(020) 8270 2415		
Bim's Restaurants, Ltd,			
Ilford Lane Ilford	(020) 4512 1102		
Bipin Enterprises, Ltd,			
272 Green Street London	(020) 3154 6860		
Or	(020) 8552 2659		
Biryani Chaska, Ltd,			
131b Ilford Lane Ilford	(020) 3161 1270		
Bishops Move,			
Unit 6 Thames Gateway Pk Choats Rd Dagenham	(020) 8596 7120		
Bjs Fashion Ltd,			
107A Ilford Lane Ilford	(020) 8478 2888		
Blade Barber Shop, Barb Shop,			
29 Ripple Road Barking	(020) 3556 9067		
Blah D Blah Design, Ltd,			
Marketing, Branding, Print, Web Development,			
Barking			
Sales	(0872) 0855989		
FAX	(0872) 0855989		
Blaze Milano Pizza, Ltd,			
431 Becontree Avenue Dagenham	(020) 8597 6665		
BLESMA-The Limbless Veterans,			
185 High Rd Romford	(020) 8590 1124		
Blind Shed, Ltd, Blinds Canopies & Curtains,			
Barking			
Barking Business Cntr Thames Rd Barking FAX	(020) 8594 7436		
Blitz Gooday, Ltd,			
18 Ravenings Pde Goodmayes Rd Goodmayes	(020) 8598 2288		
Blitzit, Ltd,			
Flat 34 Hewetts Quay 26-32 Abbey Road Barking	(020) 8591 7110		
Blondies Hair Design, Chief, A,			
473 Romford Road London Greater London	(020) 8472 3770		
Blooms Cafe,			
1 Station Road Romford	(020) 3673 1451		
Blossom, Clothg,			
Unit 34 Vicarage Field Shopping Centre Ripple Road			
Barking	(020) 8591 5218		
Blush Beauty, Beauty Sal,			
95 Ilford La Ilford	(020) 8911 7025		
Blutex Office Express, Ltd,			
Unit D Sterling Trading Estate Sterling Industrial Estate Rainham Road			
South			
Dagenham	(020) 8526 8180		
BM Plastic Services, Ltd,			
24 Deere Av Rainham	(01708) 551883		
Bml,			
Pco1 O/S 263, 268 Heathway Dagenham	(020) 8517 2982		
Bml,			
131 New Road Dagenham	(020) 8595 4252		
Bml,			
30 Park Avenue London	(020) 8475 0807		
Bml,			
4-6 University Way London	(020) 7476 5760		
Bms E Bike Technology, E Bike Store,			
Unit 1A Skillion Business Park Barking Business Centre Thames Road			
Barking	(020) 3638 0483		
BNS Allied, Ltd,			
Hammond House Freshwater Road Dagenham	(020) 8599 1699		
Boarderline Classic Cards, Ltd,			
Unit L2 Chadwell Hth Indust Pk Kemp Rd Dagenham	(020) 8599 7772		
Boathouse Barking, C/c,			
The Malt House 62-76 Abbey Road Barking	(020) 8594 0039		
Bodeb Florist,			
28 33 Faircross Parade Longbridge Road Barking	(020) 8591 6722		
Body Factory, The,			
430 Hedgemans Road Dagenham	(020) 3609 6634		
Body Management Repairs, Ltd,			
Grove Road Romford	(020) 8597 9144		
Body Tech East, Body Repairs,			
567 Barking Road E6	(020) 8472 7934		
Boleyn Recovery Services,			
77 River Rd Barking	(020) 8594 0772		
Bombay Looks, Clothg Ret,			
164 Green St E7	(020) 8471 2444		
Bon Appetit, Rstnt,			
95 High Road Romford	(020) 8503 8801		
Bondor Bazaar, Cash & Carry,			
130 Green Street Forest Gate London	(020) 8503 4104		
Bondor Bazar Cash & Carry, Ltd,			
130 Green Street Forest Gate London	(020) 7062 9083		
Bonians, Ltd,			
Sterling Wks Rainham Rd Sth Dagenham	(020) 8593 8666		
Bonlea Engineering,			
4 Ajax Works Hertford Road Barking	(020) 8591 2183		
Bonny Downs Community Association,			
35 Vicarage Lane London	(020) 3659 3247		
Bonny Downs Community Association, Mrs, Tracey,			
118 Napier Road London	(020) 8548 8878		
Bonny Downs Community Association, Mrs, Tracey,			
The Well 49 Vicarage Lane London	(020) 8586 7070		
Book & Go, Ltd,			
64 Holmwood Rd Ilford	(020) 8503 8333		
BOOKER CASH & CARRY,			
Beckton			
Hillcroft Rd,London Indust Pk E6	(020) 7511 3931		
FAX	(020) 7474 8374		
Dagenham			
Selinas La Dagenham	(020) 8592 7839		
FAX	(020) 8593 4466		
Boots Opticians,			
London-East Ham 114 High St Nth E6	(020) 8472 3720		
Boots The Chemist,			
London City Airport E16	(020) 7476 6808		
Boots The Chemists,			
Branches			
Barking 68 East St	(020) 8594 2572		
Dagenham 17 The Mall, Heathway Dagenham	(020) 8592 1001		
East Ham Unit 1, 82 High St Nth E6	(020) 8472 0531		
Boots, UK Ltd,			
17 The Mall Heathway Dagenham	(020) 8593 1339		
Borough Junction, Ltd,			
Unit 2 Town Quay Wharf Town Quay Wharf Abbey Road			
Barking	(020) 8507 9737		
Boski, Ltd,			
Boski Ltd Barking	(020) 8594 0013		
Bottle Green,			
60 Station Parade Barking	(020) 8591 3587		
Bowofola Food Limited,			
274 Heathway Dagenham	(020) 3726 4792		
Or	(020) 3726 4793		
Bowofola Foods, Ltd,			
Unit 5 Ripple Road Barking	(020) 8143 1697		
Box Up Crime,			
59 Grosvenor Road Dagenham	(020) 8517 4446		
Br3akfree, Ltd,			
Monteagle Ct Wakering Rd Barking	(020) 8594 3371		
Bradcon, (Bespoke) Joinery Ltd,			
49 Lincoln Road E7	(020) 8471 2018		
Brain Thomas,			
412 Green Lane Ilford	(020) 8590 4890		
Brandsea, Ret,			
70 Ilford Lane Ilford	(020) 7018 6766		
BRC, Mfrs of Steel Reinforcements,			
Unit 13 Kierbeck Business Complex North Woolwich Rd			
E16	(020) 7474 1800		
Breeze Aviation, Ltd,			
Main Room GB 7/100 Courier Rd Dagenham	(0870) 2640000		
Bookings	(0870) 6060160		
Bretons Community Association,			
Manor Ho Rainham Rd Rainham	(01708) 520160		
Brian Thomas, Partnership, Est Agts,			
1124 High Rd Romford	(020) 8590 3553		
Brick Lane Music Hall,			
443 North Woolwich Road London	(020) 7511 1177		
Brick Lane Music Hall,			
443 North Woolwich Road E16	(020) 7511 6655		
Brick Lane Music Hall Charity,			
443 North Woolwich Rd Silvertown	(0843) 5156834		
Bricktop, & Sons Ltd,			
125 Mungo Park Road Rainham	(01708) 986942		
Bridge Building Supplies, Ltd,			
Portacabin At 9 Mill Road Ilford	(020) 8478 6442		
Bright New Beginning, Ltd,			
Flat 10 Rendel Apartments 3 Lock Side Way			
London	(020) 8075 0630		
BrightHouse, Ltd, Radio, TV & Video,			
Barking 62 Station Pde	(020) 8594 9194		
Dagenham Unit 8 The Mall	(020) 8595 6703		
Britannia Pharmacy,			
Thames View Clinic Bastable Avenue Barking	(020) 8594 3369		
453 Porters Avenue Dagenham	(020) 8592 1080		
Britannia Pharmacy,			
414 Green Lane Ilford	(020) 8590 6477		
Ilford			
The Loxford Polyclinic 417 Ilford Lane Ilford	(020) 8911 8567		
417 The Loxford Polyclinic Ilford Lane Ilford	(020) 8478 4347		
Romford			
169 High Road	(020) 8590 2214		
Britannia Pharmacy,			
11 Faircross Parade Longbridge Road Barking	(020) 8594 2686		
Britannia Skips, Ltd,			
75-77 Chequers Lane Dagenham	(020) 8984 7323		
British Gas,			
All Enquiries	(03332) 029802		
British Red Cross,			
Essex Branch			
Charity Shops			
Barking 34 Ripple Road Barking	(020) 8594 8777		
BRITISH TELECOMMUNICATIONS PLC,			
Please see under BT			
Britlink Cargo, Ltd,			
GSR Self Storage Chequers La Dagenham	(020) 8593 9355		
Britvic Soft Drinks, Ltd, Soft Drinks Mfrs,			
9 Roding Rd E6	(020) 7476 1488		
Broadway Theatre Company,The,			
Box Office Broadway Barking	(020) 8507 5607		
Brocade, Clothg Shop,			
201 Ilford La Ilford	(020) 8514 4000		
Brook Pie & Mash,			
833 Dagenham Rd Dagenham	(020) 8593 5039		
Brooks, Ltd (London) Bros, Timb Mrcnts/Imptrs,			
Kingsbridge Whf Kingsbridge Rd Barking	(020) 8591 5300		
Brothers Halal Supermarket,			
64 Longbridge Road Barking	(020) 8594 7975		
Brothers STS, Ltd, Marketing PR Advertising,			
Unit 2 24 Thames Road Barking	(020) 8591 4637		
Brothers Sts, Ltd,			
24 Thames Road Barking	(020) 3759 3098		
Browning's Electric, Co. Ltd, Elec,Mech Engng,			
11 Thames Rd Barking FAX	(020) 8594 7708		
BSG Buildbase, Ltd,			
Renwick Indust Est Renwick Rd Barking	(020) 8592 8282		
FAX	(020) 8592 8288		
BT,			
Services & Subsidiaries			
Audio Conferencing Services			
see BT Conferencing			
BT Directories			
Directory Enquiries			
UK & Irish Directory Enquiries 118 500			
International Directory Enquiries 118 505			
International Directory Enquiries from Payphones 118 060			
UK Classified Service 118 500			
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			
BT Internet Services			
Consumer (BT Broadband)			
Sales,Technical Help & Billing	(03301) 234150		
Consumer (BT Yahoo)			
Sales	(03301) 234150		
Operator Assistance			
UK Operator 100			
International Operator 155			
Special Operator Assistance 198			
Video Conferencing Services			
see BT Conferencing			
Bubble And Blend,			
42 Goodmayes Road Ilford	(020) 3674 5017		
Budget Insurance Services,			
58 Whalebone La Sth RM8	(020) 8984 7414		
Budget Windscreens, Mobile Windscreen Replacements,			
Rainham			
Ford Vw Indust Est New Rd	(020) 8591 0007		
Buhler Sortex, Ltd,			
20 Atlantis Avenue E16	(020) 7511 7394		
Buhler, UK Ltd,			
Gallions Road E16	(020) 7055 7600		
Building Maintain, Ltd,			
77 Ilford	(020) 3621 1564		
Bunney, Jack, Ltd, Tlrs,			
50 Longbridge Rd Barking (Tailors Ret Mens)	(020) 8594 1654		
Business, Bsns,			
48c Barking Industrial Park Alfreds Way Barking	(020) 7041 8961		
Business, Bsns,			
130 32 Church Elm Lane Dagenham	(020) 8001 9306		
Business, Bsns,			
269 Green Street Forest Gate London	(020) 8552 6358		
Business,			
Asig Fuel Facility London City Airport E16	(020) 7474 0672		
Business, Bsns,			
29 Station Road Chadwell Heath Romford	(020) 8590 2552		
Butler, A.G. & Son Ltd, Funrl Dirrs,			
(Head Off) 760 Green La Dagenham	(020) 8590 1740		
175 Broad St Dagenham	(020) 8592 0538		
333 Green La Ilford	(020) 8599 7832		
Buzz House Keeping, Ltd,			
42A Longbridge Rd Barking	(020) 8507 9906		
C And S Property,			
520 Romford Road London	(020) 3754 5114		
C.B Autos, Gar,			
Barking Indust Pk, Alfreds Wy Barking	(020) 8591 0619		
C Blumsom, Ltd,			
36 River Rd Barking	(020) 8594 5175		
C & B Mechanical Services, Ltd,			
UNIT 18C Wantz Road Dagenham	(020) 8517 9065		
C & D Services, (UK) Ltd,			
Unit 10a Rippleside Commercial Est Ripple Rd			
Barking	(020) 8592 8616		
C & M Apostolides, Ltd,			
C & M Apostolides Ltd Chequers La Dagenham	(020) 8592 3095		
C M S Home, Ltd, Sales & Letting Agcy,			
503 Katherine Rd E7	(020) 8472 7600		
C M S Home, Ltd, Est Agcy,			
503 Katherine Rd E7	(020) 8586 0074		
C P D, Ltd,			
Barking	(020) 8594 0110		
CR Catering & Equipment Hire,			
9 Bennetts Castle Lane Dagenham	(020) 8599 0123		
C S Motors,			
194 Ripple Road Barking	(020) 8591 6691		
C T M Performance Heads,			
Dagenham			
Unit 5 Pollyte Wks Dagenham	(020) 8592 1088		
C W Law Solicitors,			
14 Cadiz Road Dagenham	(020) 8593 9643		

Cafe 6, 378 Ilford Lane Ilford.....	(020) 8616 0051	Dagenham .....	(020) 8517 7710	Or.....	(020) 8594 8985
Cake Box, The, 163 Green Street Forest Gate London.....	(020) 8470 2652	Castle Dental Practice, 812 Green Lane Dagenham.....	(020) 8598 1122	Chicago, 369 Katherine Road E7 .....	(020) 8503 5755
Cake World Bakery, Ltd, Unit 4D Thames Road Barking .....	(020) 8591 5740	Catholic Church, See under Churches & Other Places of Worship		Chicago Pizza & Fried Chicken, 369 Katherine Road E7 .....	(020) 8471 6770
Cakes And Bakes Original, Ltd, The, 75 Longbridge Road Barking .....	(020) 8507 9207	CAVE RESCUE, In Emergency dial 999 and ask the operator for Cave Rescue		Chicken 4 U, Take Away, 409 Ilford Lane Ilford.....	(020) 8478 1569
Cakes & Bakes, 216 High Street North E6 .....	(020) 8472 0275	Caxton Development Centre, 2 Caxton Pl Roden St Ilford .....	(020) 8477 1800	Chicken Spot, Fast Food Rstrnt, 145b Broad Street Dagenham.....	(020) 3759 0431
Cakes Choice, Ltd, 417 Barking Road E6 .....	(020) 8472 2303	Cbay Security Solutions, Ltd, Wholesale Retail, Unit A2 Big Yellow Storage 25 Eastern Approach Alfreds Way		Chick'N Twist, Ltd, 7 High Street South East Ham London.....	(020) 3161 9194
Calabash, Restaurant, 12 Chapel Road Ilford.....	(020) 8911 8350	Barking .....	(020) 8507 8543	Chilli Tree Limited, 111 Rainham Road Rainham .....	(01708) 522956
Calabash Catering Services, 12 Chapel Road Ilford.....	(020) 8091 7904	Cbd Friends Uk, Bengal Parade Bengal Road Ilford .....	(020) 3715 8018	Chilvers McRae Healthcare, Ltd, John Smith Ho Bevan Av Barking.....	(020) 8594 4454
Call Center Associates, Becketts Ho Ilford Hl Ilford .....	(020) 8514 7400	CCT, 1112A High Rd Romford.....	(020) 8220 5554	Chilvers McRae Healthcare, Ltd, John Smith Ho Bevan Av Barking.....	(020) 8594 9013
Calvary Day Nursery, Greatfields Hall King Edwards Road Barking.....	(020) 8594 9663	Or .....	(020) 8227 8016	Chocolate Xplosion, Ltd, 26 Goodmayes Road Ilford.....	(020) 4537 9894
Camelot, Ltd, Unit 3 Valentines House 51-69 Ilford Hill IG1.....	(020) 8514 2081	Cedars Club,The, 7 Mill La Romford .....	(020) 8597 2304	Chris Alexander Solicitors, Unit 319 Barking Enterprise Centre Cambridge Road	
Camires Hair Lounge, Allure Beauty Care, 420 Green Lane Ilford .....	(020) 8599 8084	CEK Select & Save, 122 Church Elm Lane Dagenham .....	(020) 8592 0263	Barking.....	(020) 8594 4469
Cancer Research, UK, Shops East Ham 154 High St Nth E6.....	(020) 8472 4333	Celestial Church Of Christ, White City Parish Church King Edwards Road		Chris Eames Info, Ltd, Logistics, Container Base Box Lane Renwick Road Barking .....	(0843) 8164902
Cannon Hygiene, Ltd, Disposal & Pest Control, Unit 3 Alfreds Wy Indust Est Barking .....	(020) 8594 1340	Barking .....	(020) 8594 5991	Chris Eames Sales, Ltd, Logistics, Container Base Box Lane Renwick Road Barking .....	(0843) 8164901
Canon Appliance Service, Service & Repairs .....	(0844) 8225225	Central Restaurant And Lounge, 271 Green Lane Ilford .....	(020) 3565 8307	Christ Embassy Docklands, Christ Embassy Docklands, Parts Plaza Uk Ltd, 45 Thames Road Barking.....	(020) 7018 0719
Canon Business Solutions, Consumables Sales .....	(0844) 8920844	Or .....	(020) 8599 4181	Christ Heritage Assemblies, First Floor 34-36 East Street Barking.....	(020) 8507 1382
Canopy Goodmayes, Canopy Goodmayes, 55 Goodmayes Road Ilford.....	(020) 3802 5613	Central Security, Ltd, 19 Station Rd Chadwell Hth .....	(020) 8270 9442	Christchurch Thames View, Christchurch & Vicarage Bastable Avenue Barking.....	(020) 8594 9491
Capital Construction, FAX .....	(020) 8599 2172	Centre For Management Excellence, UK Ltd, 41 Clemence Road Dagenham .....	(020) 8592 9311	Chung Wah, 61 Roycraft Avenue Barking .....	(020) 8507 1674
Capital Crispin Veneer, Unit 13 Hornet Way E6.....	(020) 7474 3680	Century 21 Goodmayes, Est Agt, 102 Goodmayes Road Ilford.....	(020) 8547 2870	Chunky Chicken & Pizza, (Ilford) Ltd, 279 Ilford La Ilford.....	(020) 8478 1114
Capital Plumbing & Heating Merchants, Ltd, 76 Whalebone Lane South Dagenham .....	(020) 8517 1700	Century 21 Goodmayes, Ltd, Estate Agents, 102 Goodmayes Road Ilford.....	(020) 8597 1900	Churches & Other Places of Worship, All Saints Church Romford Rd E7 .....	(020) 8472 5235
Capite, (Focal) Ltd, Focal House 12-18 Station Parade Barking.....	(020) 8507 0231	Century Bar & Restaurant, 454 Romford Road E7.....	(020) 8472 1701	Barking St. Margaret's Church (CE) Broadway Barking.....	(020) 8594 2932
Capitol Dairy Company Ltd,The, 17 Thames Rd Barking .....	(020) 8911 3790	Century Insurance Centres, Ltd, Dagenham 58 Whalebone La Sth.....	(020) 8984 7414	Barkingside St. Thomas Moor Church (RC)	
Capricorn Building Services, Barking Indust Pk Alfreds Wy Barking.....	(020) 8591 5559	Century21, 448 Romford Rd E7.....	(020) 8470 7070	The Presbytery 514 Longbridge Rd Barking.....	(020) 8590 2191
Card Factory, 15 Vicarage Field Shopping Centre Ripple Road		CFS Copier Services, Granary Ct High Rd Romford .....	(020) 8599 8228	Dagenham Bethel Full Gospel Church	
Barking .....	(020) 8591 7030	Chadwell Dental Care, Dent Surgery, 1215 High Road Romford .....	(020) 8590 3284	Parsloes Av Dagenham .....	(020) 8593 2241
Care Optics, Optcns & Dispng Optcns, 527A Gale Street Dagenham .....	(020) 8592 6060	FAX .....	(020) 8599 6590	Forest Gate Emmanuel Church Romford Rd E7 .....	(020) 8522 1900
Career Advice London, Careers Advice, Market Street London.....	(0871) 2217683	Chadwell Educational, The Grove Social Club 50 Grove Road Romford .....	(020) 3538 9125	Hope Baptist Chapel 5 Stafford Rd E7.....	(020) 8472 5723
Cargo Worldwide, (Uk) Ltd, 25 River Rd Barking.....	(020) 8477 4580	Chadwell Handy Shop, Ltd, 7 High Road Romford .....	(020) 8586 1689	228a-234A Heathway Dagenham.....	(020) 8984 8988
Carlton Automotive Refinishing Supplies, C A R S Ltd, Paint & Refinishing Supps, Unit 6 Selinas Lane Dagenham .....	(020) 8592 6300	Chadwell Health Centre, The, Ashton Gardens Romford.....	(0844) 3878044	Ilford Clementswood Baptist Church 132 Ilford La Ilford .....	(020) 8514 3136
Carlton Tyres, (Rainham), 82 Rainham Road Rainham .....	(01708) 524523	Chadwell Heath Academy, Christie Gdns Romford .....	(020) 8252 5151	South Hornchurch Church of St. John & St. Matthew South End Rd Rainham .....	(01708) 555260
Carona Reuter, Unit 2 Coppem Road Dagenham.....	(020) 8592 2576	Chadwell Heath Cars, Mini-Cab, 1074 High Rd Romford .....	(020) 8599 6800	Cima Traders, 56 Kennedy Rd Barking .....	(0845) 2637258
Carona Reuter, Unit 13 Cromwell Centre Coppem Road Dagenham.....	(020) 8595 8486	Chadwell Heath Community Centre, Chadwell Heath Library High Road Romford.....	(020) 3720 2296	Circle Anglia, Flat 1 Seawall Court Dock Road Barking.....	(020) 8591 2961
Caronne Care, Ltd, 31 Church St Dagenham.....	(020) 8595 6745	Chadwell Heath Dental Practice, 1054 High Road Romford .....	(020) 8599 7189	Circle Anglia, Flat A Office 1 Knight Close Dagenham .....	(020) 8599 4350
Carpentry, Beckton Unit 4B, Beckton Triangle Retail Park Claps Gate Lane		Chadwell Heath Nursery, 31-33 High Road Romford .....	(020) 8599 8111	Citiguard Security, Ltd, The RCL Bldg Box La Barking.....	(020) 8592 5727
East Ham, Greater London .....	(03332) 208262	Chadwell Heath Orthodontics Practice, 165 High Rd Romford .....	(020) 8597 0908	City Gates School, 330 Uphall Rd Ilford.....	(020) 8911 8083
Chadwell Heath 850 High Road Romford, Essex .....	(03332) 208447	Chadwell Heath Plumbing & Heating Ltd, 79 Chadwell Heath Lane Romford.....	(020) 8599 7210	City Goddess, Ltd, Whsle Ret, C G House 107b Chadwell Heath Lane Romford .....	(020) 8597 0337
Dagenham Unit 4 Merrilands Retail Park Merrilands Crescent		Chadwell Health Sub Post Office, 4-5 Tudor Parade High Road Romford .....	(020) 8590 2004	City Landmark Designs Ltd, 1 Beadles Parade Rainham Road South Dagenham .....	(020) 8593 2929
Dagenham, Essex .....	(03332) 208170	Chadwell Supermarket, 105 Chadwell Heath Lane Romford.....	(020) 8597 7072	City Metals Recycling, Ltd, 23 Thames Road Barking.....	(020) 8981 5007
Carpentry, Plc, Crpt Retlrs, Head Office Branches Dagenham Unit 5 Merrilands Retail Park Merrilands Crescent		Chai Gali & Cakes, Ltd, 431 Barking Road East Ham London .....	(020) 3089 9474	City Mortgage Services, 503 Katherine Rd E7 .....	(020) 8472 7600
.....	(020) 8517 2195	Chaii Studio, 106 Ilford Lane Ilford .....	(020) 3532 1080	City Plumbing Supplies, Dagenham	
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Barking 12 Station Parade Barking .....	(0843) 5380456	Character Joinery, FAX .....	(020) 8592 1700	FAX .....	(020) 8517 8312
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Cars Wanted, 38 Princes Pk Rainham.....	(01708) 523374	Charles De Alwis, Solicitors FAX .....	(020) 8597 7327	Citysprint, (UK) Ltd, Unit 1A London Indust Pk,Whitings Wy E6.....	(020) 7473 2112
Cartel Financial & Property Services, 598 Green La Ilford .....	(020) 8599 5935	Charter Security, Ltd, Cambridge Ho 4/7 Cambridge Rd Barking .....	(020) 8507 7443	Ck Supply, Ltd, Unit 6A Barking.....	(020) 3154 9222
Carter Devile, Solrs, 592 Green La Ilford.....	(020) 8590 1066	Or .....	(020) 8507 7717	Claire Fashions, 150 Ilford Lane Ilford.....	(020) 8514 3493
Carz Express, Ltd, 165 Barking .....	(020) 3875 3328	FAX .....	(020) 8507 7702	Claremont Clinic, 459 Romford Rd E7 .....	(020) 8522 0222
Cash Converters, (Barking) Ltd, 17 Longbridge Road Barking .....	(020) 8591 6869	Cheap Disco, Great Value Disco, 13 Wadhurst Court .....	(0800) 8321977	Clarks Shop,The, Beckton Unit 13,Gallions Reach Shopping Park,3 Armada Way	
Cash Converters Dagenham, Ltd, 287A Heathway Dagenham .....	(020) 8592 3634	Cheap Store, 157 Green Street E7.....	(020) 8472 7224	E6 .....	(020) 7474 9471
Castle Care, Bennetts Castle Lane Care Home 244 Bennetts Castle Lane		Cheeko Mot Centre, Wholesale Retail, 431 Ilford Lane Ilford .....	(020) 8514 0404	Classic Security Solutions, Instl Security Systems, 33 River Road Business Park River Road Barking .....	(020) 8507 7771



Unit 21 Riverside Road Business Park 33 River Road Barking..... (020) 8594 9130	Beckton London.....(020) 7473 3070	Barking.....(020) 8477 4120
Cloudpark, Ltd, 316 Romford Road London..... (020) 3859 2551	Cooper, B.M, & Co, 88 Wood La Dagenham..... (020) 8526 7888	Cronifer, ( London) Ltd, 72 River Rd Barking.....(020) 8507 0800
Club Ambassador, Rstrnt, 20 London Rd Barking.....(020) 8594 6027	FAX..... (020) 8526 7999	Cross Channel Consultants, Ltd, 190 Ilford Lane Ilford.....(020) 8514 2571
Club Fade LDN, Ltd, 1076 High Road Romford..... (020) 3478 6697	COOPER, J, & Son (Undertakers) Ltd, Monmtl Masons, Chadwell Heath 89 High Rd Romford..... (020) 8590 3709	Crow Metals, 250 Western Avenue, 250 Western Avenue Dagenham.....(020) 8596 5937
CM Production Management, Ltd, Heath Park Hall Rusholme Avenue Dagenham..... (020) 3089 8572	Co-operative Food,The, Barking 34 Faircross Pde, Longbridge Rd.....(020) 8594 4319	Crowlands Heath Golf, Golf Club, Crowlands Heath Golf Club Wood Lane Dagenham.....(020) 8984 7373
CMP Protective & Investigative Group, Private Detectives, 6 High Street North East Ham.....(0843) 5121677	Dagenham 513 Gale St..... (020) 8592 5646	Crowlands Heath Golf Club, FAX.....(020) 8984 0505
COASTGUARD H.M., In Emergency dial 999 and ask the operator for Coastguard	455 Porters Av..... (020) 8592 1471	Crown Decorator Centre, 6 Alfreds Way Industrial Estate Alfreds Way Barking.....(020) 8591 5620
Cobra Custom Tattoos, Ltd, 20 Porters Avenue Dagenham..... (020) 8592 8753	Petrol Station Dagenham 402 Becontree Av Beacontree.....(020) 8598 1492	Crown Decorator Centre, Dectrs Mrcnts, Alfreds Wy Indust Est Alfreds Wy Barking.....(020) 8591 9665
Cocoa Vanille, 536 Rainham Road South Dagenham.....(020) 8984 8226	Co-operative Funeralcare, The, East Ham 16 High St North E6..... (020) 8472 3501	Crown Linen Hire, Comml Laund Servs, Unit 6-7 1-3 Lyon Business Park River Road Barking..... (020) 8507 2881
Cod & Chips, 14 St. Georges Road London..... (020) 8552 5602	Copyfast, Photocopy Sales & Repairs, 57 Cecil Road Romford..... (020) 8599 3033	Crowned Kids Nursery, Ltd, 523A Gale St Dagenham.....(020) 8595 4148
Coffee Point, Plc, Unit 4 Thames Gateway Pk,Choats Rd Dagenham..... (020) 8596 4600	Coral, Telephone Betting.....(08002) 42232	Crystal Car Wash, 13f River Road Barking.....(020) 8591 2240
Coins Of The Realm, Ltd, P.O Box 2662 Romford.....(0800) 1691066	Corbyn Construction, Ltd, Thames Ho Basin Sth E16..... (020) 7055 0343	Crystal CI Vision, Ltd, 764 Green Lane Dagenham.....(020) 4568 8368
Collease, Ltd, Charter Trailers Ltd Choats Rd Dagenham..... (020) 8517 1171	16-18 River Road Barking.....(020) 8591 3598	Crystal London, Beauty, 288 Green Street E7.....(020) 8552 8932
Colour Maker Photos, Ltd, Bowlers,Angling, 3A Cinema Pde Whalebone La Sth Dagenham.....(020) 8592 3273	Corbyn Construction MC, Ltd, Gallions Hotel Basin Approach E16..... (020) 7474 8977	Crystal London Bridal Studio, Ltd, 294 Green Street E7.....(020) 8471 2225
Colourcraft Autos, Ltd, Portacabin Baker J A C Ltd Grove Road Romford..... (020) 8597 9666	Cordeve, 70 Chadwell Heath Lane Romford..... (020) 7488 4970	Ct Guards, Uk Ltd, Harmony Ho Sacred Heart Conv Baden Powell Clo Dagenham.....(020) 8984 8668
Colourite Metal Treatments, Ltd, Anodizers, FAX..... (020) 8592 1171	Cornwell Vc Cadet Centre Vicarage Lane E6.....(020) 8475 8886	Curry Express, 919 Green La Dagenham.....(020) 8595 4786
Colton Commercial, 1 Creek Rd Barking..... (020) 8594 5582	COS Removals, (2003) Ltd, Unit 5D Barking Business Centre,Thames Road Barking..... (020) 8594 8962	Curry Mahal Tandoori, 27 Goresbrook Rd Dagenham.....(020) 8592 6277
Colvia Management Co Ltd, Colvia Management Co Ltd, Barking Industrial Park Alfreds Way Barking..... (020) 8594 7206	FAX..... (020) 8594 7499	Or.....(020) 8984 8804
Comfort Cars, 361 Henley Rd Ilford..... (020) 8478 5050	Coscon, UK, Cosco House Vicarage Drive Barking..... (020) 8507 8879	Currys, Elec Dom Appl, Superstores Beckton Gateway Retail Pk Claps Gte La E6..... (03445) 610000
Or..... (020) 8478 7700	Cosmic Video Amusements, Amsmt Mach Oprs, Operations Cromwell Centre Thames Rd Barking.....(020) 8594 4321	Currys Digital, Elec Retlrs, Branches East Ham 108 High St Nth E6..... (03445) 610000
Comfort Cars, Ltd, 361 Henley Road Ilford..... (020) 8478 1623	Cost Saver, Convenience Store, 2 High Street North East Ham London..... (020) 8470 8855	Curzon Community Association, Curzon Community Centre Bastable Avenue Barking.....(020) 8594 0318
Comfort Insurance, Ltd, 8 Goresbrook Rd..... (020) 8984 0777	Costcutter, Grocery Shop, 14-20 Farr Avenue Barking..... (020) 8591 3999	Customville American, Dominion Works Freshwater Road London Essex.....(020) 8590 1449
FAX..... (020) 8984 0666	Costcutters, Convenience Store, 1-3 Lodge Avenue Dagenham..... (020) 8597 5756	Cut Label Apparel, Ltd, Unit 22 The Vicarage Field Shopping Centre Ripple Road Barking.....(020) 8507 9933
Comfy Beds & Furniture, 51-57 High Street South E6..... (020) 8475 0464	Cotisens Solicitors, Ltd, 3a Station Parade Barking..... (020) 8594 8683	Cutlass Security Services, Ltd, 26 Levett Gardens Ilford.....(020) 8478 5669
Commercial People, Ltd, 142 Longbridge Rd Barking..... (020) 8594 8220	Couleur Cafe Uk Ltd, 2 Barking Learning Centre Town Square Barking..... (020) 3304 8246	CWE Dairies, Unit 5I Standard Industrial Estate Henley Road E16.....(020) 7511 3099
Committee Of Action On Women's Issues, 103 Exeter Rd Dagenham..... (020) 8595 3594	Counter Tech Investigations, Private Investigator, 523 Katherine Road Forest Gate.....(0871) 2500617	Cygnat Health Care, Plc, 23 Tunnan Leys E6.....(020) 7511 2299
Community Food Enterprises, Ltd, 4 Thameside Industrial Estate Factory Road E16..... (020) 7511 9014	Countryside Electrical Distributors, Ltd, Dagenham Freshwater Rd..... (020) 8503 8900	Cytec Solutions, Ltd, Thames Gateway Technology Cntr 4 University Wy E16.....(020) 8223 7785
Community Options, 11 Horse Lease London..... (020) 7473 1945	FAX..... (020) 8503 8900	D & B Services, (Essex) Ltd, 137 Broad St Dagenham.....(020) 8220 3757
Companion Care Veterinary Surgery, Pets At Home, Beckton Gateway Retail Park 8 Claps Gate Lane E6 FAX..... (020) 8507 2981	Courier Service & Removals 24hr, 87 High Street Eastham, London.....(0870) 3611480	D.D.P Cargo, Ltd, 355 Katherine Road Forest Gate.....(020) 8471 2711
Compass Plumbing, Plmbrs Mrcnts, Unit 4, Sterling Trdg Est Rainham Rd Sth Dagenham..... (020) 8595 3143	Courier Service & Removals 24hr, 393 Katherine Road Forest Gate, London.....(0870) 3611481	D P Systems, 85 Longbridge Rd Barking.....(020) 8594 2244
Complete Cladding, Co Ltd,The, Freephone Quotes 13 Roundmoor Dv Cheshunt.....(0800) 7314064	Covered Buckles, Ltd, Unit 6 Riverside Indust Est Thames Rd Barking.....(020) 8507 7888	D.P.T Enterprise, 41 Lansdown Road London..... (0871) 4257395
Complete Motor Works, Ltd, Chadwell Hth Indust Pk Kemp Rd Dagenham..... (020) 8599 9595	Coversure Insurance Services, Ltd, 28 Theydon Gardens Rainham.....(01708) 550962	D S Chopra, Claire Ho Ilford La Ilford.....(020) 8478 7561
Computer Hospital Limited, Sales 78 Rainham Rd Rainham.....(01708) 553310	Covert Investigations, Private Investigator, 40 High Street South.....(0844) 5872318	D T Trucks, Ltd, Castle Wks 721 Ripple Rd Barking.....(020) 8595 4400
Computer Talk, Ltd, Capricorn Cntr Coppen Rd Dagenham..... (020) 8595 7744	Cowley, Dr, Natalielaura, 93 Colne House 103 Harts Lane Barking..... (020) 8591 1447	FAX..... (020) 8593 4900
Computing Centre,The, FAX..... (020) 8598 2709	Cranbrook Wines, Ltd, Unit 5 Buzzard Creek Indust Est River Rd Barking..... (020) 8507 8447	D & V Associates, The Rcl Bldg Box La Barking.....(020) 8517 3303
Conamor, Pizza Delivery, Unit 8 Alpine Business Centre Eastbury Road E6..... (020) 7476 2452	Crazy Productions, Ltd, Tshirt Prntg, 467 Katherine Road E7..... (020) 8470 0010	Dabd Re Use Centre, Woodward Branch Library Woodward Rd Dagenham.....(020) 8984 9290
Concept Living, Ltd, Unit 17 Muirhead Qy Freshwharf, Highbridge Rd Barking..... (020) 8591 3803	Creed Optics, Independent Options, 474 Katherine Road E7..... (020) 8548 1155	Daddies Snack Bar, Creekmouth Ho River Rd Barking.....(020) 8507 1325
Concord Lifting Equipment, Ltd, Lifting Eqpt Engs, Buzzard Creek Indust Est Barking..... (020) 8594 7529	Creek Metals, Creek Metals Ltd / Eastern Works Alfreds Way Barking..... (020) 8109 0852	Dagenham, Takeway, 612 Longbridge Road Dagenham..... (020) 8597 9933
Concordia Healthcare, 79 Axe Street Barking..... (020) 8911 3740	Crester Services, Ltd, 416 Green Lane Ilford.....(020) 8597 6373	Dagenham Baptist Church, 72 Chaplin Road Dagenham.....(020) 8592 2926
Concordia Healthcare, 234 Porters Avenue Dagenham..... (020) 8596 7850	Cri, St. Lukes Daybreak Centre St. Lukes Church Dagenham Road Dagenham.....(020) 8595 1375	Dagenham Dry Cleaners, Dry Clnrs, 76 Church Street Dagenham..... (020) 8984 7000
Config M, Ltd, IT Consultancy & Sales, Estuary House 196 Ballards Road Dagenham..... (020) 3137 1643	Crime Concerns Services, Ltd, 128 St. Marys Barking..... (020) 8591 9855	Dagenham Mortgage Solutions, 28 Whalebone Lane South Dagenham.....(020) 8517 1477
Connate Limited, 149 Rainham Road Rainham.....(01708) 552014	Crimson Phoenix Solicitors, Unit 2 21 Barking Enterprise Centre 50 Cambridge Road Barking..... (020) 8591 6500	Dagenham & Redbridge FC, Victoria Road Dagenham..... (020) 8595 2760
Connolley Metals, Ltd, Unit 5C Thames Road E16..... (020) 3621 7644	Cristal Insulations, Ltd, 48 Goodmayes Road Ilford.....(020) 8597 0442	Or.....(020) 8984 9688
Construction Sealants, Ltd, 154 Rainham Road Rainham.....(01708) 555007	Cristian Services, Ltd, 439 Becontree Avenue Dagenham..... (020) 8599 6066	Dagenham & Redbridge Football Club, Ltd, Victoria Rd Dagenham..... (020) 8592 1549
Containers 4 Sale, UK Ltd, 27 Goring Road Dagenham..... (020) 3621 2263	Critical Epos Solutions, It Telecoms Internet, 565b Longbridge Road Barking.....(020) 8598 1244	Or.....(020) 8592 7194
Containers R Us Freight Lift Limited, Ltd, Logistics, Choats Road Dagenham.....(0843) 8164897	Cromwell Card, Co, Cromwell Cntr Coppen Rd Dagenham..... (020) 8592 2764	Dagenham Spiritualist Centre, Spiritualist Centre, Ted Ball Memorial Hall 63 Neasham Road..... (0844) 5851966
Containers R Us, Ltd, Logistics, Choats Road Dagenham.....(0843) 8164695	Cromwell Lodge, Longbridge Road Barking.....(020) 8594 8894	Dagenham Sub Post Office, 279 Wood Lane Dagenham.....(020) 8592 9307
Contracts Support Services, Ltd Ltd, Recrutmnt, A/2 Heigham Rd E6.....(020) 8472 6024	Cromwell Tools, Ltd, Building 3 Fresh Wharf Estate Highbridge Road	Dagenham Travel, 2 Reede Rd Dagenham.....(020) 8517 5489
Cookies Island, Unit 18A Gallions Reach Shopping Park 3 Armada Way		Or.....(020) 8592 2235



Dalin Tyres & Alignment, Ltd, 408a Ilford La Ilford .....	(020) 8478 0505	BALMORAL TRADING ESTATE RIVER ROAD BARKING....	(020) 8594 3836	Cafe Bar Ho Freshwater Rd Dagenham .....	(020) 8590 7744
Dals Barbers, Ltd, 256a Heathway Dagenham.....	(020) 8517 4747	Deo Dental Practice, 480 Barking Road E6.....	(020) 8472 0638	FAX .....	(020) 8590 7040
Daminis, Ltd, 249 Green Street Forest Gate London.....	(020) 3876 8117	DEPARTMENT FOR TRANSPORT, Headquarters Great Minster House, 76 Marsham St London SW1 (03003) 303000		Doorway Maintenance, Co, 17A Harrow Road Barking .....	(020) 8507 9306
Dan Nails, 80 Wood Lane Dagenham.....	(020) 8593 7111	Derryard Construction, Ltd, Unit 4 The Alpine Business Centre Eastbury Road E6.....	(020) 7511 2400	Dorian House Hotel, 160 Longbridge Rd Barking.....	(020) 8594 5986
Danimak, Ltd, Dagenham Dk Est Chequers La Dagenham.....	(020) 8596 9040	Desi Bazar, Ltd, 354 Ilford Lane Ilford .....	(020) 8911 8710	Doric Insurance, Ltd, Wigham House Wakering Road Barking .....	(0843) 8163426
Danwood, Electronicswholesale, Unit 4c Barking Business Centre Thames Road Barking .....	(020) 8591 9919	Designer Dhaage, Ltd, 149 Ilford Lane Ilford .....	(020) 3674 3398	Dougie Barber, 15a Farr Avenue Barking.....	(020) 8591 9994
Daro, UK Ltd, Unit 34-36 London Industrial Estate Eastbury Road E6.....	(020) 7511 4052	Dessertz, Ltd, Mayesbrook Motors 334-40 Romford Road E7 .....	(020) 8555 2288	DOUGLAS ALLEN SPIRO, Ltd, Est Agt, Survvys, Vals, Branches Romford Chadwell Hth 1185 High Rd.....	(020) 8597 0043
Darul Ihsaan Barking, Ltd, 86 Longbridge Road Barking .....	(020) 3904 8036	Devstream, Ltd, 399 Katherine Road London.....	(020) 3325 2905	DOUGLAS ALLEN SPIRO, Ltd, Est Agt, Survvys, Vals, Branches East Ham 160 High St Nth E6 .....	(020) 8472 8140
DAT Tinstamp, Ltd, Unit K1 Chadwell Heath Industrial Park Kemp Road Dagenham.....	(020) 8590 6667	DFS Furniture, Beckton Unit 7 Beckton Triangle Retail Pk 5 Claps Gte La E6.....	(020) 8507 3880	Dozo, 364 Green Lane Ilford .....	(020) 8590 5035
Data Corporation, IT Solutions, Trocoll House Wakering Rd Barking.....	(0870) 7655620	5 Claps Gate Lane East Ham FAX .....	(020) 8591 9286	Dpb, Ltd, 4 The Triangle Tanner Street Barking.....	(020) 8591 4000
Dataday Accountabilty, Ltd, 48 Longbridge Rd Barking .....	(020) 8507 9786	Dhaka Tandoori, 10 Goresbrook Rd Dagenham .....	(020) 8595 8335	Dr C M Patel, 2 Jephson Road E7 .....	(020) 8470 6429
Datateq, Cmptr Servs, 895 High Rd Romford .....	(020) 8590 4898	Dhamecha Cash & Carry, 125 River Road Barking .....	(020) 8594 9494	Dr C Tan T/A Castle, 812 Green Lane Dagenham.....	(020) 3620 6145
Datatq, Ltd, 895 High Rd Romford.....	(020) 8590 8090	Dhaneshwar Sharma, Sharma Law Ilford, Law Firm, First Floor 16 Hobbs Mews Ilford .....	(020) 8599 1642	Dr C Tan T/A Castle, 813 Green Lane Dagenham.....	(020) 3689 1471
Davenport Vehicle Supplies, Vhcle Rprs, Freshwater Garage Freshwater Road Dagenham.....	(020) 8597 4441	Dhillon Dairy, 3 Gallions Close Barking .....	(020) 8594 2609	Dr Dubal & Dr Patel Surgery, 2A Lathom Rd E6 .....	(020) 8548 5640
David Huggett M F, Ltd, Unit 13 Freshwharf Highbridge Road Barking.....	(020) 8594 4874	Dial A Spare, 7 Juniper Rd Ilford .....	(020) 8478 2352	Dr Gupta & Partners, 7 Salisbury Av Barking .....	(0870) 4280655
David Huggett Motor Factors, Ltd, Units 2-4 Muirhead Quay Freshwharf Highbridge Road Barking .....	(020) 8591 9911	Or .....	(020) 8478 8510	7 Salisbury Av Barking .....	(0844) 4778704
Muirhead Qy Freshwharf Highbridge Rd Barking.....	(020) 8594 9504	Diamond Builders Merchants, Ltd, 10 Thames Rd Barking.....	(020) 8507 7567	Dr Jaiswal, Julia Engwell Clinic Woodward Road Dagenham .....	(020) 8592 5500
David Phillips Furniture, Unit 26-32 London Industrial Estate Eastbury Road E6.....	(020) 7511 7129	Diamond Properties, Prpty Mngmt, 340 Katherine Road Forest Gate London .....	(020) 8471 2220	Dr Kalkats Surgery, Thames View Clinic Bastable Avenue Barking.....	(020) 8591 5734
David Phillips & Partners, Ltd, FAX .....	(020) 8599 3435	Diligent Investigators, Private Investigator, 218 High Street North .....	(0844) 5894174	Dragon Inn, Resturaunt Takeaway Service, 12 South End Road Rainham .....	(01708) 522076
Davidson, Sandra, Est Agts, Seven Kings 353 Green La Ilford.....	(020) 8597 7372	Dilka Private, Ltd, 117 Burges Road E6.....	(020) 8552 9888	Or .....	(01708) 523886
FAX .....	(020) 8983 8979	Dindol, G.P, BChD, Dent Surg, 244 Green Street E7 .....	(020) 8472 0504	Drain Aid, Ltd, Drain, Pipe Cleaning, Unit 7a Rippleside Commercial Estate Ripple Road Barking .....	(020) 8592 9200
Davin Foods, Savvas House Davenport Centre Renwick Road Barking .....	(020) 8593 1314	Diocese Of Brentwood, 41 Linton Road Barking .....	(020) 8594 4769	Dream Furnishings, Ltd, Unit 1, 58 Green Street Forest Gate.....	(020) 8552 2999
Dawn Meats, (UK) Ltd, Unit 13, 5 Hillcroft Rd E6 .....	(020) 7511 2662	Direct Beds & Furniture, Ltd, 318 Romford Rd E7.....	(020) 8519 8180	Dreams, Plc, Beckton Beckton Retail Pk Alpine Wy E6.....	(020) 7476 9808
Day Lewis Pharmacy, 149-151 Broad Street Dagenham.....	(020) 8592 0161	Direct Calculating, Ltd, Statisticians, 40 Goodmayes Rd Ilford.....	(020) 8590 0074	Drive Marketing, Mktg Co, 302 Trocoll Ho Wakering Rd Barking .....	(020) 8594 5356
2 Royal Pde, Church St Dagenham.....	(020) 8517 9142	Direct Design Studios, Marketing, Branding, Web And New Media, Barking Sales .....	(0872) 0858201	Drive Motors The, Ltd, 22b Alfords Way Barking .....	(020) 8507 9700
Day Or Night Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith, Eton Rd Ilford .....	(0845) 1647423	FAX .....	(0872) 0858201	Drums Distribution Services, Ltd, Unit 3 Charles St E16 .....	(020) 7474 1100
Daya Fashions, Ltd, 277 Green Street E7 .....	(020) 8470 5151	Direct Golf Retail, Limited, Cranfield Golf Centre Whalebone Lane North Romford.....	(03437) 771451	Dsf Services, Ltd, 72 Wood Lane Dagenham .....	(020) 8592 3152
Dbn, Ltd, Ret, 13 High St 5th E6 .....	(020) 8471 3100	Direct Line Financial Services, Credit Card 250 St. Vincent St Glasgow .....	(0845) 2468500	DSICMM Group, Ltd, Evolution Ho 12 Choats Rd Dagenham.....	(020) 8984 5400
Ddg Windows, Ltd, 101 Wantz Road Dagenham .....	(020) 8596 5929	Mortgage Advice 250 St. Vincent St Glasgow .....	(0845) 2468100	Dt & T Coporation, 222a Heathway Dagenham.....	(020) 8526 6044
De Sunrise Education Centre, Education, 475 Romford Road E7 .....	(020) 8475 0500	Savings 250 St. Vincent St Glasgow .....	(0845) 2468200	Dua Halal Meat, 88 Longbridge Road Barking.....	(020) 3632 4676
Deane, W.E, Ltd, Shpg Fwrdg Agts, Lyon Bsns Pk River Rd Barking .....	(020) 8532 6400	Direct Line Insurance, plc, Home Insurance 3 Edridge Rd Croydon.....	(03452) 468000	Dube and Kroll Solutions, Ltd, Logistics Company, Estuary House, 196 Ballards Road Dagenham.....	(020) 3137 1645
Debono Foods, Ltd, Tubecraft Ltd 20 Eastbury Road E6 .....	(020) 7476 2659	Motor Insurance 3 Edridge Rd Croydon .....	(03452) 468888	Dube & Kroll Solutions, Ltd, Logistics, 196 Ballards Road Dagenham .....	(0843) 8164877
Deborah Day Stage School Trust, Grosvenor Road Forest Gate .....	(020) 8502 6866	Pet Insurance 3 Edridge Rd Croydon .....	(03452) 468246	Dunham, R, UK Ltd, Elec Contrs, Aston Ho Thames Rd Barking.....	(020) 8709 1700
Decco, Ltd, Unit 9 Sterling Trading Estate Sterling Industrial Estate Rainham Road South Dagenham .....	(020) 8593 5407	Rescue & Breakdown All Sales & Enquiries 3 Edridge Rd Croydon.....	(0845) 2468999	D'Vine, Ltd, 40 Ripple Rd Barking .....	(020) 8594 3618
Decor & Decor, Unit 84 Roding Road London Industrial Pk East Ham London .....	(020) 8539 5850	Travel Insurance 3 Edridge Rd Croydon .....	(03452) 468910	Dyno-Rod, 24 Hr Emergency Drain Cleaning, Call Free .....	(0800) 112112
Deepes Footware, 132 High Street North E6 .....	(020) 8552 2858	Direct Source Distribution, Ltd, Unit H Kingsbridge Wharf Kingsbridge Road Barking .....	(020) 8507 9666	E & A Property Investment Co Ltd C/O Gle, The Clockhouse East Street Barking .....	(020) 8594 1808
Deevee Transits, Portacabin Longreach Road Barking .....	(020) 8594 8881	Direct Staff & Direct Calculating, Ltd, 40 Goodmayes Rd Ilford .....	(020) 8590 0074	E E I Future Force, Ltd, 32 High Rd Romford .....	(020) 8590 3445
Define Art & Graphic Design, Ltd, 437 Katherine Road Forest Gate London .....	(020) 8821 9365	Disablement Association Of Barking & Dagenham, Eileen Fairbrass Cntr Pembroke Gdns Dagenham .....	(020) 8592 8603	E Feldman, Ltd, 22 Barking Industrial Park Alfreds Way Barking .....	(020) 8594 0643
De-Jasmine Laser & Beauty Clinic, 130A Ilford Lane Ilford.....	(020) 8553 5289	Discount Double Glazing, 101 Wantz Road Dagenham.....	(020) 8709 0240	4 Barking Industrial Park Alfreds Way Barking FAX.....	(020) 8594 0659
Dejbnj Telecom, Ltd, 432 Barking Rd E6 .....	(020) 8548 0867	District Mini-Cars, 287 Wood La Dagenham .....	(020) 8595 6823	E F N Trading, Ltd, 9 Woodgrange Road Forest Gate London.....	(020) 8221 1990
Delia Lock & Locksmith Service, Emergency 24hr locksmith, Marlborough Rd Essex .....	(0845) 1647233	Or .....	(020) 8593 6000	E.H.S Traders, Ltd, 25 Rutland Road Forest Gate, London .....	(0845) 8901911
Delrose House, Ltd, Cloud House Roycraft Avenue Barking .....	(020) 8507 2183	Divine Green, Ltd, 35 Longbridge Road Barking .....	(020) 3457 5758	E & J Foods, Ltd, 667-69 Green Lane Dagenham.....	(020) 8599 9860
Delta Home Improvement, Ltd, Prpty Managment, 618 Green Lane Ilford.....	(020) 3602 8117	Dixy Chicken, Ilford 79 Ilford Hl Ilford.....	(020) 8553 0202	E J Timber, Ltd, Unit 3 Alpine Business Centre Eastbury Road London.....	(020) 7476 7710
Deltabay International, Ltd, 37 Green St E7 .....	(020) 8471 5320	DMC Technical Services, Ltd, Customs Ho King George V Lock Woolwich Manor Wy E16 .....	(020) 7474 0007	E L Divine Virgin Plumbing, 2 Constance Street London.....	(020) 8616 2522
Demex Plant Hire, Ltd, 19 Creek Road Barking.....	(020) 8507 1145	Docklands East London Agency, Ltd, The Compressor Ho Dockside Rd E16 .....	(020) 7540 5563	E S B Services, Ltd, Thames Ho Longreach Rd Barking.....	(020) 8594 5255
Denim House, Ltd,		Docklands Wharf, Ltd, 72 River Rd Barking .....	(020) 8591 2020	Eagle Enterprises International, Ladies Handbags & Luggage, The Kiosk The Mall Heathway Dagenham.....	(020) 8517 0467
		Dodosh, A, 48 Levett Gardens Ilford .....	(020) 8590 1301	Eagle Wine, Off Licence, 88-90 Ilford Lane Ilford .....	(020) 8553 5643
		Dom Extra Softeners, Water Softeners, 895 High Road Chadwell Heath Romford, Essex .....	(0870) 4423631	Eagle Wines, Off Lic, 88 Ilford La Ilford.....	(020) 8553 5313
		Dominos Pizza Group, Ltd, Unit 1 Gateway Retail Park 8 Claps Gate Lane E6.....	(020) 8507 7666	Earlswood Industrial Services,	
		Doormac, UK Ltd,			

Mirraval Trading Est Selinas La Dagenham .....	(020) 8595 3060	Containerbase Barking Box La Renwick Rd Barking.....	(020) 8592 7576	9 Wangey Road Romford .....	(01708) 922187
Early Educators Montessori, Ltd, St. Lukes Church Baxter Road Ilford .....	(020) 8478 2162	Ellis, L.A. & Co Ltd, Unit 2 Dominion Works Freshwater Road Dagenham....	(020) 8590 6077	Essex People Tracing Services, Private Detectives, 160 London Road .....	(0844) 5894186
East African Muslim Cultural Group, 75 Derby Rd E7 .....	(020) 8471 3153	Elm Cars, Taxis, 54 Station Rd Chadwell Hth .....	(020) 8593 2222	Essex Security Solutions, Ltd, Fortis House 160 London Road Barking .....	(020) 3489 2230
East Ham Bespoke Mortgages, Mortgages, Market Street East Ham, London.....	(0845) 6676981	Or .....	(020) 8593 0000	Essex Shoe Repairs, The Mall Heathway Dagenham.....	(020) 8595 5810
East Ham Emergency Drain Cleaners, Drain Cleaners, Market Street East Ham, London.....	(0845) 6605819	Elm Lane Day Nursery, 22 Church St Dagenham.....	(020) 8984 8184	Essex Wrought Iron, Ltd, Unit 6 Midas Business Centre Wantz Road Dagenham .....	(020) 8592 9619
East Ham Emergency Plumbers, Plumbers, Market Street East Ham, London.....	(0845) 6604587	Elvet Floral, Ltd, 392 Romford Road E7 .....	(020) 3601 9692	Estec Engineering, Bradfields Rd E16 .....	(020) 7473 1243
East Ham Removals, Removals & Storage - Domestic, Market Street East Ham, London.....	(0845) 6600524	Eman Foundation, Ltd, 2 Ashgrove Road Ilford.....	(020) 8597 7055	FAX .....	(020) 7473 3351
East Ham Rubbish Clearance, Waste Disposal Services, Market Street East Ham, London.....	(0845) 6693488	Emerson Crane Hire, Ltd, Unit 1 Heath Pk Indust Est, Freshwater Rd Dagenham.....	(020) 8548 3900	Etag Fixings, UK Ltd, Thames Gateway Park Dagenham .....	(020) 8691 5794
East London Food, Ltd, 220 High Street North E6 .....	(020) 8472 7227	Eminent Accountants & Global Compliance, Ltd, Suite 14 Glenly House 56 Longbridge Road Barking .....	(020) 8594 3733	Etag Fixings, UK Ltd, Unit 14e Thames Gateway Park Choats Road Dagenham .....	(020) 8595 1988
Or .....	(020) 8552 0250	Emmanuel Church, Romford Road E7 .....	(020) 8522 1900	EUFG Group, Ltd, Heathway Indust Est Manchester Wy Dagenham .....	(020) 8709 0990
East London Wines, Ltd, 2 St. Georges Rd E7 .....	(020) 8548 0404	Emmanuel Oak, & Co, Midas Ho 34 High St Nth E6 Mobile.....	(07071) 226395	Eunice Hair Salon, Hair Salon, 1102 High Rd Romford .....	(020) 8597 9034
East 'n' West Cash & Carry, Ltd, Unit 8 Cromwell Business Centre 10 River Road Barking.....	(020) 7474 5246	Emperor Glass, Ltd, Emperor Ho Freshwater Rd Dagenham .....	(020) 8598 2259	Euro Bangla Catering & Domestic Equipment, 458 Romford Road E7 .....	(020) 8552 4388
East N West Cash, & Carry Ltd, Unit 8,10,Cromwell Business Centre River Road Barking.....	(020) 8594 2016	Emperor Shopfitters, Ltd, Emperor House Freshwater Road Dagenham .....	(020) 8590 4466	Euro Boiler Spares, Ltd, 384 Romford Road E7 .....	(020) 8552 2233
East Street Dental Practice, 63 East Street Barking .....	(020) 8532 7910	Cafe Bar Ho Freshwater Road Dagenham.....	(020) 8598 2353	Euro Car Parts, Building 3a Muirhead Quay Freshwharf Highbridge Road Barking FAX .....	(020) 8591 9548
East Thames Group, Aqua Ct Serpentine Clo Chadwell Heath .....	(020) 8597 8793	FAX .....	(020) 8598 2501	Euro Foods Group, Ltd, Unit10 River Rd Barking .....	(020) 8477 8310
Or .....	(020) 8599 4802	Empire Motoring Ltd, 1 Strone Road London.....	(020) 8472 6644	Euroglobe Distributors, Ltd, 11 Buzzard Creek Indust Est, River Rd Barking .....	(020) 8594 1163
Eastbury Community School, Hulse Avenue Barking.....	(020) 8507 4500	Empire Property Connections, (EPC) Ltd, P.O Box 1367 Barking .....	(020) 8478 5600	Euromix Concrete, Ltd, Mohawk Whf Bradfield Rd E16.....	(020) 7473 8222
Eastbury Comprehensive School, Eastbury Comp School Rosslyn Road Barking.....	(020) 8591 5067	Empire Venue, 593 Barking Rd East Ham .....	(0843) 5387219	European Food Wine, 40 High Street South East Ham .....	(020) 8471 7703
Eastern Carpets, Ltd, 392 Green La Ilford .....	(020) 8599 5600	Enchanted Castle, (Day Nursery) Ltd,The, 557 Barking Road E6 .....	(020) 8552 6777	European Liner Agencies, Ltd, FAX .....	(01708) 744980
Eastern Mobile Exchange, 64b High Street North East Ham London.....	(020) 3874 5268	Energy Master, Ret, 8 St. Georges Rd E7 .....	(020) 8471 0043	European Suppliers, Ltd, 42 River Road Barking .....	(020) 8507 0607
Eastern Paradise, 394 Ripple Road Barking.....	(020) 8594 7175	Energy4UK, Ltd, Unit 319 Barking Enterprise Centre 50 Cambridge Road Barking .....	(020) 3417 2323	Evans, J. & Sons(Funeral Directors) Ltd, 2a Caulfield Rd E6.....	(020) 8472 0131
Eastford Engraving, Ltd, Rear Of 145 Becontree Avenue Dagenham .....	(020) 8590 2220	Engine Fitters, Ltd, Unit 3 Davenport Cntr Renwick Road Barking .....	(020) 8595 3251	FAX .....	(020) 8472 2131
Eastside Kitchen, Ltd, Unit 8 Bradfield Road Victoria Docks London.....	(020) 7473 5181	Engine Professional, Unit 5 Davenport Centre Renwick Road Barking .....	(020) 8592 3000	Everest & Co Limited, Ltd, 666 Green Lane Ilford .....	(020) 8598 9222
Eastway Care, Ltd, 11 Salisbury Av Barking.....	(020) 8594 5800	Enigma Consult Ed Services Limit, 200 Becontree Avenue Dagenham .....	(020) 8306 9131	Everest Motors, Ltd, 513 Romford Road Forest Gate .....	(020) 8472 1888
Easy Managed Transport, Ltd, Emt Ho Alpine Wy E6.....	(020) 7511 5112	Enterprise Liner Agencies, Ltd, Shpg & Fwdg, Unit 20 77-87 Trafalgar Business Centre River Road Barking .....	(020) 8591 8787	Everlys Chicken Hut, 70 Rainham Road Rainham.....	(01708) 361776
Eatern Avenue Baptist Church, 104 East Road Chadwell Heath Romford .....	(020) 8590 6510	Enterprise, Ltd, Repairs Reporting Wantz Depot Wantz Rd Dagenham....	(020) 8592 7388	Evolution Interiors, Roadway Containers Box La Barking .....	(020) 8593 5553
EazyWeb.net, Business, E-commerce & Editable Sites, Barking Sales .....	(0872) 0855775	Enterprise Rent-a-Car, 21 Rippleside Commercial Est Renwick Rd Barking .....	(0843) 5079916	Exantia, Unit 9 Muirhead Qy Freshwharf, Highbridge Rd Barking .....	(020) 8507 1612
FAX .....	(0872) 0855775	Rippleside Commercial Est,Ripple Rd Barking .....	(020) 8517 6333	Excel Plastering, Ltd, 1 Natal Rd Ilford .....	(020) 8553 2244
Eco Team, Ltd,The, 2 Essex Rd Barking .....	(020) 8591 4554	Enviro Engineering Ltd, 23 Cooke Street Barking.....	(020) 3417 8518	Exdiratory, Ltd, UNIT 6 River Rd Business Pk River Rd Barking .....	(020) 8591 6641
Ecolutionz, Ltd, UNIT B6 Kemp Road Dagenham.....	(020) 8599 9403	Environment Agency, Customer Services .....	(0870) 8506506	Express Cut Unisex Salon, 545 Green Lane Ilford .....	(020) 8599 6091
Ecovert FM, Ltd, Jo Richardson Community Scho Gale St Castle Gn .....	(020) 8526 8680	E-ON, All Consumer Gas Sales .....	(03332) 024600	Express Minimart, 514 Ripple Road Barking .....	(020) 8594 4576
Eden Hospitality, Ltd, 8 St. Georges Road London.....	(020) 4537 0884	Gas & Electricity Sales .....	(03332) 024600	Express Route, (UK) Ltd, Minicab Servs, 86 Rainham Road Rainham.....	(01708) 500500
Edmundson Electrical, Ltd, Unit 4-5 Alfreds Wy Indust Est,Alfreds Wy Barking.....	(020) 8594 7121	Business Electricity Sales .....	(03332) 024759	Or .....	(01708) 555555
FAX .....	(020) 8591 7920	Gas Sales .....	(03332) 024759	Express Upeny News, 3 Gibbards Cottages Upney Lane Barking .....	(020) 8507 1044
Edward James, Est Agts, 33 Faircross Pde Barking .....	(020) 8594 2004	Equator Security Services, Estuary Ho Ballardrs Rd Dagenham .....	(020) 8592 5522	Eye-Image, UK Ltd, 149 Becontree Av Dagenham.....	(020) 8598 2400
Efc Dagenham Ltd, 714-720 Green Lane Dagenham .....	(020) 8306 7596	Equipax, Plc, Personal - Commercial Credit Information & Sales Chapel St London NW1.....	(0844) 3350550	F G, 104 FELBRIDGE ROAD ILFORD.....	(020) 8599 8106
El Pee Beauty World, 114 Church Elm Lane Dagenham .....	(020) 3380 5657	Or .....	(0844) 3350550	F & N Services, Ltd, Whsle Ret, 401 Katherine Road E7 .....	(020) 8552 4999
Or .....	(020) 3380 5658	Eram International, UK Ltd, Oil & gas, 8 Town Quay Wharf, Abbey Road Barking.....	(020) 7404 0222	F1 Tyres Dagenham, La Khan Enterprise Pk Chequers La Dagenham.....	(020) 8593 9790
Elecsafe Uk Contractors Limited, 567 Barking Road E6 .....	(020) 8471 5403	Eris London Limited, 25-27 Station Parade Barking.....	(020) 8591 0777	F1 Tyres, Ltd, 1 Ripple Vill Ripple Rd Barking .....	(020) 8592 2220
Electric Wholesale, Unit 23 Eastbury Rd E6 .....	(020) 7476 6536	ES Global, Ltd, Carlsberg Tetley National Distribution North Woolwich Rd E16.....	(020) 7473 4500	Fair Deal Appliances, Railway Arches North Woolwich Rd E16.....	(020) 7055 0110
Electrical & Plumbing, Co Ltd,The, 7 Back La Romford .....	(020) 8597 1811	Esland It Solutions, 60 Weller House Longbridge Road Barking.....	(020) 3091 4995	Fair Trades, Ltd, 6A The Quadrant Hoylake Wirral .....	(0870) 7384858
Electrical Testing & Surveys, Ltd, Edgefield Ct The Drive Barking.....	(020) 8591 0799	Espacek Euro Logistics, Ltd, Logistics, Unit 8 Manchester Way Dagenham.....	(0843) 8164865	Faircross Fishbar, 18 Faircross Parade Longbridge Road Barking.....	(020) 8594 4956
4 Edgefield Ct Edgefield Av Barking FAX.....	(020) 8594 3849	Espressa Pizza, Grill,Burger & Kebabs, 673 Green Lane Dagenham .....	(020) 8599 9695	Faircross Health Centre, 51 Upney La Barking.....	(020) 8594 3667
ELG Haniel Metals, 12 River Rd Barking.....	(020) 8591 8444	Or .....	(020) 8599 9999	Faircross Launderette, Launderette Drycleaning Servs, 22 Faircross Parade ,Longbridge Road Barking.....	(020) 3659 9415
Or .....	(020) 8594 7211	Essex County Laundry, Ltd, Unit 1 Beaver Centre Selinas Lane Dagenham.....	(020) 8593 7243	Fairways Newsagent, Nwsagt, 13 Chapel Road Ilford .....	(020) 8553 4279
FAX .....	(020) 8594 0786	Essex & East London Accountants, Ltd, 71 Mayfield Road Dagenham .....	(020) 3336 7176	Faisl Mortgages, 58 Ilford La Ilford .....	(020) 8227 1722
Elim Pentecostal Churches, Barking Elim Christian Cntr 93 Axe St.....	(020) 8591 2323	Essex Electrical Supplies, Ltd, Elec Whslr,Supps, 682 Green La Ilford.....	(020) 8590 4443	Faisal Takeaway, 157 Strone Road London .....	(020) 3601 9513
Elimwells, Ltd, 454 LODGE AVENUE DAGENHAM .....	(020) 8592 5195	FAX .....	(020) 8599 7102	Fam Tech, Regaltech Ltd, Unit B7 Chadwell Heath Industrial Park Kemp Road .....	(020) 8617 3340
Elite Cars & Couriers, UK Ltd, 234A Oxlow La Dagenham .....	(020) 8596 5858	Essex Glass, Ltd, Glazing Contr, 1181 High Rd Romford.....	(020) 8597 0052	Famcc, Ltd, 38 St. Albans Avenue London .....	(020) 7998 4796
Or .....	(020) 8596 5888	Essex Motorcars, Ltd, 9 Wangey Road Romford .....	(01708) 922187		
Or .....	(020) 8596 5999				
Or .....	(020) 8596 9994				
Elite Concepts, Ltd, Whsle Ret, Pacific Whf Hertford Rd Barking .....	(020) 8507 3395				
Elizabeth Pride Restoration, Ltd, Containerbase Barking Box La Renwick Rd Barking.....	(020) 8592 7576				

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Famous Fruit And Veg, Post Office 4-5 Tudor Parade High Road Romford .....(020) 8599 5835	Food Bazar, Ltd, Unit 2 Beckton Retail Park Alpine Way E6 .....(020) 7476 1344 Or .....(020) 7476 1763	Galaxy Cars London, Ltd, 4 Arden Cres Dagenham .....(020) 8517 5757
Fancy Interiors, 19 Woodgrange Road Forest Gate .....(020) 7062 9966	Food Containers Manufacturing, UK Ltd, Unit 4 Pacific Whf Hertford Rd Barking .....(020) 8594 2266	Galleons Point Management, Ltd, 6 Hartlepool Ct E16 .....(020) 7511 8585
Fans & Spares, Ltd, Unit 1 Midas Business Centre Wantz Road Dagenham .....(020) 8595 5226	Food Stick Shop, Food Shop, 18 Marston Av Dagenham .....(020) 8596 9096	Gallery Of Glamour, Ltd, Jwly, 202 Green St E7 .....(020) 8552 0600
Faron Grant Associates, Ltd, 316 Romford Rd E7 .....(020) 8522 0001	Food & Wine, Green Lane Ilford .....(020) 8590 8549	Gallions Approach MGMT, Ltd, Drift Ct 1 Basin App E16 .....(020) 7474 2986 Lift Fathom Ct 2 Basin App E16 .....(020) 7474 5514
Fashion Stop, 138 High Street North E6 .....(020) 8552 3200	For Your Ice Only, Chadwell Hth Indust Pk Kemp Rd Dagenham .....(020) 8590 1010	Gallions Housing Association, Ltd, 28 Parkside Ct 15 Booth Rd E16 .....(020) 7476 5197
Fast Link, 97 Ilford La Ilford .....(020) 8553 2225	Forefront Contracting, Yard 2 Choats Rd Dagenham .....(020) 8952 4441	Gallions Point Marina Limited, Marketing Pr Advertising, Gate 14 Basin South E16 .....(020) 7476 7054
Fastlane Styling Europe, Ltd, 895 High Rd Romford .....(020) 8599 5558	Foreign & Commonwealth Office, Forest Hydraulics, Unit 19 Greenshield Indust Est Bradfield Rd E16 .....(020) 7474 5738 Unit 19 Greenshield Indust Est Bradfield Rd E16 .....(020) 7511 6606 Or .....(020) 7511 6606	Gallions Point Marina, Ltd, Wholesale Retail, Gate 14 Basin South E16 .....(020) 7474 7056
Fastrax Cargo, Shipping, 4 Creek Road Barking .....(020) 8507 9364	Fortune Inn, 14 London Road Barking .....(020) 8594 3311	Gallions Reach Shopping Park, Unit 18a Gallions Reach Shopping Pk 3 Armada Wy E6 .....(020) 7473 8160
Fateh, Dr, M, 2 First Av Dagenham .....(020) 8592 4082	Fortune Stream, Ltd, 27 Pier Road Victoria Docks London .....(020) 8143 2532	Gamestation, Ltd, Barking 66 East Street Barking Calls cost up to 10 pence per minute plus network extras (0871) 5940088
Fb London, Unit 13 123, Dagenham Business Park Rainham Road North Dagenham .....(020) 3560 5781 Or .....(020) 3560 5782	Fountain Of Living Water,The, Ronac House Selinas Lane Dagenham .....(020) 8593 4888	Gandhi Oriental Foods, Ltd, Rima Ho Ripple Rd Barking .....(020) 8593 2286
Felgrace, Ltd, Unit 5 33 River Road Business Park Barking .....(020) 8594 1421	Four, Bros Ltd, 52 Station Road Chadwell Heath .....(020) 8597 8100	640 Ripple Road Barking .....(020) 7537 6001 Or .....(020) 8593 6071 Or .....(020) 8984 8367
Felix & Melania, Ltd, 3 Town Quay Wharf,Abbey Road Barking .....(020) 3887 0055	Four Star Second Ig1, Ltd, Four Star Second, 292 Ilford Lane Ilford .....(020) 8911 8714	Gandhi Wine Suppliers, Ltd, Unit 22-23 The I O Centre River Road Barking .....(020) 8591 9001 FAX .....(020) 8507 8484
Fenner Fluid Power, Unit 7 Thames Gateway Choats Rd Dagenham .....(020) 8526 7100	Foxton Homes, 369 Green La Ilford .....(020) 8599 0061	Gardees, 40 Whalebone Lane South Dagenham .....(020) 8984 8994
Ferozi London, Ltd, Unit 21-23 East Shopping Centre 232-236 Green Street London .....(020) 3876 7522	FP Associates, Ltd, 36A Goodmayes Rd Ilford .....(020) 8586 1846	Garment Processing Complex, Ltd, Portland Commercial Est Ripple Rd Barking .....(020) 8517 9234
Ferraris Piston, Ltd, The Lo Cntr River Rd Barking .....(020) 8477 4560	Freah Juice Junction Ltd, 96 Ilford Lane Ilford .....(020) 3662 0391	Garret Uk 3 New Ltd Eeh Ventures, Ltd, 3 Caxton Place Roden Street Ilford .....(020) 8911 7012
Ff, Fff, 245 Oxlow La Dagenham .....(020) 8595 2527	Fred Michael, Accounting Services, 216 High Road Romford .....(020) 8590 5055	Garrod Beckett, & Co, Unit 10 Town Qy Whf, Abbey Rd Barking .....(020) 8591 2391
Fight For Peace, Fight For Peace Academy Woodman Street E16 .....(020) 7476 5785	Free Trade Beers & Minerals, Ltd, 227 Gascoigne Rd Barking .....(020) 8477 4650	Gascoigne Community Hall, 124 St. Annes Barking .....(020) 8591 4065
FIRE, In Emergency dial 999 and ask the operator for Fire	Freechariot, Ltd, Thames Gateway Technology Cntr 4 University Wy E16 .....(020) 8223 7796	Gateway Cars, Taxi, 1A Farr Avenue Barking .....(020) 8591 7000
First Choice Consults, 61a East Street Barking .....(020) 7998 1513	Freedman Fabrics T/As Alf Onnie, 176 High Street North E6 .....(020) 8470 0823	Gazemaze, Ltd, 1 Edgefield Court Edgefield Avenue Barking .....(020) 8507 0530
First Choice Furniture, Ltd, 19 Ripple Road Vicarage Field .....(020) 8591 9228	Freemont Property Managers, (Golding Cour, 30 Golding Court Riverdene Road Ilford .....(020) 8478 4269	Geoconcert Cleaners, 726 Green Lane Dagenham .....(020) 8598 1238
First Choice Handicraft, Handicraft Desc, Unit 4 713 Green Lane Dagenham .....(020) 8590 0900	Freight Movers International, Ltd, 154 Rainham Rd Rainham .....(01708) 630448	Geetas Childrenwear, 261 Green Street Forest Gate London .....(020) 8552 4873
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	Fresh And Exotic, 96 High Road Romford .....(020) 8109 4974	Geetu International, Ltd, 254 Green St E7 .....(020) 8472 0303
First Transport Services, Ltd, 33 Thames Rd Barking .....(020) 8507 2020	Fresh Halal Meat, 394 Green La Ilford .....(020) 8598 2727	Gemini Container Hire, 37 River Road Barking .....(020) 8594 3673
Fisk Fire Protection, 140 Ashburton Av Ilford .....(020) 8983 8999	Fresh Water Filter, Co Ltd, Water Filtration, FAX 895 High Rd Chadwell Hth Romford, Essex .....(0870) 4423639	Gemini Direct, Pte Hire, 54 Station Rd Chadwell Hth .....(020) 8517 9000 Or .....(020) 8592 9000
Fiteasy Services, Ltd, 72 River Rd Barking .....(020) 8591 0588	Freshco Foods, Ltd, 41 High Road Romford .....(020) 8503 8040	Generation Hire & Sale, Unit 1 Kierbeck Business Centre North Woolwich Rd E16 .....(020) 7473 6056
Fitted Carpet, Co Ltd,The, 52 Whalebone La 5th Dagenham .....(020) 8517 8334 FAX .....(020) 8517 8337	Ft Foods Ltd Ta Kfc, 1015 High Road Romford .....(020) 7018 2996	George Carey C Of E Primary School, Rivergate Cntr Minter Rd Barking .....(020) 8270 4040
Five Elms Dry Cleaners, 277 Wood Lane Dagenham .....(020) 8592 1128	Fts Recruitment Solutions, Ltd, Recrutm, 145 Rainham Road Rainham .....(01708) 564656	George's Fish Bar, Fish & Chips, 837 Longbridge Rd Dagenham .....(020) 8599 3030
Five Elms Medical Practice, Five Elms Road Dagenham .....(020) 8517 1175	Fts Recruitment Solutions, Ltd, Recrutm, 145 Rainham Road Rainham Road Rainham .....(01708) 912593	Georgiy Radov Mot Center, Unit 1 Ingley Works River Road Barking .....(020) 8591 7427
Five Star Trimming, 497 Katherine Road E7 .....(020) 8503 5687	G.B Waste Disposal, Ltd, 40 River Road Barking .....(020) 8594 3625	Getir Uk, Ltd, 15 Manchester Way Heathway Industrial Estate .....(020) 3784 0338
Fiza & Co London, Ltd, Unit 29 77-87 River Road Barking .....(020) 8591 7555	G & C Kitchens & Bedrooms, Unit 11 Midas Industrial Estate Wantz Road Dagenham .....(020) 8592 1923	Ghetia, Ltd, Unit 4 Davenport Centre Renwick Road Barking .....(020) 8595 8417
Flavaz Candy & Vape, 334-34 Romford Road Forest Gate London .....(020) 3859 6948	G & G Powder Coatings, Ltd, Unit 3 Rippleside Commercial Estate Ripple Road Barking .....(020) 8592 4555	Ghir Pharmacy, Pharmacy, 428 Barking Rd E6 .....(020) 8470 3716
Fleetway Cars, Taxis & Mini-Cabs, Round Ho Porters Av Dagenham .....(020) 8595 4131 54 Station Rd Chadwell Hth .....(020) 8592 7777	G Look Fashion, Ltd, 53b North Woolwich Road London .....(020) 3795 8443	Ghir Pharmacy Ltd, Barking Road London .....(020) 8472 5207
Fleetway Express, 54 Station Rd Chadwell Hth .....(020) 8595 4444	G Master Traders Ltd Adys Garage, Unit 4e Henley Road London .....(020) 8616 1260	Ghost Hair Academy, 7 East Road Romford .....(020) 8590 4938
Flight Bookings, Dagenham Travel 2-4 Reede Road Dagenham .....(020) 8517 5353	G M S, 167 Ilford La Ilford .....(020) 8478 1486 Or .....(020) 8478 2404	Giant Booker, Ltd, 5 Hillcroft Road E6 .....(020) 7540 9344
Floglass Limited, 121 Becontree Avenue Dagenham .....(020) 8597 7078	G N Electrical, 416 Katherine Road E7 .....(020) 8471 3575	Gill Aggregates, Ltd, Choats Rd Dagenham .....(020) 8593 8226 Or .....(020) 8595 6846
Floorville, Ltd, Unit 27A Gallions Reach Shopping Park Armada Way East Ham London .....(020) 3093 3085	G & R Auto Repairs, Ltd, 14-15 Barking Industrial Park Alfreds Way Barking .....(020) 8594 1396	Gill Shop Fronts, Unit 6 Cromwell Centre 32 Thames Road Barking .....(020) 8591 3900
Flower Box,The, 157 Becontree Av Dagenham .....(020) 8598 2890	G S R Self Storage, Gsr Self Storage Chequers Lane Dagenham .....(020) 8984 4555	Gills Grill & Bar, 43 Goodmayes Rd Ilford .....(020) 8597 8154
Flower Fusions, Florist, 16 Angelica Dr London .....(0844) 4113317	G & S Tyre Services, Ltd, Retail Kingsbridge Rd Barking .....(020) 8477 8377 Retail FAX .....(020) 8477 8370 Commercial FAX .....(020) 8477 8388 Commercial .....(020) 8477 8388	Giotech, Ltd, Bryson Ho Church Elm La Dagenham .....(020) 8593 1212
Flowtech Exhausts, Chadwell Hth Indust Pk Kemp Rd Dagenham .....(020) 8586 1717	Gables Surgery, 50 Markyate Road Dagenham .....(020) 3667 5410	Gjarat Junction, Exdir, 375 Katherine Road London .....(020) 3305 7841
Focus Findings Uk, 116 Church Elm Lane Dagenham .....(020) 3489 3373	Gadget Dagenham, Ltd, 249 Heathway Dagenham .....(020) 8517 1722	GL RM10, Ltd, Takeaway, 215 Reede Road Dagenham .....(020) 8592 1426
Folkestone Nursing Home, Ltd, Nursing Home 25 Folkestone Road E6 .....(020) 8548 4310	Gadstoe, Ltd, Gadct 102-104 High Road Romford .....(020) 8597 3754	Glamour Hair & Beauty, Glamour Hair & Beauty, Plr, 833 Longbridge Road Dagenham .....(020) 8597 6325
Fonelfix Point Rainham, Ltd, 131 Mungo Park Road Rainham .....(01708) 986773	Gafor Pure Halal, (Retail) Ltd, 134 Green Street E7 .....(020) 8552 2795	Glass & General Maintenance, Unit 4 Manchester Way Heathway Industrial Estate Dagenham .....(020) 8595 3646 Or .....(020) 8596 4430
Foneline, Tele Answering Machs, 30 High Rd Romford .....(020) 8597 7302	Gah Shing,	Glass Shop, Ltd,The,
Food And Wine 731, 731 Green Lane Dagenham .....(020) 8590 4059		



429 Becontree Avenue Dagenham.....	(020) 7307 5619	Grange37, Ltd,	921a Green Lane Dagenham.....	(020) 8062 0837
Or .....	(020) 8599 9957	A 37 Woodgrange Road Forest Gate London .....	Hair Ornaments, UK Ltd,	
FAX .....	(020) 8220 3953	Grannel Steel, Ltd,	Unit E 10 Thames Rd Barking .....	(020) 8591 0555
Glazed Structures, Ltd,		31A River Road Barking .....	Hair & Surf Lounge, Ltd,	
Unit 5 Thames Ho Longreach Rd Barking .....	(020) 8591 3322	Gravesend & North Kent Hospital,	441 Porters Avenue Dagenham .....	(020) 3638 6507
Gle Property Developments Ltd,		Bath St Gravesend.....	Hales Contracting,	
Unit 20, Dagenham Business Park, 123 Rainham Road North		Grayfield Solicitors,	263 Rainham Road Rainham.....	(01708) 505233
Dagenham .....	(020) 7998 7623	224 High Rd Romford.....	Halfords, Ltd,	
Glenny, Chrtd Survvrs, Est Agt,		Grayfields Solicitors,	Chadwell Heath	
(Head Off Comm, Indust & Profssnl) 56 Longridge Rd Barking	(020) 8591 6671	Grayfield Solicitors 148 High Road Romford .....	Superstore	
Glenny, Up,		Grayfields Solicitors,	1015 High Rd Romford .....	(020) 8590 2040
Roding House 2 Cambridge Road Barking .....	(020) 8507 3932	224 High Road Romford.....	Dagenham	
Glitters, (London) Ltd,		Great Fleete Management 2, Ltd,	Superstore	
238 Green Street E7 .....	(020) 8586 2785	Bellingham Court Wanderer Drive Barking.....	Unit 2, Merriellands Retail Pk Merriellands Cres	
Glitz N Glamour Hair & Beauty, Wholesale Retail,		Green Fresh Fruit And Vegetable, Ltd,	Dagenham .....	(020) 8592 2163
32 33 Faircross Parade Longbridge Road Barking .....	(020) 8594 5619	9 High Road Romford .....	Abbey Retail Pk London Rd .....	(020) 8594 1046
Global Allianz, (UK) Ltd,		Green Lane Surgery,	Halifax,	
Unit 213 Barking Enterprise Cntr, 50 Cambridge Rd		872 Green Lane Dagenham .....	Current Accounts .....	(03457) 203040
Barking.....	(020) 8507 3222	Green Spice, Green Spice,	Branches	
Global Book Marketing, Ltd,		149 Green Street E7 .....	Barking 3 Ripple Rd .....	(020) 8258 0430
Unit 1 Heath Park Industrial Estate Freshwater Road		Green Street Exchange, Ltd,	Dagenham 226 Heathway.....	(020) 8210 9902
Dagenham .....	(020) 8590 9700	181 Rear Shop Green Street Forest Gate London .....	East Ham 100/102 High St Nth E6 .....	(020) 8210 9806
Global Engines & Gearbox, Ltd,		Green Street Travel & Finance, Ltd,	Hall Engineering,	
Unit 4 Davenport Centre Renwick Road Barking .....	(020) 8517 9777	37 Green St E7 .....	Unit 4h Freshwharf Highbridge Rd Barking.....	(020) 8507 7824
Global - Investment Ukay, Ltd,		Greenland Food & Wine,	Hambro Countrywide Estate Agents (FS), Ltd,	
54 Ripple Road Barking.....	(020) 8591 3111	786 Green Lane Dagenham .....	Barking	
Globalbug, Ltd,		Greenshields Jcb, Ltd,	74 Station Pde .....	(020) 8594 5628
Unit L1 Chadwell Heath Industrial Estate Kemp Road		Unit 1 Muirhead Quay Freshwharf Highbridge Road	East Ham	
Dagenham .....	(020) 8599 4745	Barking .....	204 High St North E6 .....	(020) 8472 1464
Gloria Stone,		Greggs The Bakers,	Hamilton, & Co,	
Shrewsbury Road London.....	(020) 8472 5503	15 Chapel Rd Ilford.....	128 Ilford Lane Ilford .....	(020) 8514 6654
Glyn Hopkin (Fiat ), Ltd,		792 Green La Dagenham.....	Hamilton Construction, (Essex) Ltd,	
288 High Rd Romford.....	(020) 8983 8588	Gridline Flooring,	Unit 7-8 Dagenham Business Park 123 Rainham Road North	
Gm Brothers, (UK) Ltd,		Bankside Park Industrial Estate Unit 4 Thames Road	Dagenham .....	(020) 4568 6519
178 Green Street E7 .....	(020) 8470 8090	Barking .....	Hamilton Leigh Estates, (UK) Ltd, Sales & Lettings,	
Go Signs, Ltd,		Griller,	2 Bennetts Castle Lane Dagenham.....	(020) 8597 6555
26 Chapel Road Ilford.....	(020) 3410 7569	41 Station Parade Barking.....	Hanbury Court Nursing Home,	
Go-Ahead Group, The,		Grizzly's Canning Town, Ltd,	Hanbury Court Dagmar Road Dagenham .....	(020) 8593 8000
Factory Rd E16 .....	(020) 7474 4926	272 Westrow Drive Barking .....	Hanif Properties, Ltd,	
Or .....	(020) 7474 6327	272 Westrow Drive Barking .....	6-8 Creek Road Barking .....	(020) 8594 4270
Goddard Veterinary Group,		Grosvener Investigation, Ltd, Private Investigation,	Hanover Housing Association,	
115 Longbridge Rd Barking.....	(0871) 9783655	110 Chadwell Heath la Romford .....	Harp House 16 Helmore Road Barking .....	(020) 8507 0414
Goddiva, Ltd,		Grosvenor Road Surgery,	Hanson Aggregates,	
C G House 107B Chadwell Heath Lane Romford .....	(020) 8599 5544	1 Grosvenor Road Dagenham .....	Office, Depot, Asphalt Plant & Premix Plant	
Gold-Diamond, Ltd,		Grove Primary School, School,	Chequers La Dagenham .....	(020) 8984 1900
4 St. Stephens Pde Gn St E7 .....	(020) 8552 5718	Grove Prim School Chadwell Heath Lane Romford .....	Hapag-Lloyd,	
Golden Dragon,		Growing Communities Starters Farm,	Barking Enterprise Centre 50 Cambridge Road	
202 Ripple Road Barking.....	(020) 8594 1796	Portacabin Central Park Nurseries Rainham Road North	Barking .....	(020) 8507 4000
Golden Oven, Bkry,		Dagenham .....	Happy House, Takeaway,	
555 Barking Rd E6 .....	(020) 8586 6557	Gs Innovative Technology, Mobile Acces,	226 High Road Romford .....	(020) 8590 4905
Gold's Gym, Health & Fitness Club,		248 Heathway Dagenham .....	Harding Brothers, Electrical Ltd, Contrs,	
Becon Ho Rainham Rd Sth Dagenham .....	(020) 8593 5000	GSF Car Parts (Chadwell),	50 Kenneth Rd Romford.....	(020) 8597 5694
FAX .....	(020) 8593 4000	230 High Rd Romford .....	Harding Skip Hir,	
Gondrand, UK,		Fax 230 High Road Romford.....	Beaver Centre Selinas Lane Dagenham.....	(020) 8984 0833
Unit 5 Thames Gateway Pk Choats Rd Dagenham .....	(020) 8526 8750	Guard Force Security, Ltd,	Hari & Sri Stores, Ltd, Wholesale Retail,	
Good Friend, Chinese Take Away,		Granary Ct High Rd Chadwell Hth .....	2 Beadles Parade Rainham Road South Dagenham.....	(020) 8592 9351
31 Goresbrook Road Dagenham .....	(020) 8517 1832	Guardian Care Services, Ltd,	Harman House Counselling Centre Counselling Service,	
Good News,		Holmwood Road Ilford.....	341 Valence Avenue Dagenham .....	(020) 8597 7686
424 Barking Road E6 .....	(020) 8472 0594	Guardian Security,	Harmony House, Adult Education & Child Care Cntr,	
Good & Ready Locksmiths, Locksmiths, 24 Hour, Emergency Auto		Unit D1 Chadwell Heath Industrial Park Kemp Road	Gen Enqs Sacred Heart Convent Goresbrook Rd Dagenham ..	(020) 8526 8200
Locksmith,		Dagenham .....	FAX .....	(020) 8526 8210
Abbotsford Rd Ilford .....	(0845) 1647426	Gulluoglu, UK Ltd,	Harmony House,	
Good Vibes Coffee Shop Ltd,		FAX .....	Harmony House Baden Powell Close Dagenham .....	(020) 3802 3609
Unit 2 Montague House, 527 Green Lane Ilford .....	(020) 8306 5158	Guls Couture Bridal Studio Ltd 2,	Harmony House,	
Goodcare Dusks, Pharmacy,		95A Ilford Lane Ilford.....	Castle Green Gale Street Dagenham.....	(020) 3538 6078
279 Heathway Dagenham .....	(020) 8595 7651	Guls Traders,	Harmony House,	
Goodins Enterprises, Ltd,		2A Westbury Rd E7 .....	Childrens Centre Gale Street Dagenham.....	(020) 8517 7263
111 Mungo Park Road Rainham.....	(01708) 526144	Gunvor, UK Ltd,	Harmony House Dagenham, Harmony House Dagenham,	
Goodmayes,		26 North Woolwich Road E16 .....	Harmony House Sacred Heart Convent Baden Powell Close	
616 Green Lane Ilford .....	(020) 8590 1882	GW Commercial Equipment, Ltd,	Dagenham .....	(020) 8517 2880
Goodmayes Baptist Church,		Dagenham Business Park 123 Rainham Road North	Harris & Khalid, Ltd, Convenience Store,	
Goodmayes Baptist Church Kinfauns Road Ilford .....	(020) 8599 5827	Dagenham .....	100 Wood Lane Dagenham .....	(020) 8592 0884
Goodmayes Fish & Chip, Co Ltd,		H & A Mandate, Ltd,	Harrison Catering Services,	
43 Goodmayes Road Ilford .....	(020) 8599 3448	221 Reede Road Dagenham.....	School Kitchen Loxford School Of Science & Technology Loxford Lane	
Goodmayes Food And Wine Stall,		H & E Boutique,	Ilford .....	(020) 8478 5616
22 Goodmayes Road Ilford .....	(020) 3015 2889	21 East Street Barking .....	Hassan, Bros Ltd,	
Goodmayes Medical Centre,		H.G Rent, & Co (Highbury) Ltd,	23 Chester Road London .....	(020) 8471 6458
595 Green Lane Ilford .....	(020) 3668 7499	Old Essex Works Maybells Commercial Estate Ripple Rd	Havering Engineering,	
Or .....	(020) 8597 7940	Barking .....	Unit 3 Midas Business Centre Wantz Road	
Goodmayes Motor Centre,		H & Q Cafe Shop, Ltd,	Dagenham .....	(020) 8517 5260
670 Green La Goodmayes.....	(020) 8590 2748	242 Bennetts Castle Lane Dagenham .....	Or .....	(020) 8517 5296
Goodmayes News,		H R S Electricals, Elec,	Havering, London Borough of,	
Goodmayes Road Ilford, Essex.....	(020) 8597 3210	446 Green Lane Ilford.....	Further Education	
Goodmayes Primary School,		H.R.S Enterprise,	Brittons Centre Ford La Rainham .....	(01708) 524791
Castleton Road Ilford .....	(020) 8590 5810	25 Rutland Road London .....	Parks & Playing Fields	
Goodmayes Green Lane Post Office,		H & S Builders Merchants,	Hornchurch Country Park Albyns Fm South End Rd Rainham .....	(01708) 554451
612 Green Lane Ilford .....	(020) 8590 2325	352 Katherine Rd E7 .....	HBS Professionals, Ltd,	
Gordon Care,		H S Practice,	66 Nicholas Road Dagenham .....	(020) 8526 7989
Heron House, First Floor Office 17 Heigham Road		Broad Street Resource Centre Morland Road	HD Construction Builders, Ltd,	
London .....	(020) 3489 2260	Dagenham .....	193 Becontree Avenue Dagenham .....	(020) 8599 9321
GOVERNMENT OFFICE FOR THE EAST OF ENGLAND,		H S P Screenprinters, Ltd,	Head Office Cleaning Services,	
Eastbrook Shaftesbury Rd Cambridge .....	(01223) 372500	Essex House Rainham Road South Dagenham .....	465 Rainham Rd Sth Dagenham .....	(020) 8592 3500
Grace To Grace International,		H & T Pawnbrokers,	Or .....	(020) 8593 7349
Redif House Wantz Road Dagenham.....	(020) 8593 3700	Barking 27 East St.....	Heana Limited,	
Grafton Group, Plc,		299 Heathway Dagenham .....	87A-87b High Street South London.....	(020) 3380 7520
Main Davenport Centre Renwick Road Barking .....	(020) 8592 6653	Hafez, Shafique,	Heartwood Residential,	
Gamma's, Ltd,		377 Katherine Road London .....	8 St. Chads Road Romford.....	(020) 3441 6876
Po Box 218 E6 .....	(020) 8470 8751	Hague, L,		
		116 Napier Road E6.....		
		Hair Bless, Unisex Hair Salon,		

Heath Pie Shop, Pie Shop, Accommodation Above 696 Becontree Avenue Dagenham.....	(020) 8592 1091	Home Essential Discount, Ltd, Hsbc 21-23 Ripple Road Barking .....	(020) 8591 2675	28a Goresbrook Road Dagenham .....	(020) 3384 7009
Heathpace, Ltd, 23 Station Rd Chadwell Heath .....	(020) 8599 2244	Home Of Sausages, Ltd, Unit 15 Ripplside Commercial Estate Ripple Road Barking .....	(020) 8984 9610	I Media Box, 28 Vine Gardens Ilford.....	(020) 8478 1021
Heathway Cash & Carry, Downstairs 237 Heathway Dagenham.....	(020) 8595 4747	Home Of Sewing, 4-6 Chapel Road Ilford.....	(020) 8514 7552	I Smart Tech Ltd, Mobile Shop, The Kiosk 64 High Street North E6.....	(020) 3441 4180
Heathway Dental Practice, The, 276a Heathway Dagenham.....	(020) 8592 5030	Home Solutions, Inc Ltd, 676 Green La Ilford .....	(020) 8510 1420	I.T. Competitor, Ltd Ltd, Computer Equipment, 237A Ilford Lane Ilford .....	(020) 8553 2081
Heathway Eyecare, 295 Heathway Dagenham.....	(020) 8592 2309	Home Tiles, Ltd, Bridge Ho150 London Rd Barking .....	(020) 8594 0510	Ian Howard Schoolwear, 409 Barking Road E6 .....	(020) 8472 1729
Heathway Post Office, 28 The Mall Heathway Dagenham.....	(020) 8595 4870	Home Travels Ltd, Ilford Lane Ilford.....	(020) 8478 8840	Ibm Painting, Radial House 3 Ripple Road Barking.....	(020) 3620 8479
Heating Pro, Limited Company, Heating, 19 Dorset Road London.....	(020) 3837 4944	Home Travels, Ltd, 46 Ilford La Ilford .....	(020) 8911 6194	Ibrainers, Rear Of 229 Green Street London .....	(020) 3737 3281
Heaven House London Ltd, 378 Ilford Lane Ilford .....	(020) 3560 6134	Homebridge Care Group, 25 Cowbridge Lane Barking.....	(020) 3632 2581	IBZ Motorz, Ltd, 927 High Road Romford .....	(01708) 592027
Hedgemans Medical Centre, 92 Hedgemans Road Dagenham.....	(020) 8252 5965	Homebridge Care Group, 8 Fanshawe Avenue Barking .....	(020) 3581 4094	Icare, Unit 9 Town Quay Wharf Abbey Road Barking .....	(020) 3689 0302
Help-Me London, Ltd, 529 Katherine Road E7 .....	(020) 8552 3238	Homebridge Care Group, 132 Glenny Road Barking .....	(020) 3645 3962	Iceland Foods, Ltd, Unit 2 Grove Farm Retail Park High Road Romford .....	(020) 8597 2984
Herald Plastic, Ltd, Unit B, Anglian Indust Est Atcost Rd Barking.....	(020) 8507 7900	Honey Off Licence, Off License, 565C Longbridge Road Barking .....	(020) 8599 1573	Iceland Frozen Foods, PLC, Branches Barking 34 East St .....	(020) 8594 3030
Herbalex, Ltd, 39 Cornshaw Rd Chadwell Heath.....	(0800) 0852630	Homeywell Group, Frank, Estuary House Ballards Road.....	(0844) 8026386	Icon Traders London, Ltd, 20-22 High Road Romford .....	(01708) 594027
Herbmedic Centre, Ltd, 21 Station Pde Barking.....	(020) 8591 6288	Honourin Care, 111 Hedgemans Road Dagenham .....	(020) 4537 3436	Icube Dalpro Ltd, Unit 317 50, Barking Enterprise Centre Cambridge Road Barking .....	(020) 3015 9544
Heritage Care, 5 Horse Leaze London .....	(020) 7473 2391	Hoo Hing, Ltd, Freshwater Rd Chadwell Hth.....	(020) 8548 3636	Or.....	(020) 3015 9545
Heritage Care, 1b Vale Rd E7.....	(020) 8471 8624	Hope Baptist Chapel, 5 Stafford Road E7 .....	(020) 8472 5723	Ideal Shoe Repairs, Shoe Repairs, 62 Ilford Lane Ilford.....	(020) 8553 5193
Heritage Steel, Rediff Indust Est Dagenham.....	(020) 8984 0084	Hope Family Trust, Unit 1 Beaver Centre Selinas Lane Dagenham .....	(020) 8617 0660	Ibrahim, & Co, Solrs, 468 Ilford Lane Ilford.....	(020) 8911 9222
Hertz, UK, London City Airport London City Airport E16 .....	(020) 7476 9646	Hospitals, Newham University Hospital Glen Rd E13 .....	(020) 7476 4000	Ilford Building Supplies, 516 Ripple Rd Barking .....	(020) 8507 2604
High End Meats, Ltd, Unit 7 Ripplside Commercial Estate Ripple Road Barking .....	(020) 8593 1708	Hot Shots Hairdressers, Ltd, Unit 27 Vicarage Field Shopping Centre Ripple Road Barking .....	(020) 8594 8891	Eastern Wks Ripple Rd Barking.....	(020) 8591 8089
Highgrove Surgery, Barking Hospital (GP Suite) Upney Lane Barking .....	(020) 3817 4117	Houndean Fire And Safety Ltd, 23 River Road Barking .....	(020) 3720 5767	Ilford Cellular, Ret, Muirhead Qy Freshwharf Highbridge Rd Barking .....	(020) 8591 0707
Highgrove Surgery, Barking Hospital Upney Lane Barking .....	(020) 8507 7941	Or .....	(020) 3720 5768	Ilford Double Glazing Limited, 656 Green Lane Ilford .....	(020) 8599 8833
Hi-Grade Solutions, Plc, 43 Thames Rd Barking .....	(020) 8532 6161	House Clearance, House Clearance, 87 High Street South Barking, London .....	(0845) 2505036	Ilford Garage, 399 Ilford Lane Ilford.....	(020) 8514 7600
Himalaya Halal Meat London, Ltd, Halal Meat Groceries, 3 Green Street,Carlton Terrace London.....	(020) 8586 0545	House Clearance, House Clearance, 393 Katherine Road Forest Gate.....	(0845) 2505037	Ilford Hairdressers, 96 Ilford Lane Ilford.....	(020) 8478 1927
Himalaya Restaurant & Takeaway, Ltd, 9 Carlton Ter Green St E7.....	(020) 8503 5228	House of Commons, Westminster,SW1 .....	(020) 7219 3000	Ilford Lane Surgery, Surgery, The Plough 417 Ilford Lane Ilford.....	(020) 8478 0636
Hipkin, FW, Ltd, Whsle Plmbg Distib, Acorn Ho Coppen Rd Dagenham .....	(020) 8984 1000	Members of Parliament, Please refer to listing under Members of Parliament		Ilford Travel, Ltd, Barwicks 91 Ilford La Ilford .....	(020) 8514 4343
FAX .....	(020) 8984 0101	House Of Education, Education, 10 Meldrum Road Ilford .....	(020) 8599 9294	Ill It Solutions, 1 Tolworth Parade East Road Chadwell Heath .....	(020) 8599 7771
Hira Logistics, Ltd, B R Goods Depot Station Road Chadwell Heath .....	(020) 8586 1345	House Of Food Uk Limited, North 107 Mungo Park Road Rainham .....	(01708) 534084	Imaani London, 93 Ilford Lane Ilford.....	(020) 8478 8558
Hire Tech Solutions, King George V Dk Woolwich Manor Wy E16 .....	(020) 7476 0086	Howdens Joinery Barking, The Invicta Cntr Alfreds Wy Barking.....	(020) 8591 2710	Immediate Help, UK Ltd, 25 Lilechurch Road Dagenham .....	(020) 3903 0995
HKS Dagenham, Ltd, Perry Road Dagenham .....	(020) 8984 1888	Howdens Joinery Dagenham, Heathway Industrial Estate Manchester Way Dagenham .....	(020) 8984 8480	Imperial Carriages, Ltd, 927 High Rd Romford .....	(020) 8599 4662
Ho Ho Chinese Takeaway, Takeaway, 280 Heathway Dagenham.....	(020) 8592 7596	Hoyers, (UK) Ltd, Thames Refinery Factory Rd E16.....	(020) 7540 1279	Imperial Homeware, Balmoral Trdg Est River Rd Barking.....	(020) 8507 7744
Hobomedia, 12/16 Laystall St EC1 .....	(0870) 7325010	Hpsp Grocery And Off Licence, H P S P Grocery 220 High Road Romford.....	(020) 8590 2404	Impressions Worldwide Ltd., Gift Shop, Henley Ct Ilford La Ilford .....	(020) 8514 5731
FAX .....	(0870) 7325011	HSBC Bank, plc, HSBC Business Banking Business Start Ups / Moving to HSBC .....	(0800) 6335610	Inayat Properties, Ltd, 542 Romford Road E7 .....	(020) 8552 7088
Hobomedia.com, 12/16 Laystall St EC1 .....	(0870) 7325010	Hudson Conway, Financial Servs, 32 Westrow Dv Barking .....	(020) 8507 2092	Independent Fleet Care, Ltd, 1 Thames Rd Barking .....	(020) 8591 3499
FAX .....	(0870) 7325011	HUMDUM Restaurant, 15 London Road Barking .....	(020) 8591 7778	Independent Service Centre, Ltd, 150 Park Avenue E6.....	(020) 8548 0952
Hobomedia.com, Ltd, 12/16 Laystall St EC1 .....	(0870) 7325010	Hungerburger Limited, 37 Longbridge Road Barking .....	(020) 8637 5466	Index Business Supplies, Ltd, Unit 1,Dagenham Bsns Pk,123 Rainham Rd Nth Dagenham .....	(020) 8598 9912
FAX .....	(0870) 7325011	Hungerburger, Ltd, 24 Station Pde Barking .....	(020) 8594 1643	FAX 129 Becontree Av Dagenham.....	(020) 8598 8658
Hobomusic, 12/16 Laystall St EC1 .....	(0870) 7325010	Hungrydotltd, 6 South End Road Rainham.....	(01708) 606766	Indian Fusion T/A Novotel Trading, Ltd, Station Road Romford .....	(020) 8599 0203
FAX .....	(0870) 7325011	Hunky Panda, 147 Broad Street Dagenham .....	(020) 3732 5692	Indra Beverages, Ltd, Unit 8 Buzzard Creek Industrial Estate River Road Barking.....	(020) 8594 5930
Hobomusic.com, 12/16 Laystall St EC1 .....	(0870) 7325010	Hunters, Grocery Supps, 100 Wood Lane Dagenham .....	(020) 8592 1474	Indus Valley Business & Financial Services, Ltd, 6 Ravenings Parade Goodmayes Road Ilford.....	(020) 8590 1900
FAX .....	(0870) 7325011	Hunters, Newsagent Grocery, 100 Wood Lane Dagenham.....	(020) 8592 1909	Infinite Success, Ltd, 9 Azalea Close Ilford.....	(020) 4506 0688
Hobomusic.com, Ltd, 12/16 Laystall St EC1 .....	(0870) 7325010	Hunters Biltong, Units 2-3 Lyon Business Park, River Road Barking .....	(020) 8591 8221	Infinity World, Rear Of 1185 High Road Romford .....	(020) 3305 5384
FAX .....	(0870) 7325011	Hunters Contracts, Ltd, Unit A Hindmans Way Dagenham .....	(020) 8517 8995	Initial Hygiene, Eastern App 25 Alfreds Wy Barking.....	(0800) 3134982
Hodge, Margaret, Barking Constituency 102 North St Barking.....	(020) 8594 1333	Huseyin Baba Uk, Cafe, 443 Becontree Avenue Dagenham.....	(020) 8599 6962	22 Eastbury Rd Beckton.....	(0800) 3134982
Holiday Inn Express London - Excel, Htl, 1018 Dockside Rd E16 .....	(020) 7473 0661	Hussain Fabrics, 123 Green St E7 .....	(020) 8548 4601	Inline Removals & Storage, Ltd, Unit 6 Thames Road London .....	(020) 7511 1313
Or .....	(020) 7473 1260	Hussain Fabrics, Fabric Shop, 86 Ilford Lane Ilford .....	(020) 8478 7791	Inprint DSL, Essex House Rainham Road South Dagenham.....	(020) 8517 7139
Holiday Inn Express London Excel, Hotel, Holiday Inn Hotel 1018 Dockside Road E16 .....	(020) 7511 0547	Hydredad Darbar, Rstnt, 60 Green St E7 .....	(020) 8548 8877	Inspirational Investments, Ltd, FAX .....	(020) 8597 1198
Holland And Barrett, Ltd, 49 East Street Barking .....	(020) 8591 8017	I.G.F Networking, 18 Madras Road Ilford, Essex .....	(0870) 3616876	Inspire Dental Dagenham, 228 Oxlow Lane Dagenham .....	(020) 8517 5347
Holland & Barrett, M.Ali, Ltd, Unit 17 Gallions Reach Shopping Park 3 Armada Way London .....	(020) 3538 4592	I G S Services, Ltd, 2 Chadwell Heath La Chadwell Heath .....	(020) 8252 2930	Inspired Produce, Ltd, 16-18 Whalebone Lane South Dagenham.....	(020) 3940 7047
Hollibrook House, Ltd, 20 Monteagle Av Barking.....	(020) 8594 6949	I K Shah, Ltd, Consultancy,		Instant Cars, Ltd, Flat 3 A L M Apartments 1 Park Avenue Barking.....	(020) 8594 4869
Holly's Nails & Beauty, Ltd, 11 High Road Romford .....	(020) 8590 6823			Instant Cars, Mr, Minicab, 96 Longbridge Rd Barking.....	(020) 8507 7724
Home & Auto Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith, New Rd Dagenham .....	(0845) 1647467			Integrated, Bros Ltd, Estuary House 196 Ballards Road Dagenham.....	(020) 8984 8808
Home Counties Care, Ltd, 12 Chapel Road Ilford.....	(020) 8514 6095				

Inter Europe Forwarding Services, Ltd, Unit F, Abbey Whf Kingsbridge Rd Barking.....	(020) 8507 4430	240 Green St E7.....	(020) 8552 2499	Petronne House, 31 Church Street Dagenham.....	(020) 3689 9064
Interiors, Int Plaster Moulding, Creekmouth Industrial Estate 57 River Road Barking.....	(020) 8594 5856	Jerkpit Caribbean Restaurant, Caribbean Rstnt, Rear Of 246 Oxlow Lane Dagenham.....	(020) 8552 2696	Katherine Food And Wine, Katherine Road London.....	(020) 8470 7899
Intertrans, (Cargo Services) Ltd, Barking Logistic Cntr, Barking Freight Terminal Box La Barking.....	(020) 8595 8400	Jerram Falkus, Sebastian Court Meadow Road Barking.....	(020) 8507 8716	Kays Corner Shop, 371 Green Lane Ilford.....	(020) 8599 8883
Investigations Tracing and Sweeping, Private Investigator, 29 Longbridge Road Barking.....	(0844) 7760345	JES Jewellers, Ltd, 212 Green Street Forest Gate.....	(020) 3795 7349	KBA Car Parts, Unit 14 The I O Centre 59-71 River Road Barking.....	(020) 8594 5244
IOC, Ltd, Cleaning, Road, Unit 9 1-3 Lyon Business Park River Road Barking.....	(020) 8507 7655	Jes Tuition, Ltd, 37 Green Street Forest Gate London.....	(020) 4531 9246	Kc Eggs, Distributors Foods, 37 River Road Barking.....	(020) 8507 2822
Ios Kouzina, Bar & Restaurant, 22 Broadway.....	(0800) 2346450	Jessop, J.B, (East Ham) Ltd, Bldrs Mrcnts, 71-75 High St Sth E6.....	(020) 8471 4424	Kebabish Green Lane, Ltd, Takeaway, 23 Rowallen Parade Green Lane Dagenham.....	(020) 8590 5577
Iosa Freight, Ltd, Unit 4 Dagenham Business Park 123 Rainham Road North Dagenham.....	(020) 8592 0920	Or.....	(020) 8472 8790	Kebabish Original Longbridge, Rstnt & Takeaway, 95 Longbridge Road Barking.....	(020) 3638 6116
IRJI, Ltd, 420a Barking Road London.....	(020) 3904 0435	Jewson, Ltd, Bldrs Mrcnts, Dagenham Shafters Rd Dagenham.....	(020) 8595 8793	Keith Barber, 17 Holland Rd E6.....	(020) 8586 7513
Ironing Board,The, 11B Salisbury Av Barking.....	(020) 8507 9891	Dagenham East Station Rainham Road South FAX.....	(020) 8593 5945	Keith Davis Cue Sports Club, Snooker & Pool Club, 497 Gale Street Dagenham.....	(020) 8592 8191
Irwin Fisher, Ltd, Est Agts, Barking 42 Longbridge Rd.....	(020) 8594 5198	Jewson Tool Hire, Ltd, Dagenham East Stn App Rainham Rd Sth Dagenham.....	(020) 8517 5472	Kelway, (UK) Ltd, Building 1000 The Royals Bsns Pk Dockside Rd E16.....	(020) 7055 6000
Isaac Akande, & Co Solicitors, 210 Heathway Dagenham.....	(020) 8593 2992	JG Global Properties, 24 Church St Dagenham.....	(020) 8596 0802	Kenneth Moore, 16 Grimmsby Grove E16.....	(020) 7473 2127
Island Seafood, Ltd, Hindmans Way Unit B Hindmans Way Dagenham.....	(020) 8593 8266	Jighand, Ltd, Thames Rd Indust Est,Thames Rd E16.....	(020) 7473 1400	Kentucky Fried Chicken, (Great Britain) Ltd, 8 Claps Gte La E6.....	(020) 8594 4958
Itech And Hometex, 12 Green Lane Dagenham.....	(020) 3732 2177	Jimmys, 121 Becontree Avenue Dagenham.....	(020) 7998 8848	Kentucky Fried Chicken, Ltd, 31 Woodgrange Road E7.....	(020) 8534 6467
Ivax Fine Chemicals, Albert Basin Royal Docks E16.....	(020) 7540 7030	JJ's Paws, Ltd, 287 Ilford Lane Ilford.....	(020) 3062 3726	Keppler, B.J, Precision,Gen Engng, 133 Gordon Rd Ilford.....	(020) 8514 2408
Ivax Pharmaceuticals, Albert Basin Royal Docks E16.....	(020) 7540 7000	JMR Section Benders, Ltd, Unit 8 Sterling Trading Est Rainham Rd Sth Dagenham.....	(020) 8593 7324	Keyvins Coners, Kitchen Advises, 3-4 Chequers Parade Ripple Road Dagenham.....	(020) 8517 3058
IYLE LIMITED, It Consultancy, 148 Overton Drive.....	(0844) 5005879	FAX.....	(020) 8595 6139	Key Shipping Services, Crown Ho Linton Rd Barking.....	(020) 8709 1322
J And S Management Services, Chief, A, 101 Estuary House 196 Ballards Road Dagenham Essex.....	(020) 8517 3334	John, Dr, A, Physn, 1 King Edwards Rd Barking.....	(020) 8594 2988	Key-We, Ltd, 53 Colne Ho 103 Harts La Barking.....	(0845) 6002463
J B Sweet & Savoury, Takeaway, 372 Romford Road E7.....	(020) 8548 1622	John Hyman House, Residents 36 Goodmayes La Ilford.....	(020) 8598 2179	Keywise Properties, 36 Goodmayes Rd Ilford.....	(020) 8590 1288
J Capital Shopfronts, Ltd, 5 Ajax Wks Hertford Rd Barking.....	(020) 8594 0700	John, Dr, K, Physn, 1 King Edwards Rd Barking.....	(020) 8594 2988	Keywise Properties, Ltd, 36 Goodmayes Rd Ilford.....	(020) 8983 8218
J D Sports, Plc, Barking 2 Ripple Rd.....	(020) 8591 6083	Johns Hair Stylists, Ltd, 256 Rainham Road South Dagenham.....	(020) 8592 1851	KFC, Drive Thru Dagenham Merriellands Cres.....	(020) 8595 8984
Dagenham 2 Heathway.....	(020) 8595 8300	Johnstone Deliveries, Ltd, 19 Johnstone Road Eastham, London.....	(020) 3369 7354	Khalsa Automobile Engineering, Ltd, Car Rprs, Wellington Garage 118 Wellington Road E6.....	(020) 8472 1941
J E P Industrial, Ltd, Oriental Wks 1 Oriental Rd E16.....	(020) 7474 7294	Johnstone's Decorating Centre, Barking Unit 1 Alfred's Wy Indust Est, Alfred's Wy Barking.....	(020) 8594 5736	Khan Super Foods, 396-398 GREEN LANE ILFORD.....	(020) 8597 4934
J & G Electrical Services, Electrical Services, Unit 6 Pollyte Works Wantz Road Dagenham.....	(020) 8595 1782	Joniferon Services, Ltd, 155 Broad Street Dagenham.....	(020) 8595 9110	Khosla, & Co, 412 Katherine Road E7.....	(020) 8548 8899
J H Peters Optometrist, 192 High Road Romford.....	(020) 8143 7628	Jp Ram Shipping Services, Ltd, Unit 1b St. Marks Industrial Estate North Woolwich Road E16.....	(020) 7476 0154	Kiddy Care Nursery, Admiral, Ltd, The Acorn Centre 2B Ashgrove Road Ilford.....	(020) 8599 2481
J I Partridge Opticians, Ltd, Ophthalmic Optcn, 1106 High Road Romford.....	(020) 8590 1762	JPB Restaurants, McDonalds, Restaurant, 41 East Street Barking.....	(020) 8591 6925	Kids World, Kids World, 24 High Street North London.....	(020) 8472 0406
J & J Hargun, Ltd, 201 Green Street Forest Gate London.....	(020) 8471 9562	J5 Surveying Design Services, Ltd, 110 Goodmayes Road Ilford.....	(020) 8597 2827	Kids World, UK Ltd, 24 High Street North E6.....	(020) 8548 0443
J.M.W Architectural Aluminium, Ltd, Unit 34-36 Barking Indstl Park Alfreds Way Barking.....	(020) 8591 5760	Jubilee Shop Fronts & Shutters, Ltd, Unit Z1 Kemp Road Dagenham.....	(020) 3340 2306	Kidsdom Nursery, Ltd, 585 Heathway Dagenham.....	(020) 8143 1421
J P Pan Centre, 142 Ilford Lane Ilford.....	(020) 3490 3641	Judiya Enterprises, Judiya Enterprises Ltd, Ltd, 226 High Street North E6.....	(020) 8552 5034	Kilnbridge Construction, Ltd, York Road Rainham.....	(01708) 521199
J S G Architectural Systems & Hardware, Ltd, Unit 6A Cromwell Centre 32 Thames Road Barking.....	(020) 3196 0229	Julienest Catering Services, Ltd, Tarancauta 15 Broadway Barking.....	(020) 8594 4937	King Chinese, Takeaway, 27 Pier Road E16.....	(020) 7476 1698
Jacks Hackney Locksmiths, Locksmiths, 395 Barking Road East Ham.....	(0843) 5121204	Just Hire Catering Equipment, Ltd, Unit 5, Davenport Cntr Renwick Rd Barking.....	(020) 8595 8877	Kingdom Builders JN, Ltd, 49 Vicarage La E6.....	(020) 8471 6800
Jacobs Solicitors, 451 Barking Rd E6.....	(020) 8821 9222	K 1 Tyres, Ltd, 115 Ilford La Ilford.....	(020) 8514 0600	Kingdom Prayer Tabernacle, Ltd, Beaver Centre Selinas Lane Dagenham.....	(020) 3621 5595
Jalloh Enterprise, Ltd, Shipping & Fund Transfer, General Enquiries.....	(0800) 3280926	K & H Store, 77 Longbridge Road Barking.....	(020) 8507 3184	Kingdom Style Care, Ltd, Unit 12 Abbey Road Barking.....	(020) 3795 8729
Wigham Ho Wakering Rd Barking.....	(020) 8591 5916	K & J Fashions, Ltd, Unit 1 Thames Road E16.....	(020) 7476 9199	Kings Flavour, 32 Whalebone Lane South Dagenham.....	(020) 8593 1514
James Johnson, & Co Ltd, Sterling Works Sterling Industrial Estate Rainham Road South Dagenham.....	(020) 8596 5200	K & S Fried Chicken, 20 Woodward Road Dagenham.....	(020) 8593 7100	Kingsley Hall Church & Community Centre, Ltd, Parsloes Avenue Dagenham.....	(020) 8592 1708
Jamils Barber Shop, Barb Shop, 383 Katherine Road Forest Gate London.....	(020) 3441 3725	K & S Linens, Dry Clnrs, 35 East St Barking.....	(020) 8594 9441	Kingsway Chemist, 214 High Street North E6.....	(020) 8472 1862
Jan'S Jewellers, Unit 4 113 Ilford Lane Ilford.....	(020) 8911 9678	K & S Linens, Dry Clnrs, 1 Station Parade Heathway Dagenham.....	(020) 3730 0753	Kingsway Chemists, 214 High St Nth E6.....	(020) 8472 2135
Jas Beauty, Sal, 113 Ilford La Ilford.....	(020) 8911 9123	K W S Imports, Ltd, 113 River Rd Barking.....	(020) 8591 1004	Kinzo It Consulting, It Conslgt, Flat 28 Yoxford Court Glandford Way Chadwell Heath.....	(020) 8590 3720
Jas Cash & Carry, Ltd, Unit 5 167 Ilford Lane Ilford.....	(020) 3149 1633	Kalyal Associates, Ltd, 357 Katherine Road E7.....	(020) 8552 7188	Kiosk, 64 High Street North East Ham London.....	(020) 8472 4758
Jas Global Services, Ltd, Unit 2 212 Ripple Road Barking.....	(020) 3874 2092	Kamal, Ltd, 703 Green Lane Dagenham.....	(020) 8598 1705	Kip McGrath Education Centre, 159 High Rd Romford.....	(020) 8599 8090
Jasmine Designer, Ltd, Jwlrs, 127 Ilford Lane Ilford.....	(020) 8478 2553	Kamon Chinese Takeaway, 72 Church Street Dagenham.....	(020) 8592 6566	Kitsons Insulation Products, Ltd, Dagenham.....	(020) 8592 6003
Jawwooo Foods Butchery & Grocery, Heathway Dagenham.....	(020) 8593 7262	Kams Kitchen, Ltd, 2 Albert Road London.....	(020) 3941 6947	Knight Fox Estate Agents, 6 Becontree Av Dagenham.....	(020) 8599 9557
Jaymar Freight, Ltd, Logistics, Container Base Box Lane Barking.....	(0843) 8164692	Kana, Salim & Fatimilehin, Dr, GP Surgery, 72-74 Chadwell Heath Lane Chadwell Heath.....	(0844) 4773733	Kobi Maintenance, Ltd, 76 Roding Rd E6.....	(0800) 7836402
Container Base Box Lane Renwick Road Barking.....	(0843) 8164900	Kandiah, Misc, 237 Oxlow Lane Dagenham.....	(020) 8593 5127	Kose, A, Daily Munch 21 Faircross Parade Longbridge Road Barking Essex.....	(020) 8591 4404
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JD Edwards Implementations, Ltd, 77 Caledon Rd London.....	(0800) 1214423	Karagoz, Mir, H, Sen Sauna, 16 Goodmayes Road Ilford.....	(020) 8599 8276	KP Fencing, Ltd, Portacabin Ford Motor Co Ltd Dagenham.....	(020) 8595 7400
JEHOVAH'S WITNESSES, East Ham, Kingdom Hall 65 Napier Rd E6.....	(020) 8552 1697	Karapinra, N, 57 East Street Barking.....	(020) 8507 7166	Krush Global, Ltd, Unit 15 Fresh Wharf Estate Highbridge Road Barking.....	(020) 8594 2417
Jeram Jewellers, Green St		Karishma Silks, Ladies Clothing, 248 Green St E7.....	(020) 8472 6668	Kry-Ba Pharmacy, Kry Ba Pharmacy 21 Goresbrook Road Dagenham.....	(020) 8592 4904
		Kashmir Enterprises, Ltd, Kashmir Halal Meat Perry Rd Dagenham.....	(020) 8517 9222	Krypton Consulting, Ltd,	
		Kastanstory Homecare Services, Ltd,			



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KSD Cafe, Ltd, 78 Wood Lane Dagenham.....	(020) 8592 3031	Ldd Construction Limited, 7 Eastbury Road E6.....	(020) 7511 8757	Lockson Services, Ltd, Unit 1 Heath Pk Indust Est, Freshwater Rd Dagenham.....	(020) 8597 2889
KST, Barking Road East Ham, London.....	(020) 8503 5483	LDF Grill, 762 Green Lane Dagenham.....	(020) 8548 7045	FAX.....	(020) 8597 5265
Kudos Colour Printers, Ltd, Unit 3C Henley Road London.....	(020) 7511 4528	League Of British Muslims, U K, Lift Line Muslim Community Centre Eton Rd Ilford.....	(020) 8514 0706	Logimove Storage Solutions, Ltd, 33 Thames Rd Barking.....	(020) 7511 3355
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Kurtis Estates, Est Agts, 389 Barking Road E6.....	(020) 8552 3366	Learn Tuition Centres, 179 Broad Street Dagenham.....	(020) 8595 4926	Londinium Property Services, Ltd, 400 Romford Rd E7.....	(020) 8471 2211
Kussan 2 Sisters, The Snack Bar 9 Station Parade Heathway.....	(020) 8593 7291	Learning Hub,The, 453A Barking Road E6.....	(020) 8552 6862	Londonis, 286 Becontree Avenue Dagenham.....	(020) 8590 7026
Kw Motors, 5 School Way Dagenham.....	(020) 8599 0802	Lee, A.S. (Glazing) & Co Ltd, Glas Mrcnt,Mirror Fixers, St. Marks Indust Est 439 North Woolwich Rd E16.....	(020) 7473 6300	London Airports Taxi Transfer, Taxis, Market Street London.....	(0871) 2217436
Kwik-Fit, Tyre, Exhaust & Brake, Barking Ripple Road.....	(0870) 9997113	Unit 1d St. Marks Industrial Estate North Woolwich Road E16 FAX.....	(020) 7473 6302	London And Quadrant, Tippett Court 38 Poulett Rd London.....	(020) 8821 0213
Barking Ripple Rd.....	(020) 8594 7719	Legacy Lives, 20b Lamberhurst Road Essex.....	(020) 3397 0471	London Barking, Mr, London Barking, 50 Ripple Road Barking.....	(020) 8594 2714
KWS, (Distribution) Ltd, Unit 2 113 River Rd Barking.....	(020) 8507 8087	Legacy Lives, Ltd, Consultancy, 20b Lamberhurst Road Dagenham.....	(01708) 873883	London Borough Of Newham, New Comms Room Newham Central Depot Folkestone Road E6.....	(020) 8471 2689
FAX.....	(020) 8507 7992	Legend Solicitors, 2 Heigham Road E6.....	(020) 8548 0302	London Borough of Newham Building Control, 328 Barking Rd East.....	(0870) 7656756
Kyles Collection, 100 Green St E7.....	(020) 8586 0204	Leigh, James, Perfumery, First Floor,Unit 31 Vicarage Field Shopping Centre,Ripple Road Barking.....	(020) 8594 1604	London Broast, Takeway, 4 Lodge Avenue Dagenham.....	(020) 8597 3315
L.A. Ellis & Co., Ltd, Freshwater Road Essex Dagenham.....	(020) 3982 8296	Les Clark, Ltd, 79 Wesminster Gardens Barking.....	(020) 3384 7170	London Carton, Co (The), The Recycling Centre Gallions Close Barking.....	(020) 8594 7848
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Or.....	(020) 8594 0605	Leverson Rental Power, Charles St E16.....	(0845) 7697450	London City Bond, Ltd, 91-101 River Rd Barking.....	(020) 8594 0258
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La Dunarea Ltd, 5 Station Road Romford.....	(020) 3302 4987	Liberty Centre Dagenham, 17 Claridge Road Dagenham.....	(020) 3612 5948	London College Of Business, Ltd, Unit 6a,Monteagle Ct Waking Rd Barking.....	(020) 8591 2222
La Kabo Barbers Salon, 425 Barking Road E6.....	(020) 8586 7602	Liberty Centre, Limited, 13 Claridge Road Dagenham.....	(020) 8599 8626	Or.....	(020) 8591 8888
LA Masa, & Co Ltd, The Odeon 2-10 Longbridge Road Barking.....	(020) 8594 9687	Lick'n Chicken, Mr, TVemaleswaran, Ltd, 9 Princess Parade New Rd Dagenham.....	(020) 8595 9888	London Early Years Foundation,The, 1A Farrance Road Romford.....	(020) 8599 1548
La Scala Restaurant, 19A High Rd Romford.....	(020) 8983 8818	Lifeboats - RNLI, see RNLI In EMERGENCY dial 999 and ask for "COASTGUARD" Lifestyle Property Agents, Ltd, EBB Ct 1 Albert Basin Wy E16.....	(020) 7476 5831	London Executive Aviation, Ltd, King George V Dock South E16.....	(020) 7474 3344
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Laburnham Health Centre, Althorne Way Dagenham.....	(020) 8517 0222	Lifting Gear Hire, 74 Roding Road London.....	(020) 7474 6060	London Imports, Unit 8 77-87 Trafalgar Business Centre River Road Barking.....	(020) 8507 2937
Lahori Darbar, Ltd, 62 Ilford Lane Ilford.....	(020) 8911 8800	LILLYWHITE WILLIAMS, & Co, Soirs, Elliott Ho,Cinema Pde Green La Dagenham.....	(020) 8593 7471	London Insurance Services, Ltd, Insurance, 316 Romford Rd E7.....	(0872) 4365644
Laing O Rourke Dagenham, Dagenham Park School School Road Dagenham.....	(020) 8517 3131	Link Financial Services, 316 Romford Rd E7.....	(0800) 7316371	London Mint Office, Harmsworth House, 13-15 Bouverie Street London.....	(0800) 0374321
Lam, K.C, 771 Becontree Avenue Dagenham.....	(020) 8592 8364	Limoland, Enquiries.....	(0800) 3893450	London Pioneer College, Coll, Floor 1St Roding House 2 Cambridge Road Barking.....	(020) 8594 0036
Land & Building Solutions, UNIT 5 33 RIVER ROAD BARKING.....	(020) 8591 3449	Link Shopfitting & Refrigeration, Unit 63 Barking Indust Pk,Alfreds Wy.....	(020) 8591 2110	London Plumbing & Heating Supplies, 531 Barking Rd E6.....	(020) 8470 0555
Land Computer Systems, Ltd, Computer Sales, 1045 High Rd Chadwell Hth.....	(020) 8590 8959	Linkhaven Estates, Ltd, Amanveer House 523 Green Lane Ilford.....	(020) 8599 4922	FAX.....	(020) 8475 0007
Lands Security Services, Ltd, Rippleside Commercial Est Rippleside Commercial Est Ripple Rd Barking.....	(020) 8593 5959	Links Event Solutions, Thames Refinery Factory Road E16.....	(020) 7476 2860	London Plumbing & Heating Supplies, 531 Barking Road E6.....	(020) 8470 1837
Lane Ps Ltd, 204 Longbridge Road Barking.....	(020) 8507 7740	Linnell, Michael, & Co Ltd, New Harbours 75 River Rd Barking.....	(020) 8594 5898	London & Quadrant, Warden Call Flats 1-24 227 Goodmayes Lane Ilford.....	(020) 8597 0599
Langdon Comprehensive School, Sussex Rd E6.....	(020) 8471 2411	Lipa Tandoori, 517 Barking Rd E6.....	(020) 8470 6214	Or.....	(020) 8598 1574
Lanreade (UK), Ltd, Computer Related Activities, 592 Longbridge Road Dagenham, Essex.....	(0845) 2990604	Lipa Tandoori, Ltd, 517 Barking Road E6.....	(020) 8548 0062	London Regatta Centre, Dockside Rd E16.....	(020) 7511 2211
Larauce, Messrs, J, Ltd, 12 Chapel Rd Ilford.....	(020) 3288 0001	Or.....	(020) 8548 8282	London Removal Service, Removals & Storage, 70a Leigh Road East Ham.....	(0871) 4230551
Lark Insurance Broking Group (LIBG), Wigham House Waking Barking.....	(020) 8557 2300	Liquor Mart, 9 Vicarage Lane E6.....	(020) 8821 9920	London Tower Services, Ltd, Unit 16 London Industrial Park Alpine Way E6.....	(020) 7511 2090
Lark Insurance Broking Group, Ltd, Wigham House Waking Road Barking.....	(0843) 8163425	Little Fezza, Ltd, 25 Goresbrook Road Dagenham.....	(020) 8592 9562	London V Trader Ltd, Rippleside Commercial Estate Ripple Road Barking.....	(020) 3609 3521
Laroush Hair & Beauty Salon, 28 High Rd Romford.....	(020) 8590 9550	Little Rascals Pre School, Whybridge Inf School Ford Lane Rainham.....	(01708) 550075	London Wholesale, 73 River Road Barking.....	(020) 8594 7799
Lashious, 26 Heathway Dagenham.....	(020) 3441 7414	Lituanica, Ltd, Food Ret, Unit 4 Beckton Retail Park Alpine Way E6.....	(020) 7473 2619	London Wholesale, (UK) Ltd, Unit 4 Thames Rd Indust Est Thames Rd E16 FAX.....	(020) 7473 0903
Lashious, 4 Ripple Road Barking.....	(020) 7998 9252	Lituanica Retail, Ltd, Unit 4 Beckton Retail Pk Alpine Wy E6.....	(020) 7474 8899	London Who'S Who, Ltd, 6Suite 2 Room 3 Trinity House Clements Court Clements Lane Ilford.....	(020) 8553 4177
Latus, 173 Broad St Dagenham.....	(020) 8517 8401	Lituanica, UK Ltd, 3 Gallions Clo Barking.....	(020) 8591 5599	Long Land Shops Ltd, 296 Heathway Dagenham.....	(020) 3686 0482
Laurel Leaf Homes, Ltd, 362 Romford Road London.....	(020) 8470 4665	Lloyd's Bank, Plc, Personal Customers.....	(03453) 000000	Or.....	(020) 3686 0483
Lawrence & Wishart, Ltd, Unit 1 Heath Park Industrial Estate Freshwater Road Dagenham.....	(020) 8597 0090	Lloyds Bank, Plc, Personal Customers.....	(03453) 000000	Long Lane Bodyshop, Abbey Wharf Industrial Estate Kingsbridge Road Barking.....	(020) 8594 0306
Layla Dry Cleaners, Dry Clnrs, 582 Rainham Rd Sth Dagenham.....	(020) 8595 7810	Lloyds Pharmacy, Dagenham 281a Wood La.....	(020) 8592 1613	Long & Son Trading, Ltd, London Indust Pk Roding Rd E6.....	(020) 7473 1177
Layton Train, 1 Town Quay Wharf Abbey Road Barking.....	(020) 8591 2643	Ilford 2 Brooks Pde Green La.....	(020) 8599 2495	Long Valley Packaging, Ltd, 6 Atcost Rd Barking.....	(020) 8594 0345
Layton Train Certified Accountants, 1 Town Qy Whf, Abbey Rd Barking.....	(020) 8591 8555	L'Madina H Services, 36-38 Station Parade Barking.....	(020) 3490 8387	Longland Shops, Ltd, 295 Heathway Dagenham.....	(020) 8596 0800
FAX.....	(020) 8507 8242	Loa, Ltd, Ticket Agencies, 1 Kempton Road East Ham.....	(0843) 8160097	Look Ahead Housing & Care, 2 Gardiner Clo Dagenham.....	(020) 8592 3616
LBD Tuition Centre, Ltd, 102 North Street Barking.....	(020) 8507 7001	Local Contract Hire & Leasing, Ltd, Barking.....	(020) 8507 0775	144 Longbridge Rd Barking.....	(020) 8594 6510
LBS Securities, Ltd, Sterling Trading Est Rainham Rd Sth Dagenham.....	(020) 8592 4545	Local Locksmith Barking, Ltd, 50 Westbury Road Barking, London.....	(020) 3603 2807	148 Longbridge Rd Barking.....	(020) 8594 7913
Lbs Security Services, Ltd, Sterling Trdg Est Sterling Indust Est R Ainham Rd Sth Dagenham.....	(020) 8517 6655	Local Staff Hire, 540 Rainham Rd Sth Dagenham.....	(020) 8517 9247	28 Vicarage Rd Dagenham.....	(020) 8592 1257
LCM Scrap, Co Ltd, Unit 6 Standard Industrial Estate,Factory Road				Look Ahead Housing & Care, Ltd, 1 Vineries Clo Dagenham.....	(020) 8592 3851

1 Vineries Close Dagenham .....	(020) 8984 9601	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 their position.	Mastaa Care, Chemst, 26 Whalebone Lane South Dagenham .....	(020) 8592 2497	
Look Around Properties, Ltd, Real Estate, 290 Reede Road Dagenham, Essex .....	(020) 3384 6633	McCreddie Hotel, 357 Romford Rd E7 .....	(020) 8555 8528	Master Locksmiths & Security Services, Ltd, 11 Blunden Close Dagenham .....	(020) 8590 7111
Lorbttaylor Ventures, 235 Oxlow Lane Dagenham .....	(020) 8595 3892	McDonald Brown, Ltd, Mobile .....	(07956) 203150	Master Wok, 458 Lodge Avenue Dagenham .....	(020) 8592 8854
Lords Chemist, 35 Station Pde Barking.....	(020) 8594 2332	McDonald Brown, Ltd, 7 Eastbury Rd E6 FAX.....	(020) 7473 1133	Mastercrate, Ltd, Unit 3 The IO Centre 59-71 River Road Barking.....	(020) 8691 6949
FAX .....	(020) 8591 4414	McDonald's Restaurants, Ltd, Restaurants Armada Way E6 .....	(020) 7511 0113	Matagi, Ltd, 14 Herbert Gardens Romford.....	(020) 8590 3001
Lotus General Stores, 357 Ripple Road Barking.....	(020) 3062 4730	Barking 41 East St Barking.....	(020) 8594 1350	Matalan, plc, Beckton Retail Pk Woolwich Manor Way E6.....	(020) 7473 9780
Lounge, (2010) Ltd,The, 14 Becontree Av Dagenham .....	(020) 8590 9923	Beckton Unit 1 Gateway Retail Park 8 Claps Gate Lane E6 (Drive-Thru).....	(020) 8594 9383	Matapan, (Beacon Tree), The Matapan Green Lane Dagenham .....	(020) 8984 0952
Lovell, & Son (Butchers) Ltd, 111 Rainham Rd Rainham .....	(01708) 553921	Dagenham 217 Whalebone La Sth Dagenham (Drive-Thru) .....	(020) 8593 6616	Matapan,The, Green La Dagenham.....	(020) 8596 9641
Loxford School Of Science & Technology, Loxford School Of Science & Technology Loxford Lane Ilford.....	(020) 8514 7754	New Road Dagenham (Drive-Thru).....	(020) 8984 8114	Mather Engineering, Ltd, Mould Tool Mkrs, 73 River Road Barking .....	(020) 8594 1092
Loxford Social, (Non-Political) Club & Institute, 104 South Park Drive Ilford.....	(020) 8598 1850	McGarret Engineering, Ltd, 143 Becontree Av Dagenham .....	(020) 8599 5119	Mathur, Dr, P, Victoria Health Cntr Queen Rd Barking.....	(0870) 4173987
Lr Technic, Ltd, Unit 9 Rippleside Commercial Estate Ripple Road Barking.....	(020) 8984 7396	Mckey Plumbing & Heating, Ltd, 31 Bell Farm Avenue Dagenham.....	(020) 3971 3991	Maxxixare, Ltd, Recruitment, 23 Bartletts House Vicarage Road Dagenham .....	(020) 3685 9107
LS Accountants Services, Ltd, 316 Ilford Lane Ilford.....	(020) 3649 0474	Macleish Littlestone & Cowan, 269 Ilford La Ilford .....	(020) 8514 3000	Maya Kitchen, Ltd, 119 Mungo Park Road Rainham .....	(01708) 843022
Lts Powered Access, Atlantic Whf Hertford Rd Barking .....	(020) 8591 1375	Macleish, Littlestone, Cowan & Kemp, Solrs, 23 Longbridge Rd Barking FAX .....	(020) 8507 1191	Mayesbrook Funeral Services, Faircross Pde Longbridge Rd Barking .....	(020) 8507 7641
Lucin, plc, FAX, Luckva Accountancy Agency, Acctcy Agcy, 150 Altmore Avenue E6 .....	(020) 8472 4759	MacTuner Accounting, Petronne Ho Church St Dagenham .....	(020) 8595 3470	Mayesbrook Manor Barking Management, Ltd, Lift East Academy Ct 566 Longbridge Rd Dagenham.....	(020) 8599 3922
Lucky Eight, Ltd, 396 Katherine Road E7 .....	(020) 8472 2175	Magic Lamp Entertainments & Events, 132 Fooks Cray La Sidcup .....	(0845) 6032817	Mayesbrook Motors, 514 Ripple Road Barking .....	(020) 8594 2288
Lucky Inn, The, Chinese Takeaway, 6 Faircross Parade Longbridge Road Barking .....	(020) 8591 1292	Magic Touch, Ltd, 386 Ripple Rd Barking .....	(020) 8507 7155	Mayespark Primary School, Goodmayes La Ilford .....	(020) 8599 2263
Lucy & Martin Recycling, Ltd, Unit 10, 113 River Rd Barking .....	(020) 8591 9220	Magical Media, Ltd, Multimedia Services, 322 Green Lane Ilford, Essex .....	(020) 3051 4969	Mayfield School and College, Mayfield High School Mayfield Road Dagenham .....	(020) 8590 5211
Unit 10 113 River Road Barking .....	(020) 8591 6387	Mahir Dagenham, Mini Mkt, 10 Porters Avenue Dagenham .....	(020) 3759 9217	Maz Barber, 282 Lodge Avenue Dagenham .....	(020) 3674 3558
Luhars, Ltd, 287 Western Avenue Dagenham .....	(020) 4541 4472	Mahir Design, UK Ltd, 230 Green St E7 .....	(020) 8586 2072	Mazes Restaurant, 275c Oxlow Lane Dagenham.....	(020) 8984 0637
Lush Interiors East, Bed Shop, 98 Green Street E7 .....	(020) 8471 8869	Mahir Design, Uk Ltd, 230 Green Street Forest Gate London.....	(01582) 732477	Mb Mini Coaches, Ltd, 122 Eccleston Crescent Romford .....	(020) 3620 5893
Lusobrits Tranding Company, Ltd Ltd, 19 Creek Rd Barking.....	(020) 8591 7243	Majestic Solicitors, Ltd, 97A Ilford La Ilford.....	(020) 8478 4492	Mbs Commerical Construction, Ltd, Mbs Commerical Construction Ltd 113 River Road Barking .....	(020) 8507 9660
LUTON INTERNATIONAL AIRPORT, All Enquiries .....	(01582) 405100	Majid, Sons Ltd, 207 Ilford La Ilford .....	(020) 8478 1880	"Mc", Names with a prefix Mc are sorted with those beginning Mac	
Luxe Motor Clinic, Ltd, 13a River Road Barking.....	(020) 3340 6478	Majoo Pizza & Grill, Ltd, 288 Ilford Lane Ilford.....	(020) 3325 4197	Mdg London, Unit 7 Greenshield Industrial Estate Bradfield Road London .....	(020) 7476 1884
Luxury Nails, 283 Heathway Dagenham .....	(020) 8593 4006	Major Bite, Takeaway, 173 Ilford Lane Ilford .....	(020) 8478 5557	Meat Factory, The, 365 Ripple Road Barking .....	(020) 8127 1833
Lycatel Services, Ltd, Unit A 1-A Coppen Road Dagenham .....	(020) 8593 7195	Majors Builders Merchants, (East Ham) Ltd, Southend Road E6.....	(020) 8470 8199	MECCA SOCIAL CLUBS, 1086 High Rd Chadwell Hth.....	(020) 8590 3292
Lyndhurst & Lane, Ltd, 6 Upney Lane Barking.....	(020) 8594 8108	Or .....	(020) 8470 8279	Dagenham Leisure Pk Cook Rd Dagenham .....	(020) 8593 9862
M A A B, Ltd, Unit 2 30 Thames Road Barking.....	(020) 3457 5579	Maker, Dr, S.P, 35 Maplestead Rd Dagenham .....	(020) 8595 0017	Medina Dairy, Ltd, Gallions Clo Barking .....	(020) 8594 9899
M And M Flooring, Crpts, 582 Longbridge Road Dagenham.....	(020) 8599 8231	Malam Suya Hut Limited, 14 London Road Barking .....	(020) 8711 0888	Meer Julhas, & Co Ltd, 37 Green Street Forest Gate London.....	(020) 3904 7458
M A Properties, (UK) Ltd, 56 Thornton Road Ilford.....	(020) 8514 6458	Malik, Dr, D, 207/2 Basin App E16.....	(020) 7055 4712	Members of Parliament, Hodge Margaret (Barking Constituency) House of Commons, Westminster SW1 Barking Constituency Office .....	(020) 8594 1333
M A V Enterprises, 12 Robinson Road Dagenham .....	(020) 8595 8535	Malik Law Associates, Ltd, 241B Katherine Rd E7 .....	(020) 8471 7417	Mercygrace Motors & Auto Spares, 335 Rainham Rd 5th Dagenham .....	(020) 8592 8011
M C Dentistry, Ltd, Dent Surgery, 208 Longbridge Road Barking .....	(020) 8594 0548	Mall News, Corner Shop, 20 The Mall Heathway Dagenham .....	(020) 8593 9108	Merit Accountancy, Ltd, Accountants, 29B Aberdour Road Goodmayee .....	(020) 3051 4971
M I P Builders, Ltd, Refurbishment/Construction, 4 Braintree Road Essex.....	(020) 3384 6669	Malmin Orthodontic Group, Ltd, 16 Woodstock Gardens Ilford .....	(020) 3904 7466	Meru Services, Ltd, Unit 12 Buzzard Creek Industrial Estate River Road Barking .....	(020) 8591 6777
M & K Autos, Ltd, Unit 31 Barking Indust Pk Alfreds Wy Barking.....	(020) 8507 9990	Mamasi, Ltd, 161 Broad Street Dagenham.....	(020) 3340 0052	Metaenterprises, Ltd, 50 Cambridge Road Barking.....	(020) 8591 4446
M K Carpets & Furniture, 192 Ilford La Ilford .....	(020) 8514 0442	Manam, Dr, A, 459 Romford Rd E7 .....	(020) 8522 0222	M&g RPF GP, Ltd, Orchestra House 20 Ilford Hill Ilford .....	(020) 8553 5828
M.Long Haulage & Daughters, Ltd, Thunderer Road, Chequers Lane Dagenham.....	(020) 8596 9530	Manforce Security, Ltd, 394 Ilford Lane Ilford .....	(020) 8911 8385	Mic Auto Services, Ltd, Unit 9 River Road Barking .....	(020) 8591 7002
Or .....	(020) 8596 9880	Mango Solicitors, Ltd, 233 Stamford Road Dagenham.....	(020) 8593 1599	Mighty Cars Ltd, 22-28 Greenshield Industrial Estate Bradfield Road London .....	(020) 3560 8225
M & M Redhead, FAX .....	(020) 8477 8301	Mank Private, Ltd, 94 A Longbridge Road Barking .....	(020) 8220 1161	Mike's Auto, 1a Finden Road Forest Gate .....	(020) 8471 3891
M P Builders, 9 Woodstock Gardens Ilford .....	(020) 8215 3148	Manns Waste Management, Ltd, The Old Bus Depot Chequers Lane Perry Road Dagenham.....	(020) 8984 9989	Milano Rugs, Whoelshaler, 43 East St Barking .....	(020) 8507 2514
M.Ps, See under Members Of Parliament		Mansons Chemists, Ltd, Forest Gte 15 Woodgrange Rd E7 .....	(020) 8534 3212	Millennium Cash & Carry, 57 King Edwards Road Barking FAX.....	(020) 8591 7677
M P Support, Ltd, 53 Shirley Gardens Barking.....	(020) 8507 2214	Marcantonio Foods, Ltd, Ice Cr Cone/Wafer Mfrs, 22 Thames Rd Barking .....	(020) 8591 3399	Millennium Cash & Carry, 3 Gallions Close Barking .....	(020) 8591 7169
M R B, Insurance Brokers Ltd, 321 High Rd Romford.....	(020) 8598 1111	Marcline, Ltd, Menswr Whslrs, 48 Levett Gdns Ilford .....	(020) 8361 8107	Millicent Preston House, Wardens Office Ground Floor Millicent Preston House 157 Ripple Road Barking .....	(020) 8507 9188
Or .....	(020) 8598 8080	Market Street Health Group, Primary Health Centre 52 Market Street E6 .....	(020) 8548 2200	Millions Group Of Companies, Ltd, 1120 High Road Chadwell Heath Romford.....	(01708) 897567
M & R Events, Ltd, Unit 7 Gemini Business Park Homet Way E6 .....	(020) 7474 0023	Marks Gate Cars, 1074 High Rd Romford .....	(020) 8597 7879	Miliner Elledge, Ltd, 1A Station Parade Heathway Dagenham .....	(020) 8984 0940
M R Motor Services, Ltd, 418 Romford Rd E7 .....	(020) 8472 1234	Marlborough Electronics, 51 Marlborough Road London.....	(0871) 4906272	FAX .....	(020) 8593 2235
M & S Wholesale, Ltd, 50 Barking Industrial Park Alfreds Way Barking .....	(020) 8507 7501	Marvel, & Co, 367 Katherine Road E7 .....	(020) 8471 0845	Mimi, Fashion Boutique, 15 Carlton Ter E7 .....	(020) 8470 5199
Ma Bakers, Bkry & Sandwich Bar, 668 Rainham Rd S Dagenham .....	(020) 8592 6255	Marylin Ipsom, 14 Winsor Terrace London .....	(020) 8062 7841	Mimi, Ltd, 280 Green Street E7 .....	(020) 8548 4043
Ma Private Practice, Ltd, 17 Ashford Road London .....	(020) 3689 6159	Mas Bazar, Ltd, Unit E Kingsbridge Road Barking.....	(020) 3649 8934		
Maa Laxmi, The Mall 20 Heathway Dagenham .....	(020) 8593 8360	Maslen Motors, Car Sales, Workshop 154 High Rd Romford .....	(020) 8597 8887		
Maa Laxmi, The Mall 20 Heathway Dagenham .....	(020) 8984 0785				
"MAC",					

Minicabs, Ltd, 86 Rainham Rd Rainham ..... (01708) 555123 Or ..... (01708) 556555	See under Members Of Parliament Mr, Patel 205A Green Street London ..... (020) 3774 8196	Home Insurance ..... (0800) 0682161 Life Assurance & Pensions ..... (03706) 000459 Lost & Stolen Cards ..... (0800) 4046161 Minicom Prefix 18001 text or 18002 voice ..... (0800) 4046547 Mortgages ..... (0800) 0282677 New Business Customers ..... (0800) 243406 Personal Loans ..... (0800) 255200 Savings & Investments ..... (0800) 255200
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Minster Insulation, East London (Barking) Ripple Road Barking, Essex ..... (020) 8477 9180 FAX ..... (020) 3332 0334	Mr Cameron Khalid, 12 Frimley Road Ilford ..... (020) 8590 7877	Need Us, Ltd, Box La Barking FAX ..... (020) 8596 9360 Need Us, Ltd, P & O Containers Box La Barking ..... (020) 8517 2233 Net-Telco, Telecom Services, Barking All Enquiries ..... (020) 3332 0025 Barking FAX ..... (0872) 0850232 Network For Animals, Ltd, 2 Heigham Road E6 ..... (020) 8471 7666 Net-Work Internet, Internet Solutions Provider, Barking All Enquiries ..... (020) 3332 0119 Barking FAX ..... (0872) 0850121 Network Rail, Plc, Switchboard ..... (020) 7557 8000 Network ROI, Ltd, 191 Broad St Dagenham ..... (020) 8593 9927 Network Utilities, Ltd, Chadwell Hth Indust Kemp Rd Dagenham ..... (020) 8590 8653 New Broad Street Tyres Ltd, 199 Broad Street Dagenham ..... (020) 8592 6020 New China Gold, Chinese Take-Away, 939 Green Lane Dagenham ..... (020) 8592 8843
MIRAD, Misha Trading, Ltd, 614e Green Lane Ilford ..... (020) 8590 5999	Mr Adshell Outside 831 Longbridge Road Dagenham ..... (020) 8590 3234	Network Rail, Plc, 191 Broad St Dagenham ..... (020) 8593 9927 Network Utilities, Ltd, Chadwell Hth Indust Kemp Rd Dagenham ..... (020) 8590 8653 New Broad Street Tyres Ltd, 199 Broad Street Dagenham ..... (020) 8592 6020 New China Gold, Chinese Take-Away, 939 Green Lane Dagenham ..... (020) 8592 8843 New Concept Interiors Limited, Sterling Industrial Estate Rainham Road South Dagenham ..... (020) 8595 4978 New Concept Interiors, Ltd, Sterling Industrial Estate Rainham Road South Dagenham ..... (020) 8593 3344 New Covenant Church Woolwich, North Woolwich Old Station Museum London ..... (020) 3161 7502 New Dinner Box Takeaway, 584 Longbridge Road Dagenham ..... (020) 8590 0229 New Emporium, Ltd, 7-8 St. Stephens Parade, Green Street E7 ..... (020) 8548 1038 New Era Oil, Co Ltd, Unit 14c Fresh Wharf Estate Highbridge Road Barking ..... (020) 8507 3453 New Home Property Services, Letting, 436 Katherine Road E7 ..... (020) 8552 9630 New Life In Christ Ministry, The, Unit 7 Greenburn Centre Selinas Lane Dagenham ..... (020) 8596 9495 New Look London, Ltd, 51 Shrewsbury Rd E7 ..... (020) 7739 8844 New Testament Assembly, Church Hall Suffolk Road Barking ..... (020) 8507 3006 New Year, 10 Becontree Av Dagenham ..... (020) 8597 8890 New York Subs & Shakes, Ice Cr & Shakes, 19 Faircross Pde, Longbridge Rd Barking ..... (020) 8507 3646 Newbury Travel Goods, 338 Katherine Rd E7 ..... (020) 8472 7514 Newham Cars, Ltd, 87 High St Sth E6 ..... (020) 8552 3000 Or ..... (020) 7476 2345 Newham Cars, Ltd, 87 High St Sth E6 ..... (020) 8552 0016 Newham Community Employment Project Hall, St. Phillips & St. James Church Whitwell Rd E13 ..... (020) 7474 8737 Newham Community Renewal Programme, Centres 43 St. Georges Av E7 ..... (020) 8471 5111 Newham Family Dental Care, 2 Burges Road E6 ..... (020) 8552 0000 Newham Hotel, Ltd, 349 Romford Rd E7 ..... (020) 8534 8400 Newham London Borough of, Director of Engineering & Surveying Transport Central Depot Sub-Depot Wkshp ..... (020) 8472 8966 Education Department Debden House Residential Centre Debden Green Loughton . (020) 8508 3008 Schools Community Schools Eastlea Hilda Rd E16 ..... (020) 7540 0400 Eastlea Hilda Rd E16 (FAX) ..... (020) 7540 0410 Comprehensive Forest Gate Forest St E7 (FAX) ..... (020) 8519 8702 Langdon Sussex Rd E6 ..... (020) 8471 2411
Miss Leah Hassan, 74 Birch Ct Sherman Gdns Chadwell Hth ..... (020) 8590 7043	MR & MRS Food, Ltd, 12-13 Carlton Terrace, Green Street ..... (020) 8472 2600	Mr Raja Bilal Khan, Shop, 41 Station Parade Barking ..... (020) 8127 0139
Mississippi, Pizza & Chicken, 225 Oxlow Lane Dagenham ..... (020) 8595 2219 Or ..... (020) 8595 5857	MRB Insurance, Ltd, 321-323 High Rd Romford ..... (0872) 4358740	Mughal Consultants Ltd, 350 Ilford Lane Ilford ..... (020) 7018 9037
Misue Linen Services, Rippleside Commercial Est Ripple Rd Barking ..... (020) 8596 5802	Mriaah, Ltd, Unit 3 Sterling Trading Est Rainham Rd Sth Dagenham ..... (020) 8592 1934	Mulbrook, Ltd, Mulbrook Ltd 36 High Street North E6 ..... (020) 8552 4741
Misue Linen Services, Unit 10 Ripple Road Barking ..... (020) 3638 4803	Mrs Baldish Kaur, 919 Green Lane Dagenham ..... (020) 8984 1177	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
Mitra, Dr, A.K, 35 Maplestead Rd Dagenham ..... (020) 8595 0017	Ms Accountant, Acctnts, Suite 12 Glenny House 56 Longbridge Road Barking ..... (020) 3952 6189	Multifinance Solutions, Ltd, Northwick House 191/3 Kenton Rd Harrow ..... (0845) 6038567
MJM Supplies, Ltd, Unit 7 Riverside Indust Est 27 Thames Rd Barking ..... (020) 8507 0723	Ms Dukpe Adeyanju, Flat 1 Wigham House 16-30 Wakering Road Barking ..... (020) 3674 9083	Multiple Care Solutions, Ltd, 226 50 Barking Enterprise Centre Cambridge Road Barking ..... (020) 8594 1561
Mk Travels, UK Co Ltd, Unit 36 Vicarage Field Shopping Centre Ripple Road Barking ..... (020) 8594 3895	Msk Waste Management, Portacabin 72 River Road Barking ..... (020) 8591 9513	Mumtaz, H, 104 Ilford Lane Ilford ..... (020) 3719 4397
MKL (Derby), Ltd, Medical Practice, 12 Torrington Road Dagenham ..... (020) 3384 7004	Mughal Consultants Ltd, 350 Ilford Lane Ilford ..... (020) 7018 9037	Museums, Old Station Museum Pier Rd E16 ..... (020) 7474 7244 Muslim Welfare House, Shop, 1221 High Road Romford ..... (020) 8062 3486
Mm Meat & Poultry, Ltd, Unit 7 Cromwell Centre 32 Thames Road Barking ..... (020) 8594 0999	Mulbrook, Ltd, Mulbrook Ltd 36 High Street North E6 ..... (020) 8552 4741	My Local Florist, Prince Regent Ln, 165 Altmere Av London ..... (0844) 4113321
MMS Supplies, Ltd, Chequers Lane 2 Chequers Lane Dagenham ..... (020) 8595 2819	Mulbrook, Ltd, 250 Heathway Dagenham ..... (020) 8593 5234 9 Station Parade Barking ..... (020) 8507 3582	My Tutor, 575 Wood Lane Dagenham ..... (020) 3161 6405
Mobile Care Centre, Mobile Rprs, 19 Longbridge Road Barking ..... (020) 8594 9498	Mulligan Private Investigators, Private Detectives, 210 Ripple Road ..... (020) 7175 4018	Myrene Signs, Ltd, Unit R O Y O Business Units Hindmans Way Dagenham ..... (020) 3244 0140
Moby Dick, Pblc Ho, Whalebone La Nth Romford ..... (020) 8590 9524	Multifinance Solutions, Ltd, Northwick House 191/3 Kenton Rd Harrow ..... (0845) 6038567	N R D J, Ltd, 263 Green Street Forest Gate London ..... (020) 8471 1088
Moghal, Dr, 188 Ripple Rd Barking ..... (020) 8594 0212	Multiple Care Solutions, Ltd, 226 50 Barking Enterprise Centre Cambridge Road Barking ..... (020) 8594 1561	N. T Cost Cutters, 129 Gordon Road Ilford ..... (020) 8478 4854
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34 Cecil Av Barking .....	(020) 8507 0507	Platinum Places, Furniture- Wholesale,		Corporation St Manchester .....	(0161) 385 8000
Pecks Hire & Sales, Ltd,		Unit 4 River Road Barking .....	(020) 8819 4021	Priory Unisex Hair Salon,The,	
196 Ripple Road Barking .....	(020) 8591 6748	Platinumlinks, Ltd,		170 South End Road Rainham .....	(01708) 526252
Pecks Hire & Sales, Ltd, Tool Hire,		Thames Gateway Technology Cntr 4 University Wy E16 (020) 8223 7413		Private Investigations Services, Private Investigator,	
196 Ripple Road Barking .....	(0843) 5150420	Plumb Center,		2 East Street .....	(020) 7175 8978
Pecks Plant Hire & Sales,		Plumbing & Heating Merchants		Priya Exclusives,	
196 Ripple Road Barking .....	(020) 8594 2224	Dagenham		18 Carlton Terrace Green Street E7.....	(020) 8503 4831
Peculiar People Ministries, Ltd,		Unit 3 Sterling Trading Est Rainham Rd Sth		Prolite Enterprises,	
Imperial House New Road Dagenham.....	(020) 8517 3737	Dagenham .....	(020) 8984 7025	Unit 9 Bankside Park Industrial Estat Thames Road	
Peculiar People Ministries, Ltd,		FAX .....	(020) 8517 5927	Barking.....	(020) 3304 7507
Imperial House New Road Dagenham.....	(020) 8984 7664	Plumbase, Plmbg & Htg Mrcnts,		Or.....	(020) 3304 7508
Pegasus Trading,		7 The Invicta Cntr Alfreds Wy Barking.....	(020) 8591 6122	Prompt Healthcare Staffing, Ltd, Health & SocialCare,	
19 Johnstone Rd East Ham .....	(0845) 3371787	FAX .....	(020) 8594 4020	Unit 7 Town Quay Wharf, Abbey Road Barking .....	(020) 8507 2857
Pegasus Trading, Ltd,		POLICE,		Prontaprint,	
19 Johnstone Road East Ham, London .....	(020) 3151 1071	In Emergency dial 999 and ask the operator for Police		Barking	
Pembroke Property Developments,		Non Emergency Contact Number for all Enquiries, Please dial 101		Unit 7 Rippleside Commercial Est Ripple Rd	
Enterprise House 149-51 High Road		Polo Communications, Ltd, Business Communications,		Barking.....	(020) 8924 0600
Chadwell Heath.....	(020) 8599 2682	12A Oakwood Gardens Ilford.....	(020) 8819 8146	Prontaprint Barking & Stratford,	
Or .....	(020) 8599 6437	Ponari Builder,		Unit 6 Rippleside Commercial Estate Ripple Road	
Penny Wise,		261 Wood Lane Dagenham.....	(020) 3544 9681	Barking.....	(020) 8595 1122
243 OXLOW LANE DAGENHAM .....	(020) 8517 4932	Pop In Cafe,The,		Property Link,	
Penrose Way Supermarket,		418 Barking Road E6.....	(020) 8471 9835	61-63 St. Georges Road London .....	(020) 3490 5972
A 265 Wood Lane Dagenham .....	(020) 8517 1036	Pop In Superstore,		Property Masterz Uk Ltd,	
Perfect Concept Solutions,		42 Vicarage Lane E6.....	(020) 8472 3021	Ilford Lane Ilford .....	(020) 8911 0849
113 River Rd Barking.....	(020) 8594 2821	Popoola529, Ltd,		Property Surgeon,	
Perfect Phone, Ltd,		78 Goodmayes Road Ilford.....	(020) 8597 5796	75-77 Chadwell Heath Lane Romford.....	(020) 8599 1809
508 Romford Road E7 .....	(020) 8548 9528	Portland Tyres,		PSR Developments, Ltd, Property,	
Perfect Retail,		937 Green Lane Dagenham.....	(020) 8592 9277	63 Oban House Barking.....	(020) 3384 7172
60 Kitchener Road London .....	(020) 3802 8653	Potomind Solutions, Ltd,		PTS Plumbing Trade Supplies, Plumbers Merchants,	
Perfection Hair Salon,		17 Woodstock Gardens Ilford.....	(020) 3340 8462	Barking	
Lodge Avenue Dagenham .....	(020) 8590 4040	Potter, A.J,		7 Alfreds Wy Indust Est.....	(020) 8477 4870
Perpetual Motion,		(Mobile) 20 Hardie Rd Dagenham.....	(07961) 170622	FAX .....	(020) 8591 6190
1065 High Road Romford.....	(020) 8590 3000	Poulten & Graf, Ltd, Sci Gllswre Mfr,		Puma Building Services,	
Pet Vaccination Clinic,		FAX .....	(020) 8594 8419	30 Thames Rd Barking .....	(020) 8507 1122
1-7 Whalebone Lane South Dagenham .....	(020) 8517 4142	Pound Plaza,		Pumps & Motors,	

Abbey Gnge Wks Hertford Rd Barking .....	(020) 8507 2288	Ray Print, Ltd,		Richburns, Ltd,	
Purple Communications, UK Ltd,		Petronne House 31 Church Street Dagenham .....	(020) 3196 0135	Wigham Ho Waking Rd Barking.....	(020) 8507 1061
38 Broadhurst Walk Rainham.....	(01708) 550522	Rayflex, Ltd,		Wigham Ho 16-30 Waking Rd Barking.....	(020) 8507 1051
Putt Sailmakers, M,		Unit 6-9 35 River Road Barking .....	(020) 8591 9418	Right A Way Freight, Ltd, Logistics,	
137 Becontree Avenue Dagenham .....	(020) 8599 1413	Rayner, L R, & Son,		44d Abbey Road Barking.....	(0843) 8164672
Px - Beckton C H I P Project,		Unit 15 Greenshields Indust Est,Bradfield Rd		Right A Way Freight, Ltd, Logistics,	
Site Office Beckton Depot Armada Way E6 .....	(020) 7474 7826	E16.....	(020) 7511 1133	44d Abbey Road Barking .....	(0843) 8164920
Pyramid Technology, (London) Ltd,		FAX .....	(020) 7473 0220	Right Links, Ltd, Trvl Agent,	
3 Dunedin Ho Manwood St E16 .....	(020) 7511 5870	Rbh Mechanical & Electrical, Ltd,		263 Katherine Rd E7 .....	(020) 8470 2994
QPAS International,		58 High Street South E6 .....	(020) 3719 9675	Ringway, Ltd,	
Thames Gateway Technology Cntr 4 University Wy E16	(020) 8223 7377	Rdc Uk London, Ltd, Ret,		1 Western Extension Chequers La Dagenham .....	(020) 8593 7666
QQ Grill Restaurant,		246 Green Street E7 .....	(020) 8586 2853	Dagenham Dk Chequers La Dagenham.....	(020) 8593 5401
456 Becontree Avenue Dagenham .....	(020) 8590 4050	Reactfast,		Rio,	
QS Familywear, Clothing Retr,		36 Mayesbrook Rd Dagenham .....	(020) 8203 6163	134 High St Nth E6.....	(020) 8472 9367
Branches		Readings Property Services,		Ripple Food, Supmkt,	
Unit 10 Vicarage Field Ctr Barking .....	(0844) 3951521	FAX .....	(020) 8592 9442	496 Ripple Rd Barking .....	(020) 8594 1674
Quality Car Paints, Ltd,		Rebecca Associates,		Rise Inspired,	
523 Katherine Road E7.....	(020) 8470 4717	3 Green Lane Ilford.....	(020) 8599 0870	36 Burnside Road Dagenham.....	(020) 8599 9571
Quality Foods,		Reblex Consultants, Ltd,		Rising Sun,The, Pblc Ho,	
118-126 Ilford Lane Ilford.....	(020) 8514 8888	281 Salisbury Avenue Barking.....	(020) 8594 2225	528 Romford Rd E7 .....	(020) 8472 0547
Quality Furniture,The,		Recycled Material Supplies, Ltd,		Riskyfashions.Com Limited,	
374 Katherine Rd, .....	(020) 8503 4227	Bradfield Rd Silvertown .....	(020) 7511 8565	18A Vicarage Field Shopping Centre Ripple Road	
Quansh & Adejaji, Drs, B.B & A,		Recycled Material Supplies, Ltd, Recycling,		Barking .....	(020) 8591 4393
2 Halbutt St Dagenham .....	(020) 8592 1544	Knights Road E16 .....	(020) 7473 6077	Riskyfashions.Com Limited,	
Queen Marys Hospital,		Red Scorpion Investigations, Private Detective,		Unit 21a Vicarage Field Shopping Cent Vicarage Field Shopping Centre	
Frognal Av Sidcup .....	(020) 8302 2678	402 Barking Road East Ham .....	(0844) 2479088	Ripple Road	
Quest Auto Locksmith, Locksmiths. 24 Hour, Emergency Auto Locksmith,		Red Square Flooring And Furniture, Flooring Furn Crpts,		Barking .....	(020) 8594 1071
Whaledone Ln North Chadwell Heath, Romford.....	(0845) 1647476	109 Green Street Forest Gate London.....	(020) 3784 8595	Ritchies Cafe,	
Quick Stop Autos, Ltd,		Redbridge Carers Support Services,		10 Faircross Parade Longbridge Road Barking.....	(020) 8594 2024
High Road Romford .....	(020) 3417 3177	Unit 12 Clements Ct Clements La Ilford.....	(020) 8514 6251	River Island, Beckton, Clothing Store,	
Quintessence Hair Sallon, Hair Sal,		Redbridge College,		Unit 11, Gallions Reach Shopping Park 3, Armada Way	
420C Barking Road E6 .....	(020) 8552 4330	Little Heath.....	(020) 8548 7400	East Ham.....	(03448) 269730
Quresi, & Sons Furniture,		Redbridge Disability Association,The,		Riverside,	
407 Katherine Road Forest Gate .....	(020) 8552 4879	98 Ilford La Ilford .....	(020) 8514 2565	Unit 2 River Road Business Park,River Road	
R A Commercial Components,		Redbridge Gujarat Welfare Association,		Barking .....	(020) 8594 1111
469 Rainham Road South Dagenham.....	(020) 8252 6066	Ilford Methodist Church Ilford Lane Ilford.....	(020) 8270 2303	Riverside Car Wash, Ltd,	
R And K Brothers, Ltd,		REDBRIDGE LONDON BOROUGH OF,		19a-19B Thames Road Barking .....	(020) 8594 3214
449 Becontree Avenue Dagenham .....	(020) 3489 6009	Social Services		Rivett, Frank, & Sons, Funrl Serv,	
R And T Cosmetics, Hair & Cosms,		Homes For The Elderly		4 South End Rd Rainham.....	(01708) 526354
265 Heathway Dagenham .....	(020) 8593 5926	Hyleford		Riz Construction, Ltd,	
R.C.H.L.,		1 Boundary Clo Ilford .....	(020) 8590 5411	10 Alibon Gardens Dagenham .....	(020) 8593 9695
Head Office 2 Caxton Pl Roden St Ilford.....	(020) 8477 1800	Redbridge Wholesale Fruits, Ltd,		RJ Electrics, Ltd,	
R G B Hi-Fi,		Unit 4 Bakers Court Cuppen Road Dagenham .....	(020) 8593 1132	28 Manor Rd Dagenham .....	(020) 8595 9990
203 Ilford La Ilford .....	(020) 8924 7755	Reel Enterprises, Ltd,		RMP International, Ltd,	
Or .....	(020) 8514 7965	85 Wellington Drive Dagenham, Essex .....	(020) 3397 0244	Ajax Wks Hertford Rd Barking.....	(020) 8591 5098
R & J Motors,		Rees Furniture & Beds, Ltd,		Rmr Recruitment, Ltd,	
Unit 16 Ripplside Commercial Estate Ripple Road		374 Katherine Rd E7 .....	(020) 8503 4227	Beckett Ho Ilford Hl Ilford.....	(020) 8553 5119
Barking .....	(020) 8595 1155	Reeves Lampholders, Ltd,		RNL,	
R.K. Carpets Ltd,		FAX .....	(020) 8599 6888	In EMERGENCY dial 999 and ask for "COASTGUARD"	
702 Green Lane Dagenham .....	(020) 8599 9516	Refood, UK Ltd,		Head Office & General Enquiries West Quay Rd Poole...	(0845) 1226999
R M A News,		1 Hitch Street Dagenham .....	(020) 8984 5340	Road Runner Driving School,	
Station Building High Street North E6 .....	(020) 8471 3033	Regal Law Solicitors, Ltd,		486 Katherine Rd E7 .....	(020) 8471 4825
R S Chicken & Pizza,		46 Ilford La Ilford .....	(020) 8553 4420	Roadside Media Uk2, Ltd,	
691a Green Lane Dagenham .....	(020) 8590 5566	Regent Home of Sewing,		3 Weylond Road Dagenham .....	(020) 8593 7515
R & S Lets, Ltd,		FAX .....	(020) 8514 0699	Robertson Laboratories, B G,	
60 Goodmayes Rd Ilford .....	(020) 8597 4848	Reginald Store, Ltd,		13 Nursery La E7 .....	(020) 8472 6053
R S Toys & Stationery, Toys Stationery,		2 Reginald Ellingworth Street Dagenham .....	(020) 8517 2816	Robertsons Fishing Tackle, Mr, S,	
A 99 Halley Road E7 .....	(020) 8548 1046	Regston, Ltd,		236 Oxlow Lane Dagenham .....	(020) 8517 1400
R.T.V Satellite, Supply/Instl Satellite TV,		Tax Dot Uk Roding House 2 Cambridge Road		Robinson Sterling, Chtrd Acctnts,	
4A Chequers Pde, Ripple Rd Dagenham .....	(020) 8592 5152	Barking .....	(020) 8591 5827	277 Ilford Lane Ilford .....	(020) 8478 4008
R & T Wardrobe Beauty,		Reliance Engines, Ltd,		Robinson Sterling Chartered Accountants,	
6 Station Parade Heathway Dagenham.....	(020) 8593 8781	Manor House 6-8 Creek Road Barking.....	(020) 8591 4559	616D Green La Ilford .....	(020) 8598 4130
R White Waste Management, Ltd,		Relocate Removal, Co Ltd,		616D Green Lane Ilford .....	(020) 8590 5266
75-77 Chequers Lane Dagenham .....	(020) 8517 4991	335 Rainham Rd 5th Dagenham .....	(020) 8592 4712	Robinson Sterling Chartered Accountants, Ltd,	
Radio Developments Limited,		FAX .....	(020) 8984 9911	616D Green Lane Ilford .....	(020) 8586 1789
2 Mayesbrook Road Dagenham .....	(020) 8599 2510	Removals Cheap & Reliable, Removals Storage & Household,		Robinson Sterling Financial Planning, Ltd,	
Rahmah Fabrics Ltd,		80 High St South London.....	(0871) 4235769	277 Ilford La Ilford .....	(020) 8477 1449
Green Lane Dagenham .....	(020) 8599 5522	Remshall, Ltd,		Robinson Sterling Nyc Financial,	
Rai Brothers Essex, Ltd,		10 Royal Crest Avenue E16.....	(020) 7476 0082	91 Westminster Gardens Barking.....	(020) 8591 3816
Unit 1A 30 Thames Road Barking .....	(020) 3827 2065	Rendall & Rittner Client Sites,		Roche Commercial Mortgages (East Ham), Commercial Mortgage Broker,	
Raj Ladies Tailor Ltd,		Core A3 Boyd Building 12 Shackleton Way E16 .....	(020) 7473 1808	Market Street East Ham, London .....	(0871) 2218148
202 Green Street London.....	(020) 7052 1971	Renderseal,		Rockel, Ltd,	
Raj Properties, Ltd,		Unit 11 27 Riverside Industrial Estate Thames Road		15 Dagenham Avenue Dagenham .....	(020) 8595 6688
12 Green St E7 .....	(020) 8472 6869	Barking .....	(020) 8594 3777	Rocksons,	
Rajvir Singh Brar Ta Jb Double Glazing,		Rentokil Pest Control,		FAX .....	(020) 8591 0426
163 North Street Barking .....	(020) 8591 1146	Eastern App 25 Alfreds Wy Barking .....	(0800) 3891076	Rockspring Hanover Property Unit Trust,	
Ramsey Investigations, Private Investigator,		22 Eastbury Rd Beckton .....	(0800) 3891076	Unit 7B Barking Business Centre Thames Road	
2 High Street South East Ham.....	(0844) 8500355	REP Engineering & Manufacturing,		Barking .....	(020) 8591 9142
Ramy Off License,		RippleSide Commercial Est Ripple Rd Barking .....	(020) 8526 7711	Rogene,	
9 Farr Avenue Barking.....	(020) 8591 4684	Resco Investments, Ltd,		2A Chadwick Rd Ilford .....	(020) 8514 8513
Randall Contracting, Ltd,		Rayhouse Court 7 Clockhouse Avenue Barking .....	(020) 8594 2562	Romford Road Sub Post Office,	
Unit 12 Dagenham Business Park 123 Rainham Road North		Residential, Home,		444 Romford Road E7.....	(020) 8472 4937
Dagenham .....	(020) 3784 2053	34 Oakwood Gardens Ilford.....	(020) 8586 4269	Romford West Premier Inn,	
Randall Plant, Ltd,		Residual Brand Management, Ltd,		Moby Dick Whalebone La Nth Romford .....	(020) 8548 7270
Unit 6 110 River Road Barking .....	(0843) 5385970	Unit 8 77-87 Trafalgar Business Centre River Road		Ronaldos, Cafe,	
Rangreza,		Barking .....	(020) 8507 1111	1094 High Road Romford .....	(020) 3730 9908
191 Ilford Lane Ilford.....	(020) 8911 8239	Resource Utilities, Ltd,		Rooff, Ltd,	
Rapid Fit,		FAX .....	(0870) 7363001	The Granary 80 Abbey Rd Barking .....	(020) 8709 1777
Dagenham New Rd.....	(020) 8526 3060	Restaurant Depot, Ltd,		Rooff Property, Llp,	
Rapid Heat & Building,		Barking Business Centre UNIT 1H Thames Road		The Malthouse Abbey Road Barking.....	(020) 8594 0604
423 Becontree Av Dagenham .....	(020) 8598 4000	Barking .....	(020) 4506 9823	Rosielee Cafe & Restaurant,	
Rass Uk Enterprise Ltd,		Resurrection Life Centre,The,		153 Broad St Dagenham .....	(020) 8984 1851
218 Green Street London.....	(020) 8472 8000	Rear Of 31-33 High Rd Romford.....	(020) 8597 7111	Rosy New Era Healthcare, Health Social Care,	
Ratnars, Daniel,		Rewood Shipping, Ltd,		48 Chadwell Hth La Romford .....	(020) 8599 4454
17 Whalebone Avenue Romford .....	(020) 3638 6269	4 Granary Ct High Rd Chadwell Heath .....	(020) 8597 3382	Round House Chinese Takeaway,	
Ravenworth, Ltd,		Revel Senate, Ltd, Elec Whslrs,		439 Porters Avenue Dagenham .....	(020) 8592 5222
Barking Business Cntr Thames Rd Barking .....	(020) 8594 9588	Unit 25 London Indust Pk 8 Eastbury Rd E6 .....	(020) 7474 2622	Rowallan House,	
Ray Harrison Electrical Services,		Richard House Trading, Co Ltd,		17 Little Hth Chadwell Hth .....	(020) 8597 4175
GSR Self Storage Chequers Lane Dagenham .....	(020) 8595 1926	29 33 Faircross Parade Longbridge Road Barking.....	(020) 8591 9393	Rowers Express, Ltd,	



104 Ilford La Ilford.....(020) 8478 6888	Barking.....(020) 8517 5888	Sanctuary Housing Association, 372 Chadwell Heath Lane Chadwell Heath.....(020) 8597 9505
Roy, Dr, M, 35 Maplestead Rd Dagenham.....(020) 8595 0017	Saga Technology, Ltd, Marketing Pr Advertising, 60 High Road Romford.....(020) 8590 1722	Sandra Davidson, Est Agts, Seven Kings 353 Green La Ilford.....(020) 8597 7372
Roy, Dr, S.K, 35 Maplestead Rd Dagenham.....(020) 8595 0017	Saha, Dr, M, Kennard Street Health Centre 1 Kennard St E16.....(0870) 4173173	FAK.....(020) 8983 8979
Royal Signs And Awnings, 45 Barking Industrial Park Alfreds Way Barking.....(020) 3490 9844	Sahara Homes, Ltd, 101-13 Longbridge Rd Barking.....(020) 8477 4530	Sandringham Primary, Sandringham Primary School Sandringham Road London.....(020) 8616 7096
Royal Signs And Awnings, 45 Barking Industrial Park Alfreds Way Barking.....(020) 3952 7629	Sainath Enterprise, Ltd, 318-20 Rainham Road South Dagenham.....(020) 8592 7544	Sandw London, Ltd, 286 Green Street London.....(020) 3982 4379
Royal Bengal, Indian Takeaway, 7 Parsloes Avenue Dagenham.....(020) 8593 4040	Sainsburys, J, plc, Stores Chadwell Heath 97-131 High Rd Chadwell Hth.....(020) 8598 8945	Branches Barking 37 Station Pde.....(0800) 0304321
Royal Bengal Tandoori, Royal Bengal Tandoori 7 Parsloes Avenue Dagenham.....(020) 8517 9404	Ilford Lane Ilford.....(020) 8553 0145	Becontree 788 Green La Dagenham.....(0800) 0304321
ROYAL BRITISH LEGION,THE, Royal British Legion Clubs Ltd Becontree & Chadwell Heath 541 Becontree Av Dagenham..(020) 8592 1476	Sainsburys Superstore, Ltd, Berkton Savacentre 1 Claps Gate La E6.....(020) 8477 4700	Dagenham 247 Heathway.....(0800) 0304321
Dagenham 541 Becontree Av.....(020) 8592 4366	Saint, See also Saints listed after St. St. Angelas Ursuline School, St. Angelas Ursuline Convent School St. Georges Road E7.....(020) 8552 4982	East Ham 46 High Street Nth.....(0800) 0304321
North Woolwich & Silvertown 14 Constance St E16.....(020) 7511 4727	St. Chads Church, St. Chads Church St. Chads Road Romford.....(020) 8597 8076	Forest Gate 41A Woodgrange Rd E7.....(0800) 0304321
Royal Cars, 62A Railway Arches,North Woolwich Rd E16.....(020) 7538 4000	St. Erkenwald Church, Levett Road Barking.....(020) 8594 2271	Santander, Saper Glass Industries, Ltd, Saper Glass Industries, Ltd, Thames Ho Long Reach Rd Barking.....(020) 8591 1555
Royal Docks Learning & Activity Centre, St. Johns Cntr Albert Rd E16.....(020) 7476 9922	St. Ethelburga's Church, 41 Linton Road Barking.....(020) 8594 2849	Barking Thames Ho Long Reach Rd.....(020) 8594 4949
Royal Park, Takeway, 261 Heathway Dagenham.....(020) 8592 1515	St. Francis' Hospice, Shops Dagenham 776 Green Lane Dagenham.....(020) 8597 2283	Sarahkiki, (London) Ltd, 30a Woodstock Gardens Ilford.....(020) 3302 8620
Royal Park Express, Ltd, Off Lic, 16 Faircross Parade Faircross Parade Longbridge Road Barking.....(020) 8591 3771	15 The Mall Heathway Dagenham.....(020) 8596 9043	Sarc London, Ltd, High Road Romford.....(020) 7018 9410
Royal Selangor Pewter, (UK) Ltd, Unit 21, 2 Eastbury Rd E6.....(020) 7474 5511	St. John Freight Systems, UK Ltd, Unit 324 Barking Enterprise Cntr 50 Cambridge Rd Barking.....(020) 8507 7889	Satyan Jewellers, Ltd, 220 Green St E7.....(020) 8471 0564
Royal Standard, Pblc Ho, 116 Albert Rd E16.....(020) 7476 1301	St. Johns Pre-School Nursery, South End Road Rainham.....(01708) 559099	Saunders Displays, Ltd, Buzzard Creek Industrial Estate Unit 10 River Road Barking.....(020) 8594 7216
Roze Int (Pvt) Ltd, 140 High Street North London.....(020) 8470 9606	St. John & St. Matthews Parish Church, St. John & St. Matthews Vgce South End Rd Rainham.....(01708) 555260	Savers, 32 The Mall Heathway Dagenham.....(020) 8517 1892
Rs Construction And Property Serv, 86 Roding Road London.....(020) 7473 1369	St. Lazarus & St. Andrews, Greek Orthodox Church, St. Lazarus & St. Andrews Church Rutland Road E7.....(020) 8472 2075	Savers Health & Beauty, plc, Barking Focal House Station Pde Barking.....(020) 8507 2135
Rs Metro, Ltd, Flat 104 Drift Court 1 Basin Approach London.....(020) 3154 2806	St. Lukes Care Home, 330 Ilford Lane Ilford.....(020) 8553 5395	Sawewise Express, 262 Chadwell Heath Lane Romford.....(01708) 361956
RS Worldwide, Htl Mngmt Servs, 279 Ilford Lane Ilford.....(020) 8911 9546	St. Lukes Church, Baxter Road Ilford.....(020) 8553 7606	Sayers, (Car Hire) Ltd, Taxi Mini Cab Serv, 393 Katherine Road Forest Gate.....(020) 8552 3111
Rta Car Body Repair, High Road 893 Chadwell Heath Romford.....(020) 8599 3640	St. Margarets CE Church, Broadway Barking.....(020) 8594 2932	Forest Gate 393 Katherine Road E7.....(020) 7055 5335
Rubix London, Ltd, 80 The Granary Abbey Road Barking,Essex.....(020) 8591 1668	St. Martins, Ltd, 2A Keppel Rd E6.....(020) 8470 8424	Or.....(020) 7476 6969
Rugby Cement Group,The, PLC, Jetty No. 8 Chequers Lane Dagenham.....(020) 8517 4099	St. Patrick's Church Barking, St. Patricks Church Blake Avenue Barking.....(020) 8594 8754	Or.....(020) 7476 7167
Rushnet, Ltd, Unit D O Y O Bsns Units Hindmans Wy Dagenham.....(020) 8595 3700	St. Thomas Moor's Catholic Church, 514 Longbridge Road Barking.....(020) 8590 2191	Or.....(020) 7476 7700
Rwandese Abagimigambi, Unit 2 Bankside Park Industrial Estat Thames Road Barking.....(020) 8594 4128	Saints, See also Saint listed before St. Saints Food & Wine, 2 Monteagle Av Barking.....(020) 8594 1128	Or.....(020) 7476 7895
Rydon Group, Flat 2, Nightingale Court 821 Rainham Road South Dagenham.....(020) 3620 9038	Saints Off Licence, 2-4 Monteagle Avenue Barking.....(020) 8594 6470	Or.....(020) 7511 2011
S.A.M Cars, Mini Cabs, Barking 6 North St Barking.....(020) 8594 9394	SAIT MARINE, Ltd, Marine Electronics Sales & Serv, Wireless Ho 31 River Rd Barking.....(020) 8594 5642	Or.....(020) 8472 3907
Or.....(020) 8594 9395	Saj Engineering, Engng Wks, 412 Trocoll Ho Wakering Rd Barking.....(020) 8507 2729	Or.....(020) 8472 8222
S B P Engineering, Engng, Unit 7 Pollyte Works Wantz Road Dagenham.....(020) 8595 7658	Saj Engineering, Trocoll House Wakering Road Barking.....(020) 8594 8616	Or.....(020) 8472 9898
S. C. Refinishing, Gar, 39b Barking Industrial Park Alfreds Way Barking.....(020) 8591 7616	Saki Soft, Ltd, Trocoll Ho Wakering Rd Barking.....(020) 8507 8923	Or.....(020) 8503 5577
S & J Fast Food, Ltd, Takeaway, 401 Barking Road East Ham London.....(020) 8472 8902	Salmon Brothers Plumbing, 209 Ashburton Avenue Ilford.....(020) 3151 2575	Or.....(020) 8552 1122
S Harun, 714-720 Green Lane Dagenham.....(020) 8617 0809	Salon M, Ltd, 78 Rainham Road Rainham.....(01708) 606460	Sayers Cars, 393 Katherine Road E7.....(020) 8472 0117
S H Productions, Audio Production, Media Ho Ashford Rd Maidstone.....(07000) 705432	Salvation Army, Local Corps & Community Centres Barking Corps Ripple Rd Barking.....(020) 8594 2964	Scargill School, (Infants) Mungo Pk Rd Rainham.....(01708) 555707
S & J Fast Food, Ltd, Takeaway, 401 Barking Road East Ham London.....(020) 8472 8902	Salvation Of God Ministry Cherubim & Seraphim Church, 114 Heathway Dagenham.....(020) 8517 0333	Schools, London Borough of Redbridge Primary Chadwell High Rd Chadwell Heath.....(020) 8590 1242
S K Newsagents, Mr, Nwsagts, 8 Reede Rd Dagenham.....(020) 8517 5968	Sam99p - New Head Office, Unit 11 Ripplside Commercial Estate Ripple Road Barking.....(020) 8536 6550	Grove Chadwell Hth La Chadwell Hth.....(020) 8590 3611
S K S Double Glazing, Ltd, Offices Rear Of 58 Ilford Lane Ilford.....(020) 8514 5642	Same Day Office Space, Barking Trocoll Ho Wakering Rd.....(020) 8591 2666	Mayes Park Primary Goodmayes Lane Ilford.....(020) 8599 2263
S.K.S. (London), Plumbers' Merchants, Forest Gate 251 Katherine Rd E7.....(020) 8471 2123	Sami's Store, Su'Imkt, 1 The Triangle Tanner Street Barking.....(020) 8594 8965	Uphall Primary School Uphall Rd Ilford.....(020) 8478 2993
Or.....(020) 8471 5326	Samita Ltd T/A Samita Doors & Panel, Trvl Agent, 402 Green Lane Ilford.....(020) 8599 5432	Woodlands Loxford La Ilford (Junior).....(020) 8478 4612
Or.....(020) 8552 5525	Sams Fast Food, Ltd, 9, Aberdeen Works Atcost Road Barking.....(020) 8591 4546	Secondary Loxford High Loxford La Ilford.....(020) 8514 4666
S K T Superfood, 447 Barking Rd London London.....(020) 3337 2763	10 Atcost Road Barking.....(020) 8507 7790	Loxford High Loxford La Ilford (FAX).....(020) 8514 6257
S L Motors, Mot Bodymechanical Repairs, Rear Of 43-45 High Road Romford.....(020) 8597 1029	Samsky Travel, Ltd, 79 Green Street London.....(020) 7249 8096	Scope, Scope Shops Barking Glenny House 56 Longbridge Rd.....(020) 8594 2379
S M Khairul Islam, Durham Place, 6 Eton Road Ilford.....(020) 3490 4995	Samuel And Solicitors, Co, 58 Ripple Road Barking.....(020) 3417 0295	Scout Association, Shackleton Hall Morden Road Romford.....(020) 8597 3592
S.P.W, Chrtld Accts, 239 Regents Park Rd N3.....(020) 8371 5000	Samuel Garside House, (Barking) Rtm Co Ltd, Plant Room Samuel Garside House 2 De Pass Gardens Barking.....(020) 8507 7020	Scribes of Silvertown, Unit 14, Greenshield Indust Est Bradfield Rd E16.....(020) 7511 1505
Sachdeva Mobile Accessories, 3a The Vicarage Field Shopping Centre Vodafone Barking Dagenham.....(020) 8594 3416		Scruffs Dog Grooming, Scruffys Dog Grooming Romford.....(020) 3489 4244
Sacoma Foods & Global Bussiness Innovation & Leadership Training, (Sacoma-Global) Ltd, 159 Broad Street Dagenham.....(020) 3770 9449		Scruples, Hair & Beauty, 271 Wood Lane Dagenham.....(020) 8592 1346
Safe Installations London, 10 Denholme Walk Rainham.....(01708) 572932		ScS Sofa Carpet Specialist, Beckton Unit 5, Beckton Triangle Retail Pk Claps Gate La E6.....(020) 8709 1880
Safe Point, Safe Point, 440 Hedgemans Rd Dagenham.....(020) 8593 5993		SDJ London, Ltd, 104 Stamford Road Dagenham.....(020) 8984 7760
Safeway Distribution, Ltd, Unit 2 Ripplside Commercial Estate Renwick Road Dagenham.....(020) 8593 5993		SDK Textiles, Ltd, Unit 5 Balmoral Trading Estate River Road Barking.....(020) 8594 8686

533 Barking Rd London.....(0844) 4778934	Shurgard Self Storage Centres, Ltd, 5 Oriental Rd E16.....(020) 7474 8200	380 Katherine Rd E7.....(020) 8472 0568
Seaxe Contract Services, Ltd, Petronne House 31 Church Street Dagenham.....(020) 8592 3862	Siam Massage, Massage Plr, 203 High Road Romford.....(020) 8597 1145	Solar Broadcasting, Ltd, 87 Shirley Gdns Barking.....(020) 7998 5913
SecureCity, Ltd, Mngmt Consltyng, 4 Sovereign Rd Barking, Essex.....(0845) 3707220	Siddiqi, M, 598 Green Lane Ilford.....(020) 8590 2833	Solar Plumbing & Heating, Plmbg Bathroom Shwrm, 933 Green La Dagenham.....(020) 8220 2222
Security & Telephone Systems, 527 Barking Rd E6.....(020) 8471 6788	Sig, Plc, FAX.....(020) 8591 9992	Solar Plumbing & Heating, 933 Green La Dagenham.....(020) 8252 3585
Sed Meli Gallions Ltd, 4 Silley Weir Promenade London.....(020) 3091 3557	Siger Salons, Ltd, 598 Longbridge Road Dagenham.....(020) 8599 6633	Solar Self Drive, 16-18 River Road Barking.....(020) 8591 0107
Seetec, Crown Ho Linton Rd Barking.....(020) 8594 0385	Sign Emporium, 27 Thames Rd Barking.....(020) 8507 9385	Solartech Pro, 34 Church St Dagenham.....(020) 8517 7979
Or.....(020) 8594 0774	Sign Fit, 482 Barking Rd E6.....(020) 8552 1194	Soldiers, Sailors, Airmen & Families Association, See SSAFA Forces Help
Sehmi & Sons, Bldrs Mrcnts, Unit 5 Creekmouth Indust Pk Barking.....(020) 8594 5590	Signature Interiors, 1067 High Road Romford.....(020) 8590 6534	Sole Rock, Ltd, Chinese Takeaway, 403 Barking Road E6.....(020) 8552 2838
Select Right Properties, Ltd, 25 Goodmayes Road Ilford.....(020) 8599 6000	Signcraft, 244 High Rd Romford.....(020) 8599 4747	Sonah Bangla, Cash & Carry, 416 Barking Road E6.....(020) 8470 2771
Selva Saloon, 1 Watson Avenue E6.....(020) 8472 4017	Sihra, D.S, Dent Surg, 438 Green La Ilford.....(020) 8590 0575	Sonar Bangla Travels, 127 Green St E7.....(020) 8470 5566
Sens Security Services, 11 Abbey Road Barking.....(020) 3015 4063	Sila Supermarket, Supermarket, 15 Vicarage Lane E6.....(020) 8821 9000	Soni Cash & Carry, Ltd, 10a Carlton Terrace Green Street E7.....(020) 8471 7722
Sentor Trading, Ltd, 406 Green Lane Ilford.....(020) 8598 1861	Silom International, Ltd, 8 Brixham Gdns Ilford.....(020) 8594 2907	Soomro, Dr, S, Flat 502 The Helm 4 Basin Approach E16.....(020) 7055 2852
Seo Ant, Ltd, 524 Becontree Avenue Dagenham.....(020) 8593 8974	Silver Scissors, Hair Salon, 1126 High Road Romford.....(020) 8590 1300	Sothi, Sothi, 127a Becontree Avenue Dagenham.....(020) 8091 8313
Serenity Luxury Hair, 13 Keir Hardie Way Barking.....(020) 7998 6010	Silver Sea, 543 Green Lane Ilford.....(020) 8590 4395	Sound Locksmiths, Locksmiths. 24 Hour, Emergency Auto Locksmith, Romsey Rd Dagenham.....(0845) 1647478
Serval Maritime, Ltd, Container Base Box La, Renwick Rd Barking.....(020) 3771 8240	Silver Town Food, Ltd, Unit 1 Connaught Heights 2 Agnes George Walk E16.....(020) 7473 0333	South Eastern Tanker Services, Ltd, Breach La Dagenham.....(020) 8517 0118
Service Master, Contr Clng Servs, 120-22 Becontree Avenue Dagenham.....(020) 8503 8715	Silverdell, UK Ltd, Asbestor Removal, Unit 2 Pacific Whf Hertford Rd Barking.....(020) 8591 6677	Or.....(020) 8595 0123
Sf Cash Carry, Cash Carry, 418 Katherine Road Forest Gate London.....(020) 8617 1821	Silverline Recruitment, Ltd, Suite 101 Estuary House 196 Ballards Road Dagenham.....(020) 8984 0600	South East Tanker Services, Breach La Dagenham.....(020) 8593 4999
SH Tyres & Wheels, 131 Movers Lane Barking.....(020) 8591 5407	Silverpoint Cash & Carry, Ltd, Unit D 370 Romford Road E7.....(020) 8471 4500	FAX.....(020) 8593 7811
Shaftesbury Primary School, Shaftesbury Road E7.....(020) 8552 7301	Simple Solution Affordable Service, Ltd, 4 Speirs Gardens Dagenham.....(020) 3149 2881	Southeast Automotive, Unit 16-17 Sterling Indust Est Rainham Rd Sth Dagenham.....(020) 8984 0022
Shah Enterprize, Trvl Agt, 31 Faircross Parade Longbridge Road Barking.....(020) 8594 4455	Simply Financial & Estates, 77 Water Lane Ilford.....(020) 8590 9478	Or.....(020) 8984 0033
Shah, M.H, Dent Surg, 161 Ilford La Ilford.....(020) 8478 1050	Simply Travel & Tours, 68 Station Pde Barking.....(020) 8507 3777	Southeast Automotive, Bull Cnr Rainham Rd Sth Dagenham.....(020) 8595 7738
Shahlab Baig, Survivor, 401 Ilford Lane Ilford.....(020) 8514 3720	Sincere Care, 29 Hatfield Road Dagenham.....(020) 8596 5808	Southeast Automotive, Rainham Road Car Care Rainham Road South Dagenham.....(020) 8592 4887
Or.....(020) 8553 2231	Sinha, Dr B K, 2 Birchdale Rd E7.....(020) 8472 1600	Southend Hall, White House Southend Road London.....(020) 3105 7156
Shahnai Wedding & Printing, Prntg, 79 Green St E7.....(020) 8471 6776	Sinha, Dr K, 459 Romford Rd E7.....(020) 8522 0222	Southend Road Dental Surgery, 166 South End Rd Rainham.....(01708) 555525
Shai, Ltd, High Street South London.....(020) 8586 7034	Sistau Services, Ltd, Sherrard Works Sherrard Rd E7.....(020) 8470 1747	Southern Co-Operative, Ltd, Convenience Store, Thames View Post Office 1-3 Farr Avenue Barking.....(020) 8591 4936
Shajhan, 670 Rainham Road South Dagenham.....(020) 3612 7887	Site Analytical, Site Investigators, Unit 1 River Road Business Park River Road Business Park River Road Barking.....(020) 8594 6910	Or.....(020) 8594 8407
Shalom Property Services, Ltd, 365 Ripple Rd Barking.....(020) 8591 8765	Site Guard Security Services, Ltd, Kemp Rd Dagenham.....(0800) 3287044	Sovereign Lift Trucks, Unit 9 Creekmouth Industrial Estate 57 River Road Barking.....(020) 8594 7209
Shama Center, Shama Center 210 High Street North London.....(020) 8548 8466	Siv Fire Protection, Ltd, 57A Railway Arches North Woolwich Road E16.....(020) 7055 0566	Creekmouth Industrial Estate 57 River Road Barking.....(020) 8591 3257
Shanks, (East London), Jenkins La Barking.....(020) 8591 2489	Sivasamy, P, Unit 5 Gemini Bsns Pk Hornet Wy E6.....(020) 7511 0161	Sparkle Double Glazing, Ltd, 1-3 Shrewsbury Road London.....(020) 8472 5694
FAX.....(020) 8591 3834	Six By Six Vision, Ltd, 62 High Street North E6.....(020) 3601 4112	Specsavers Opticians, Spectacles & Contact Lenses, Dagenham Branch The Mall Heathway FAX.....(020) 8596 9188
Shanks East London, Salvage Plant & Council Transport Depot Frizlands Lane Dagenham.....(020) 8593 9315	SI Solicitors, 604 Green La Ilford FAX.....(020) 8548 3701	Specsavers Opticians, 45 East Street Barking.....(020) 8591 9611
Shanks Elwa, Refuse Transfer Station Jenkins La Barking.....(020) 8911 3180	Sk Chicken, Ltd, 389 Barking Road E6.....(020) 8472 3335	Specstore Opticians, Ltd, 29 EAST STREET BARKING.....(020) 8594 8866
Shapes Hairdressing, Ltd, 584 Rainham Road South Dagenham.....(020) 8592 2405	Skills Enterprise, Ltd, Darwell Close London.....(020) 8470 9838	Spectacularkidz Day Nursery, Ltd, 11 Farr Avenue Barking.....(020) 3581 7856
Shearforce Security Services (UK), Limited, Security Services, 1 Renwick Industrial Estate Renwick Rd Barking, ESSEX.....(0845) 5001444	SKS, (Ilford) Ltd, Plmbr Mrcnts, 424 Green La Ilford.....(020) 8590 7287	Spectacularkidz Day Nursery, Ltd, 11 Farr Avenue Barking.....(020) 3774 0438
Sheenz Hair & Beauty, Hair Sal, 772 Green La Dagenham.....(020) 8503 8192	SKS, (Ilford) Ltd, Plmbrs Mechants, 424 Green Lane Ilford.....(020) 8590 6749	Spectrum Interactive, (Fixed Line), Premier Inn 2 New Rd Dagenham.....(020) 8595 2373
Shels Convenience Store, Convience Store, 127 Becontree Avenue Dagenham.....(020) 8597 5124	Slane Construction, Ltd, Unit B1 Chadwell Heath Industrial Park Kemp Road Dagenham.....(020) 8586 4264	Spedag, (Ea) Ltd, Container Base Box Lane, Renwick Road Barking.....(020) 8517 3377
Sheriff Fish Bar, 3 Royal Parade Church Street Dagenham.....(020) 8593 8109	Sleep 8 U K, Ltd, 1a Whittings Way London Industrial 1 Whittings Way East Ham London.....(01708) 947486	Spencer Construction & Engineering, Royal Albert Wks Bradford Rd E16.....(020) 7511 1222
Shifaa News, Ltd, 35 Woodgrange Road Forest Gate.....(020) 8519 8586	Sma Repair Centre, Ltd, Unit 5 288 Ilford Lane Ilford.....(020) 8514 6544	Or.....(020) 7511 1711
Shiv Cash And Carry, Mr, Preti P & Ya, Ltd, 380-82 Romford Rd London.....(020) 8472 6201	Small Chops Nigerian Restaurant, (UK) Ltd, 7 Chequers Parade Ripple Road Dagenham.....(020) 8595 7674	Spencer James Residential, Ltd, 8 Hartlepool Ct E16.....(020) 7474 3636
Shoan, Ltd, 102 Green Street Forest Gate London.....(020) 8821 9991	Small PA Company, The, Unit 5j Standard Industrial Estate Henley Road E16.....(020) 8616 2151	Spensars, Acctnts, 25 Holland Rd E6.....(020) 8470 3635
Shoe Repairs, 1211 High Road Romford.....(020) 8597 1228	Smart Portuguese Groceries, Ltd, 398 Ripple Road Barking.....(020) 3904 9376	Spice Fusion Grill, Ltd, 618a Green Lane Ilford.....(020) 8590 3493
Shoe Zone, 31 East Street Barking.....(020) 8591 1261	Smart Range Leather, Co Ltd, Unit 3 Dominion Works Freshwater Road Dagenham.....(020) 8599 9713	Spice Green Takeway, 149 Green Street E7.....(020) 8472 8887
Shoe Zone, 70 High Street North E6.....(020) 8471 9219	Smit Pure Vegetarian, 398 Romford Road London.....(020) 8062 0116	Spicer McColl, Ltd, Est Agt, Chadwell Heath 30 High Rd Chadwell Heath.....(020) 8599 1122
Shoe Zone, 12 The Mall Heathway Dagenham.....(020) 8592 9523	Smokesgreen Ldn Limited Ta Nebul, 218 High Road Romford.....(020) 8306 0749	Dagenham 1 Reede St.....(020) 8517 8848
Shop, Shop, The Victoria Axe Street Barking.....(020) 3689 5108	Smyths Toys, Beckton Unit 2 Gallions Reach Shopping Pk 3 Armada Wy E6.....(020) 7473 0048	Spick & Span Gardens, Ltd, 38 Stains Road Ilford.....(020) 3151 1622
Shop, Shop, First And Second Floor 69 71 Goodmayes Road Ilford.....(020) 3638 8049	Sofia Travel,	Sport Apply, Ltd, Adshell Outside 238 Oxlow La Dagenham.....(020) 8517 1599
Shop, Shop, 410 Green Lane Ilford.....(020) 8590 9487		238 Oxlow La Dagenham.....(020) 8592 8401
Shop, Shop, 222 High Road Romford.....(020) 3092 8438		Sportapply Ltd, Ltd, Fishing Tackle Shop, 238 Oxlow Lane Dagenham.....(020) 8517 2008
Shree Sanatan Dharm Mandal Ilford, 3-9 Norman Road Ilford.....(020) 8514 4781		Sports Rock N Roll & Haircuts Limited, Landlords Supply Units 28-30, 45-47 Ripple Road Barking.....(020) 8591 9591
Shun Cheong Lung, Ltd, Shun Cheing Lung Ltd 21-23 River Road Barking.....(020) 8594 3388		Spray And Bake Powdercoaters, Unit 7 Bankside Park Industrial Estate Thames Road

Barking .....	(020) 8507 9791	Subhan Super Store, 15 Rowallen Parade Green Lane Dagenham .....	(020) 8590 0059	Dagenham .....	(020) 8599 2838
Square Glazing, Ltd, Square Glazing Ltd, Barking Indust Pk Alfreds Wy Barking .....	(020) 8594 8559	Subramaniam, Dr S, 39 Mungo Pk Rd Rainham .....	(01708) 554797	FAX UNIT G1 CHADWELL HEATH INDUSTRIAL PARK KEMP ROAD .....	(020) 8599 6560
Square Glazing Ltd, Wndwvs, Barking Indust Pk Alfreds Wy Barking .....	(020) 8594 8703	Sub-Tech Contracts, Ltd, Freshwharf Freshwharf Highbridge Rd Barking .....	(020) 8591 0560	T & N Haulage, Ltd, 19 Creek Rd Barking .....	(020) 3196 0191
Squibb & Davies, (Demol) Ltd, 62 River Rd Barking .....	(020) 8594 7143	Subway, 411 Barking Road E6 .....	(020) 8470 5917	T Sellers, Chadwell Heath Industrial Park Unit B3 Kemp Road Dagenham .....	(020) 7018 0900
Sri Express, 403 Ilford Lane Ilford .....	(020) 8514 6080	Suc Exc, UK Ltd, Yard 2 Choats Road Dagenham .....	(020) 8517 9984	T S Properties, Ltd, 439 Katherine Rd E7 .....	(020) 8586 0011
Sri Food & Wine, Servs, 396 Ilford La Ilford .....	(020) 8553 7737	Suc-Exc, UK Ltd, Yard 2 Choats Rd Dagenham .....	(020) 8592 9595	TV Licensing, All Enquiries .....	(03007) 906135
Srieeshi Solutions, Pvt Ltd, 2 Calvert Mews Dagenham .....	(020) 3409 8976	Sudden Impact, Unit H4 Chadwell Hth Indust Pk Kemp Rd Dagenham ...	(020) 8590 2200	Ta Traders (Uk) Ltd, Ilford Lane Ilford .....	(020) 8911 8222
SSG Support Services Group, Ltd, Maritime House 1 Linton Road Barking .....	(020) 8591 0330	Sudden Impact Motorcycle Accident Repair Centre, 4 Kemp Road Dagenham .....	(0843) 5079887	TAFS Foods, Ltd, 31 Woodgrange Rd E7 .....	(020) 3288 3060
Sss Fast Food, Mr, Mohammed Siddique, A Goodmayes Lane Ilford .....	(020) 8599 9866	Sule Phones, Ltd, Unit 2 350 Ilford .....	(020) 3972 3989	Tag Florist, Florists And Flowers, Barking, Essex .....	(0845) 2998290
"St", The abbreviation "St" is listed after "Saint"		Sultan Fashion, Ltd, 119 Green Street London .....	(020) 3664 0527	Tag Florist, Florists And Flowers, Dagenham, Essex .....	(0845) 2998290
ST Express, UK Ltd, 476 Katherine Road Forest Gate London .....	(020) 3982 8669	Sumera Hair & Beauty, 100 High Road Romford .....	(020) 8616 0390	Tag Flowers, Florists And Flowers, Barking, Essex .....	(0845) 2998291
STA Travel, Ltd, Travel Agents, 36 George St Oxford .....	(0871) 2300040	Sun City Tanning, Ltd, 10 Whalebone La 5th Dagenham .....	(020) 8517 1543	Tag Flowers, Florists And Flowers, Dagenham .....	(0845) 2998291
88 Vicar St Leeds .....	(0871) 2300040	Sun Sing Take Away, 307 Wood Lane Dagenham .....	(020) 8592 8633	Tag Hackney Cab, Travel & Transportation, Barking, Essex .....	(0845) 2998243
Staff Trial Limited 502, 26 Stephen Jewers Gardens Barking .....	(020) 3843 4361	Sundararajan, Mobile, 24 Westfield Road Dagenham, Essex .....	(07944) 197006	Tag Hackney Cab, Travel & Transportation, Dagenham, Essex .....	(0845) 2998243
Or .....	(020) 3843 4363	Sunny'S Minimarket, Ltd, 127 Mungo Park Road Rainham .....	(01708) 521028	Tag Radio Taxis, Travel & Transportation, Barking, Essex .....	(0845) 2998241
Stannard, B.E. (Engineers) Ltd, Benson Sedgewick Engineering Ltd Selinas Lane Dagenham .....	(020) 8526 7776	Sunnyside Garage, Chadwell Hth Indust Pk Kemp Rd Dagenham .....	(020) 8599 3484	Tag Radio Taxis, Travel & Transportation, Dagenham, Essex .....	(0845) 2998241
Stansted Laboratories, Ltd, Unit 9 Riverside Indust Est 27 Thames Rd Barking .....	(020) 8591 8762	Super Pound Saver, 499 Gale St Dagenham .....	(020) 8517 4535	Tag Taxi, Travel & Transportation, Barking, Essex .....	(0845) 2998240
Or .....	(020) 8594 5104	Supercare Pharmacy, 200 High Road Romford .....	(020) 8590 1819	Tag Taxi, Travel & Transportation, Dagenham, Essex .....	(0845) 2998240
Star And Beauty Parlour, 1146A Green Lane Dagenham .....	(020) 3172 0430	Or .....	(020) 8617 3143	Tahas Accountants & Tax Advisors, Unit 4 Town Qy Whf Abbey Rd Barking .....	(020) 3288 2910
Star Distribution, (UK) Ltd, Barking .....		Superdrug, Unit 8 Gallions Reach Shopping Pk 3 Armada Wy E6 .....	(020) 7511 3570	Taj Carpets, Crpt & Furn, 2 Hickling Rd Ilford .....	(020) 8478 7775
15 The IO Centre River Rd Barking .....	(020) 8594 7100	Superdrug, 32 The Mall Heathway Dagenham .....	(020) 8595 5160	Taj Foods, Ltd, Unit 3 Cromwell Bsns Cntr 1 River Rd Barking .....	(020) 8594 1542
Star Garage, BRYSON HOUSE 131 CHURCH ELM LANE DAGENHAM FAX ...	(020) 8984 8391	Superwear Menswear, Ltd, 2 High St Nth E6 .....	(020) 8470 0999	Taj Grill, Rstrnt, 72 Ilford Lane Ilford .....	(020) 8478 8352
Star Ice Cream, (GB) Ltd, Unit 1h Barking Business Centre Thames Road Barking .....	(020) 8591 4953	Supporting Care, 4 Gibbards Cottages Upney Lane Barking .....	(020) 3538 7767	Takeabreak Sandwich Bar, 244 Oxlow La Dagenham .....	(020) 8593 7337
Star Pizza, Restaurant, 23 High Road Romford .....	(020) 8597 7755	Supreme Double Glazing, 309 Eton Road Ilford .....	(020) 8478 4121	Talent Care Education, Ltd, 4Th Floor Suite 1B East Street Essex Barking .....	(020) 8594 0891
Star Shisha Bar, 349 Ripple Road Barking .....	(020) 3294 9880	Supreme Wholesale, Fast Food Distribution, Unit 5 Standard Industrial Estate Factory Road E16 .....	(020) 7474 6090	TALK TALK, Telecoms Supplier, Head Office 1 Portal Wy London .....	(0800) 0497664
Star Value Supermarket, Ltd, 35 Green Street Forest Gate London .....	(020) 3161 6037	Surgery,The, 36 Dewey Rd Dagenham .....	(020) 8592 0049	Tamba Day Nursery, Ltd, Amber Ct 995 High Rd Romford .....	(020) 8590 7840
Starbucks, Coffee Shop, Gateway Retail Park 8 Claps Gate Lane E6 .....	(020) 8591 3365	Swaby Clarke & Norris, The Clockhouse Floor 004 Barking .....	(020) 8507 1891	Tamba Nursery, Ltd, Nrsry, 20 Warwall E6 .....	(020) 7511 4809
Station Jewellers & Watchmakers, Barking Rly Stn Station Pde Barking .....	(020) 8591 9181	Swagaat Jewellers, 121 Ilford Lane Ilford .....	(020) 8553 4296	Target Express Parcels, 22 Eastbury Rd E6 .....	(020) 7511 1111
Steak Box Original, Ltd, 8 Chapel Road Ilford .....	(020) 3154 3621	Swaggers, 1 Weylond Road Dagenham .....	(020) 8593 2519	Tarka Indian Cuisine, 814 Dagenham Rd Dagenham .....	(020) 8517 8369
Steps Estate Agents, 298 Heathway Dagenham .....	(020) 8593 5933	Swatch Group, UK Ltd, Newham Dockside 1000 Dockside Rd E16 .....	(020) 7055 8242	Taste Of China, Taste Of China, 3 Albert Rd E16 .....	(020) 7474 4008
Sternberg Reed, Focal Ho Station Pde Barking .....	(020) 8532 7000	Swayam Lets, Ltd, 146 High Street North East Ham .....	(020) 8471 7049	Taste Of Jamaica, The, Green Lane Ilford .....	(020) 8599 9298
Or .....	(020) 8591 3366	Sweeping and Counter Surveillance, Private Investigator, 20 Chapel Road .....	(020) 7175 2312	Tasty Chicken Hut, 442 Barking Road E6 .....	(020) 8470 0303
Stevens & Gill Body Craft, Stevens & Gill Bodycraft Ltd 54 Barking Industrial Park Alfreds Way .....	(020) 8591 9685	Swift Electrical, 56 Thornton Road Ilford .....	(020) 8262 6395	Tasty Chicken Ilford Lane, Mr, Fast Food Takeaway, 198 Ilford La Ilford .....	(020) 8553 9988
Stevens & Gill Panelcraft, 54 Barking Industrial Park Alfreds Way Barking .....	(020) 8594 0357	Swift Repairs, Ltd, Mechanics Mobile, 315 Mortlake Road Ilford, Essex .....	(020) 3051 4967	Tate, Unit 8 Apol Heath Park Industrial Estate Freshwater Road Dagenham .....	(020) 8590 1073
Stewart, Harvey, & Woodbridge, Ltd, Unit 6 Eldenhall Indust Est Dagenham .....	(020) 8517 0011	Syed, 33 Langdon Road London .....	(020) 3583 5628	Tate Enterprises, Ltd, Site Office Freshwater Road Dagenham .....	(020) 8597 8897
Stiffell & Wilson, Ltd, Bldrs, 319 High Rd Romford .....	(020) 8599 7839	Symbio Communications, Ltd, East Shopping Centre 232-36 Green Street E7 .....	(020) 8552 0798	Taxplus Accountants, Ltd, 29a Station Parade Barking .....	(020) 8507 8033
Stockwin Of London Limited, Unit 3 Creekmouth Ind Est River Road Barking .....	(020) 8591 7581	Symbiont Security, Ltd, 24 Bosworth Road Dagenham .....	(020) 8593 4969	Taylor & Jarvis, (Architectural Ironmongers) Ltd, 254 Rainham Road South Dagenham .....	(020) 8592 1907
Stolt Haven, Pinnacle Storage Choats Rd Dagenham FAX .....	(020) 8593 5919	Synergy Peaks, Ltd, 98 Cobham Road Ilford .....	(01646) 629564	FAX .....	(020) 8592 8697
Stolthaven Dagenham, Ltd, Pinnacle Storage Choats Rd Dagenham .....	(020) 8593 7211	Sysgroup Trading, Ltd, Goodmayes Retail Park 850-60 High Road Romford .....	(020) 8590 4508	Taylor/Webb, Ltd, Unit 3 Fresh Wharf Estate Highbridge Road Barking .....	(020) 8594 5896
Stone Surface, Ltd, 24 Barking Industrial Park Alfreds Way Barking .....	(020) 8591 7552	System Air, Unit 1 Midas Business Centre Wantz Road Dagenham .....	(020) 8984 7634	Taza Chaiwala, 400 Green Lane Ilford .....	(020) 8590 8208
Stoneshaw Estates, Ltd, 271 Heathway Dagenham .....	(020) 8595 3380	T.C Coachworks, 13b River Road Barking .....	(020) 8591 9299	Taza Chaiwala, Ltd, 400 Green Lane Ilford .....	(020) 8599 8464
Stop 'n' Go, Ltd, 515 Barking Rd E6 .....	(020) 8472 2448	T Cribb Sons, T Cribb Sons, 4 South End Road Rainham .....	(01708) 553029	Tealk Services, Ltd, Care Home, Goodmayes Pk Ldg Abbotsford Rd Ilford .....	(020) 8127 8234
402 Barking Road E6 .....	(020) 8471 2954	T J Automotive, Ltd, 271 Ilford La Ilford .....	(020) 8478 7851	The Lodge, Goodmayes Pk Abbotsford Rd Ilford .....	(020) 8599 2480
Stor-a-File, Ltd, 335-351 Rainham Road South Dagenham .....	(020) 8592 8880	T J Trading London, Ltd, 21 Thames Road Barking .....	(01582) 291916	team365, Unit 80 London Indust Pk Roding Rd E6 .....	(020) 7474 3679
Straight View Properties, Ltd, 1 Ilux Parade Palmerston Road London .....	(020) 3340 7090	T.K. Best One, Ltd, 54 Norfolk Road E6 .....	(020) 8472 2382	FAX .....	(020) 7540 4326
Stratford E7 Locks, Locksmith Services, Hollingwood House Romford Road London .....	(07010) 600475	T & L Training, Ltd, 137 Becontree Av Dagenham .....	(020) 8590 3331	Teamwork Handc, First Floor Unit 3 Clements Court Clements Lane Ilford .....	(020) 8553 5186
Stroke Association - Watkins Way, 11 Watkins Way Dagenham .....	(020) 8597 6735	T M K Stairways, Ltd, Unit G1 Chadwell Hth Indust Pk, Kemp Rd		Tech Engineering, U K Ltd, Unit 2 133B Ilford Lane Ilford .....	(020) 3343 8334
Strong Vend, Ltd, Drinks Vending Mach Supplrs, Silvertown Unit 2H St. Mark's Indust Est E16 .....	(020) 7511 3511			Techniid, Ltd, O2 Store 53 East Street Barking .....	(020) 4541 2715
Study Fg, Tuition Centre, 475 Romford Road E7 .....	(020) 8472 4592			Techno Talks, Phone Shop, 10 Station Parade Barking .....	(020) 8591 6525
Styler Menswear, 7-9 Chapel Road Ilford .....	(020) 8478 3698			Technologic LSI, (Europe) Ltd,	



M Bexley .....	(020) 7511 8535	Unit 12, Galleons Reach Shopping Park Armada Way E6.....	(0845) 0713805	Total Assist Recruitment, 20 High Rd Romford .....	(020) 8252 7879
Teachpoint Distribution, Distribution Of Electronics, Unit G5 Chadwell Heath Industrial Park Kemp Road Dagenham .....	(020) 8599 9345	Dagenham		Total Assist Recruitment, Ltd, 20 High Rd Romford .....	(020) 8262 5093
Teem Communications, Iphone Computer Repairs, 275 Heathway Dagenham .....	(020) 8595 2889	Unit 4, The Mall Haethway Dagenham.....	(0845) 0713518	Or .....	(020) 8924 6464
Teem Communications, Iphone Computer Repairs, 275 Heathway Dagenham .....	(020) 8595 2887	Thomson Travel Shops, Dagenham 4 The Mall Heathway .....	(020) 8592 5192	Total Healing World Outreach, Charity, 13a River Road Barking .....	(020) 8091 4217
Teen Challenge London, Wilkerson House Uphall Road Ilford.....	(020) 8553 3338	Thony Hairstylist, 105C Chadwell Heath Lane Romford .....	(020) 8597 9819	Total Healing World Outreach, Ltd, 90-96 High Street North E6 .....	(020) 8552 3251
Teg Environmental, Ltd, 16 Choats Road Dagenham .....	(020) 8595 7934	Thornton Logistics, Ltd, South Eastern Tanker Services Ltd Breach Lane Dagenham.....	(020) 8984 9370	Total Security Locksmiths, Locksmiths, 24 Hour, Marlborough Road Dagenham .....	(0844) 4117319
Tehweeb London, Ltd, 197 Ilford Lane Ilford.....	(020) 3305 6778	Three Travellers, Three Travellers Wood Lane Dagenham .....	(020) 8517 7964	Touch Fashion, Ltd, 242 Green Street E7 .....	(020) 8471 3373
Tekstrategy, Ltd, Rainham Gateway Technology Cntr 4 University Wy E16 .....	(020) 8223 7781	Tigers Junior Football Club, Bretons Sports & Social Club Rainham Road Dagenham.....	(01708) 930065	Toulouz Hair, Hair & Beauty, 676 Rainham Rd 5th Dagenham .....	(020) 8593 7529
Tela, Ltd, Thames Gateway Technology Cntr 4 University Wy E16 .....	(020) 8223 7788	TIME,, (Accurist Timeline) Dial 123		Tpe London, 723 Ripple Road Barking .....	(020) 3441 6533
Temisrey, Ltd, Grocery, 596 Green Lane Ilford .....	(020) 3784 9790	Time Cash & Carry, Unit 1 Renwick Indust Est Renwick Rd Barking.....	(020) 8595 7830	Trac Group, Unit 14a Thames Gateway Park Chequers Lane Dagenham .....	(020) 8517 1247
Tender Cubs, 284 Porters Avenue Dagenham.....	(020) 8127 7274	FAX .....	(020) 8595 7842	Or .....	(020) 8517 4904
Tender Hearts Support Services, Ltd, 104 Nelson Street London .....	(020) 8472 2295	Timpson, Tesco Gallions Reach 1 Armada Way E6.....	(020) 7511 7130	Or .....	(020) 8593 6191
Teraza Joanne, Gate 14 King George V Dk Woolwich Manor Wy E16.....	(020) 7511 5000	Timpson, Savacentre 1 Claps Gate Lane E6.....	(020) 8591 9515	Trad Hire & Sales, Scffdg Hire, P & O Containers Box La Barking.....	(020) 8709 0160
Or .....	(020) 7511 7000	Timpson, Ltd, 822 High Rd Romford.....	(020) 8599 3517	Trade Construction, Ltd, 95 Derby Rd London.....	(0844) 3350346
Tesco Stores, Express Barking Unit 6A, Barking Cent Aboretum Pl, Ripple Rd... (03456) 719514		Timpson Shoe Repairs, Ltd, Unit 21 The Vicarage Field Shopping Cntr Ripple Rd Barking .....	(020) 8594 3419	Traders & General Insurance Services, Ltd, Ins, 316 Romford Rd E7 .....	(0872) 4365616
Barking Esso Ripple Rd, Oldings Cnr .....	(03456) 779027	Tint 4 Cars, 43 High Road Romford .....	(020) 8597 0067	Tradetex, Ltd, 2A Thames Rd Barking .....	(020) 8591 8592
Barking 67 Longbridge Rd .....	(03450) 269981	Tiny Feet Pre-School, Krishjon Social Club Southend Road London .....	(020) 8821 0102	Tradex Insurance Limited, Ltd, 199 Ilford Lane Ilford .....	(0843) 8163422
Chadwell Heath 38 High Rd .....	(03456) 757228	Titan Waste Solutions, Ltd, Titan Waste Solutions Renwick Road Barking.....	(020) 8432 2225	Traditional Boutique Kids, Ltd, 257 Green Street E7 .....	(020) 3161 6857
Dagenham 228 Heathway .....	(03456) 757067	Tj Automotive, Ltd, 271 Ilford La Ilford .....	(020) 8514 8007	Training Skills, UK, 22 River Road Business Park River Road Barking .....	(020) 8594 6795
Dagenham 201 Oxlow La .....	(03456) 719615	TJ Trading, Ltd, 56 Green Street E7 .....	(020) 8471 2173	Trans Global Trade Europe, Ltd, 1092 High Rd Romford .....	(020) 8597 5873
Dagenham Shafter Rd .....	(03456) 719610	Tjmo, Beckton Retail Park Alpine Way London .....	(020) 7476 7935	Transaction Network Services, Home Bargains, Unit 3 1015-1021 High Road Chadwell Heath .....	(020) 8590 2136
East Ham 326 Katherine Rd .....	(03456) 757259	Tk Maxx Beckton, Unit 22-23 Gallions Reach Shopping Park 3 Armada Way E6.....	(020) 7474 9316	Transaction Network Services, 1 Bradymead London .....	(020) 7474 4109
Forestgate Esso 542 Romford Rd .....	(03456) 779286	Tk Maxx Dagenham, Ret Trade, Unit 4 Merriellands Retail Park Merriellands Crescent Dagenham.....	(020) 8595 1722	Transaction Network Services, 786 Green Lane Dagenham .....	(020) 8597 0865
Goodmayes 17 Rowallen Pde, Green La .....	(03456) 746432	Tko Boxing Club, Jim Peters Stadium Lodge Avenue Dagenham .....	(020) 3842 3636	Transaction Network Services, 65 Grove Road Romford .....	(020) 8597 7762
Rainham 119 Rainham Rd .....	(03456) 757270	T-Mobile, (UK) Retail Ltd, Barking Unit 16 Rippleside Commercial Estate Ripple Road .....	(020) 8591 0444	Transaction Network Services, 273-275 Ilford Lane Ilford .....	(020) 8514 6628
Extra Gallions Reach 1 Armada Wy Beckton .....	(03456) 779108	TNAX Trade, 200 Richmond Road Ilford .....	(020) 4568 7062	Transaction Network Services, 77 Longbridge Road Barking .....	(020) 8507 3953
Romford Goodmayes 822 High Rd Romford .....	(03456) 779298	Tnn Fashion, Bankside Park Industrial Estate 28 Thames Road Barking .....	(020) 3674 5865	Transaction Network Services, 4-6 University Way London .....	(020) 7474 8727
Superstore Barking Highbridge Rd .....	(03456) 779036	TNT Eclipse, Ltd, Unit 13 Rippleside Commercial Estate Barking, Ripple Rd .....	(020) 3084 6027	Transflow Industrial Services, Ltd, 5 Ajax Works Hertford Road Barking.....	(020) 8594 5869
TGK Services, Ltd, Kitch Design, Abbey Pk Indust Est Abbey Rd Barking.....	(020) 8279 8585	Toby Carvey Moby Dick, Pubs / Restaurants, Whalebone Lane North Chadwell Heath, Romford, Greater London .....	(0844) 5717954	Transflow, Ltd, Chemtech House Hertford Road Barking .....	(020) 8591 3875
Thames Gateway, (London Partnership), Thames Gateway Techonlogy Cntr UEL Docklands University Wy E16 (020) 8223 7807		Toby, I.H. (Hardware) Ltd, Mfrs & Imptrs, Thames Road Barking .....	(020) 8594 0295	Transmarine, (London) Ltd, FAX .....	(020) 8594 9495
Thames Gateway Manufacturing Centre, Ltd, Thames Gateway Technology Cntr 4 University Wy E16 .....	(020) 8223 7775	Toddys Unisex Hair & Beauty, 503 Gale Street Dagenham .....	(020) 8592 5301	Transport & General Workers Union, Transport Ho New Rd Dagenham .....	(020) 8596 9966
Thames Gateway Technology Centre, (TGTC), Technology Centre .....	(020) 8223 3388	Tohani Manufacturers, Ltd, Whsle Ret, 51 Barking Industrial Park Alfreds Way Barking .....	(020) 8507 8581	Travail Employment Group, Longbridge Rd Barking .....	(020) 8594 8855
Thames & Newcastle, Ltd, Unit 8 Riverside Industrial Estate Thames Road Barking .....	(020) 8507 7841	Toho Motors, Ltd, 499 Rainham Rd 5th Dagenham .....	(020) 8592 1996	FAX .....	(020) 8594 8870
Thames View Post Office, 1-3 Farr Avenue Barking .....	(020) 8591 5450	Or .....	(020) 8592 1997	Travel Bags, Luggage, 55 East St Barking .....	(020) 8594 8387
Thameside Freight Services, Ltd, Castle Wks 721 Ripple Rd Barking .....	(020) 8517 8531	Tollgate Tavern, High Rd Romford.....	(020) 8548 7841	Travelodge, London City Airport Hartmann Rd Silvertown.....	(0871) 9846290
Or .....	(020) 8517 8189	Toltops Solicitors, 403 Trocoll Ho Wakering Rd Barking.....	(020) 8507 3259	Tree of Life Church, Church, Vue Cinema Dagenham Leisure Park, Cook Road Dagenham, Essex .....	(03001) 118733
Thameside Freight Services, Ltd, Logistics, 721 Ripple Road Barking.....	(0843) 8164686	Or .....	(020) 8507 8152	Tres Jolie Ltd, 448 Lodge Avenue Dagenham .....	(020) 3643 7093
Thameside Freight Services, Ltd, Logistics, 721 Ripple Road Barking.....	(0843) 8164906	Toor S Fruit And Veg, 103 Green Street London .....	(020) 8471 1152	Tricon Food Service Consultants, Ltd, Town Qy Whf Abbey Rd Barking .....	(020) 8591 5593
thanksdarling, Ltd, Enquiry Line .....	(0870) 6066666	Toor S Fruit Veg, 160A High Street North London.....	(020) 8472 4700	Trident Recruitment, Ltd, Recruitment Consultants, 14 Goodmayes Road Ilford .....	(020) 3051 4974
The, See also second word of name		Top Dixie Chicken, Chicken Shop, 5 Parsloes Avenue Dagenham .....	(020) 8593 3993	Trimming Shop 007, Ltd, Unit 1 24 Thames Road Barking .....	(020) 8507 9439
The Bakers And Shakers, The Cherry Tree Ph Wood Lane Dagenham .....	(020) 3722 6357	Top Star Marketing, UK, Food Wholesaler, Unit 9 113 River Road Barking .....	(020) 8507 8888	Trit Ventures, 285-287 Heathway Dagenham.....	(020) 3084 5882
The Bodyfactory, 430 Hedgemans Road Dagenham .....	(020) 8595 6154	Top Supports Estate Agent, Ltd, 251 Oxlow Lane Dagenham .....	(020) 8593 2385	Trustees Barking Methodist Church, Barking Methodist Church London Road Barking .....	(020) 8594 0752
The Fish Inn, 204 Ripple Road Barking.....	(020) 8591 9725	Topaz Food & Wine, 353 Katherine Road E7 .....	(020) 8472 1703	Tsg Autos, 46 Barking Industrial Park Alfreds Way Barking .....	(020) 8594 6668
The Lord Denman, 272 Heathway Dagenham .....	(020) 3742 0524	Topaz Food & Wine, 189 Shrewsbury Road E7 .....	(020) 8548 1299	Tulasi Medical Centre, 10 Bennetts Castle La Dagenham.....	(020) 8590 1773
The Marjorie Collins Centre, The Money Shop, Instant Cash Loans, Barking 30 Station Pde IG11 .....	(0843) 3094159	Topps Tiles, Unit 3 London Industrial Park Alpine Way E6 .....	(020) 7511 2663	10 Bennetts Castle Lane Dagenham.....	(020) 8599 3867
East Ham 164 High St Nth London, E6 .....	(0843) 3093933	Toptech Security, Ltd, Suite 209 Estuary House Ballards Road Dagenham .....	(01708) 592028	188 Ripple Road Barking .....	(020) 8594 0860
The Royal Oak, The Royal Oak Longbridge Road Barking.....	(020) 3673 2462	Toptune, Ltd, 21 Blessing Way Barking .....	(020) 4568 8289	Tulja Jewellers, 262 Green Street Forest Gate London .....	(020) 8471 7787
Thesee, Br & On, 9 Lake Close Dagenham .....	(020) 3620 5926			Turkuoise, 124-126 Green Street Forest Gate .....	(020) 8257 7621
Theva Solicitors, 128 Ilford La Ilford .....	(020) 8478 5797			Or .....	(020) 8257 9738
Thomas Cook Travel, East Ham Branch c/o Sainsburys Plc Claps Gte La FAX .....	(0845) 3049136			Turnwright, Ltd, Engng, Barking Indust Pk Alfreds Wy Barking .....	(020) 8591 2862
c/o Sainsburys Plc Claps Gte La.....	(0845) 3089136			TVRS Cares, Ltd, The Granary 80 Abbey Rd Barking .....	(020) 8215 0021
Thomas Pharmacy, Pharmacy, 19 Ripple Rd Barking.....	(020) 8594 2148				
Thompsons Solicitors, Transport Ho 46-48 New Rd Dagenham .....	(020) 8596 7700				
Thomson Travel Shop, Beckton					

U Can Fly, Ltd, 180 High Street North E6 .....	(020) 8470 1529	Urswick Medical Centre, Urswick Rd Dagenham .....	(020) 8592 4011	Customer Services Vodafone Connect Customer Services .....	(03333) 040191
U Fix, Bldg Mats, 94 Goodmayes Road Ilford .....	(020) 8590 3510	USB International, Ltd, Unit 2 Rippleside Commercial Est Ripple Rd Barking .....	(020) 8517 5748	Vue Cinemas, Cinema, Dagenham Leisure Park Cook Rd Dagenham .....	(03453) 084620
UAE Exchange Centre, Ilc, 172 High St Nth E6 .....	(020) 8586 0807	USSR, Ltd, Unit 8 Bankside Park Industrial Estate Thames Road Barking .....	(020) 8507 7303	W F Electrical, 313-333 Rainham Road South Dagenham .....	(020) 8596 7200
UK Tyre Centre, 415 Ilford Lane Ilford .....	(020) 8553 5177	Uthayan Food & Wine, Ltd, 88 Kempton Road E6 .....	(020) 8586 0237	W.H. Burdess Chemists, Pharmacy, 438 Hedgemans Road Dagenham .....	(020) 8592 1063
UK Windows London, Ltd, Double Glazing, Unit 6 River Road Business Park River Road Business Park River Road Barking .....	(020) 8591 4123	V J Enterprises, 71 Halbutt Street Dagenham .....	(020) 8592 1270	W.J.C Finance, 64 High St Nth E6 .....	(020) 8472 0304
Ukiss Consultancy Limited, 23 Wilmington Gardens Barking .....	(020) 8637 5077	Vajra London, Ltd, 210 Ilford Lane Ilford .....	(020) 3972 4789	Waller Pharmacy, Pharmacy, 279 Heathway Dagenham .....	(020) 8592 2934
Ummah Care Home, Care Home, 448 Green Lane Ilford .....	(020) 8109 3607	Valence Medical Centre, 563 Valence Avenue Dagenham .....	(020) 8592 9111	Wallis, B, & Son, Undtkrs, Oxlow La 221 Oxlow La Dagenham .....	(020) 8593 1954
Umjia Kwanza, Ltd, 215 Estuary House 196 Ballad Road Dagenham .....	(020) 3457 8091	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford .....	(020) 3092 5682	Ripple Rd 52 Ripple Rd Barking .....	(020) 8594 3758
Uncle John's Pizza Kebab House, 27 Stansgate Road Dagenham .....	(020) 8592 5959	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford .....	(020) 3719 0956	FAX .....	(020) 8594 3634
Uneek Forwarding Limited, Ltd, Logistics, Unit 1 Renwick Industrial Estate Barking .....	(0843) 8164685	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford .....	(020) 3802 4691	Walter Newbury Binding, Ltd, Unit 19 Dagenham Business Centre 123 Rainham Road North Dagenham .....	(020) 4529 7046
Uneek Forwarding, Ltd, Logistics, Unit 1 Renwick Industrial Estate Barking .....	(0843) 8164907	Valley Care Services, Healthcare Staff Recruitment, 57 Crispe House Dovehouse Mead Barking .....	(03331) 213305	Wanahong, Unit 1 24 Thames Road Barking .....	(020) 3488 3896
Unique 1 Communications, Ltd, 675 Green Lane Dagenham .....	(020) 8616 1336	Vandana Saree Centre, Clothg, 128 Green St E7 .....	(020) 8472 5612	Waqiah Collections Limited, 162 Green Street London .....	(020) 8637 5385
Unique Letting, FAX .....	(020) 8594 2877	Vankleef-Bolton, Wilco, 173 Langley Crescent Dagenham .....	(020) 8598 1763	War Pensions Agency, Please see Service Personnel & Veterans Agency,The	
Unistream, Uk Ltd, 5 East St Barking .....	(020) 8507 1295	Vantage Care Solutions, 149B Albert Rd E16 .....	(020) 7476 9445	Warren, A, & Sons Ltd, Unit 5 New England Indust Est Gasgoine Rd .....	(020) 8477 8888
United 247 Investigations, Private Detectives, 218 High Street North East Ham .....	(0844) 7760340	Vape And Scent E7, 452 Romford Road London .....	(020) 3015 3991	Warren Park Golf Centre, Golf Drvg Range, Whalebone Lane Nth Chadwell Hth .....	(020) 8597 1120
United Airlines, Reservations & Enquiries .....	(0845) 8444777	Vapes & Mobile Accessories Ltd, 525 Katherine Road London .....	(020) 3015 3354	Warton Freight Services, (Northern) Ltd, 110 River Rd Barking .....	(020) 8507 3354
United Disposables, Ltd, Unit 10 Maybells Commercial Estate Ripple Road Barking .....	(020) 8592 4111	Variety Food & Wine, 53 Ripple Road Barking .....	(020) 3620 0284	FAX .....	(020) 8507 9048
United Forktrucks, (1992) Ltd, 37 River Rd Barking .....	(020) 8591 2950	Vasantha Vilas, Rstnt, 206 High Street North East Ham London .....	(020) 8475 8986	Waste Care, 4 Atcost Road Barking .....	(020) 8507 7289
United Investigators, Private Investigator, 7 Woodgrange Road .....	(020) 7175 4578	Vaza, Aseef, Gafour Pure Halal Ltd, 134 Green Street London .....	(020) 8470 5618	Water House Solicitors, Suite H 3Rd Floor The Clockhouse East Street Barking .....	(020) 3490 3090
United Kars, Car Hire, 394 Ilford Lane Ilford .....	(020) 8514 1888	Veno Catering, Ltd, Food Stall, Chandler Ct Axe St Barking .....	(020) 8507 7077	Wavetel, Ltd, 267 Green Street E7 .....	(020) 8821 9175
Unity Supplies, Ltd, Unit 31 Trafalgar Bsns Cntr River Rd Barking .....	(020) 8591 4500	Venot Services, Ltd, 196A High St North E6 .....	(020) 3093 6442	Unit 14c Thames Gateway Pk Choats Rd Dagenham .....	(020) 8595 8121
Universal Cabling, Enterprise Ho,Trafalgar Business Cntr 77 River Rd Barking .....	(0844) 8099973	Venue 121, Ltd, 121 Broad Street Dagenham .....	(020) 4568 6269	Wavetel Ltd, 676 Green Lane Ilford .....	(020) 3417 3708
Universal Satellites, Universal Satellites Ltd Ltd, Universal Satellites, 17 Woodgrange Road E7 .....	(020) 8534 5409	Verdi Studios, 188 High Road Romford .....	(020) 8599 0001	Wax Art, Ltd, Selinas La Dagenham .....	(020) 8595 8878
Universal Track Solutions Uts, Arthur Security Services Ltd, 5 Town Quay Wharf Abbey Road Barking .....	(020) 3441 9770	VetsApets, Unit 3 Merrields Retail Park Merrields Crescent Dagenham .....	(020) 8595 7481	Way-To-Go, Luggage Retlr, 38 High St Nth E6 .....	(020) 8470 4724
UNIVERSITY OF EAST LONDON, Architecture .....	(020) 8223 3400	Veyhair Salon, Ltd, 21 East Street Barking .....	(020) 8591 7982	Wazira & Co Accountants & Tax Advisers, 87 High Street South London .....	(020) 3723 7028
Art & Theory .....	(020) 8223 3300	V&H Services, Unit 5 Beaver Centre Selinas Lane Dagenham .....	(020) 8593 7735	Web Capio, Web Capio, Barking Enterprise Centre 50 Cambridge Road Barking .....	(020) 3620 0335
Business Development Centre .....	(020) 8223 2567	Vian Wholesale, Ltd, 20 Carlton Terrace Green Street E7 .....	(020) 8471 6365	Wentworth Housing, Ltd, 106 Ilford Lane Ilford .....	(020) 8478 4786
Catering Services .....	(020) 8223 2531	Vibe Music & Audio Imaging, Music & Audio Production, Media Ho Ashford Rd Maidstone .....	(07000) 705432	West & Co, Funeral Directors, 620 Rainham Rd 5th Dagenham .....	(020) 8592 0164
Civil Engineering .....	(020) 8223 4927	Vibe Music & Audio Imaging, Music & Audio Production, The EMR Building 5-13 Leeke St WC1 .....	(07000) 705432	372 Parsloes Av Dagenham .....	(020) 8592 2628
Continuing Education .....	(020) 8223 2740	Victor Millwell Insurance Agency, Ltd, 8 Goresbrook Rd .....	(020) 8984 0777	West Ham United, Plc, Training Ground Savile Rd Romford .....	(020) 8503 8220
Cultural Studies .....	(020) 8223 2440	FAX .....	(020) 8984 0666	West London Foods, Ltd, Unit 35 East Shopping Centre 232-36 Green Street E7 .....	(020) 8475 0006
Design .....	(020) 8223 3386	Victoria Bodyworks, Ltd, 2A Castleton Rd Ilford .....	(020) 8590 8361	West Middlesex Hospital, Isleworth .....	(020) 8560 2121
East London Business School Postgraduate Studies .....	(020) 8223 2231	Victoria Health Centre, Queen Rd Barking .....	(0870) 4173987	West Middlesex University Hospital, Isleworth .....	(020) 8560 2121
Undergraduate Studies .....	(020) 8223 2849	Victoria Health Centre, 1 Queens Rd Barking .....	(0844) 4778739	Western Utility Limited, 34C High Street North London .....	(020) 3686 0480
Economics .....	(020) 8223 2150	Victoria Health Centre, 1 Queens Road Barking .....	(020) 8477 8780	Westex Fashion, Ltd, 3 Woodgrange Road London .....	(020) 3581 8524
Education & Community Studies .....	(020) 8223 2439	Victorious Pentecostal Assembly, 14 Thames Rd Barking .....	(020) 8477 9100	Westminster Drug Project, Charity, The Vibe 195 Becontree Avenue Dagenham .....	(020) 8590 8132
Electrical & Manufacturing Engineering .....	(020) 8223 4081	Vidas & Sons Ltd, 10 Goresbrook Road Dagenham .....	(020) 8517 3900	Westminster Drug Project, Charity, Unit 24 Muirhead Quay Freshwharf Highbridge Road Barking .....	(020) 8594 8063
Environmental Science .....	(020) 8223 2039	Vijay Sweet Mart, 270 Green St E7 .....	(020) 8470 3535	Westminster Drug Project, Ltd, Charity, Ilford Chambers 11 Chapel Road Ilford .....	(020) 8514 6064
Estate Services .....	(020) 8223 4477	Vilas T/A Radha Sarees, Ltd, 247 Green Street London .....	(020) 8470 6589	Weston, Ltd, 3 St. Stephens Parade Green Street E7 .....	(020) 8472 2319
Health Sciences .....	(020) 8223 6225	Vinyl Style Uk, Unit 12 Riverside Industrial Estate Unit 12 Thames Road Barking .....	(020) 8594 1863	Or .....	(020) 8472 5805
Human Relations .....	(020) 8223 4257	Viper Fitness, Viper Fitness, 4 The Clockhouse East Street Barking .....	(020) 8594 8885	Wetherspoon, J.D, Pblc Ho, Eva Hart 1128 High Road Romford .....	(020) 8597 1069
Innovation Studies .....	(020) 8223 2805	Vipk21 Mini Supermarket, 207 Barley Lane Romford .....	(020) 3566 2952	Millers Well 419 Barking Road E6 .....	(020) 8471 8404
International Office .....	(020) 8223 2113	Virgin Mobile, Customer Service .....	(0800) 0511029	WF Electrical Distributors, National Sales FAX .....	(020) 8596 7369
Law .....	(020) 8223 4489	Virgin Money Insurance, Car Insurance .....	(0800) 0518000	Wfc Fried Chicken, Ltd, 488 Gale Street Dagenham .....	(020) 8595 5665
Life Sciences .....	(020) 8223 3553	Home Insurance .....	(0800) 0519000	Whalebone Building Suppliers, 79A Whalebone La 5th Dagenham .....	(020) 8500 5039
Minicom .....	(020) 8223 4300	Pet Insurance .....	(0800) 0517000	Whalebone Lane Dental Practice, 474 Whalebone Lane North Romford .....	(020) 8597 6953
Personnel Services .....	(020) 8223 2060	Travel Insurance .....	(0800) 0517000	Whalebone Sedation Centre, 474 Whalebone Lane North Romford .....	(020) 8599 4283
Press & Publicity .....	(020) 8223 6231	Vista Properties, 686b Green Lane Ilford .....	(020) 8599 9599	Whap Whap Kitchen, 443 Porters Avenue Dagenham .....	(020) 3673 3945
Prospectus & Course Leaflets .....	(020) 8223 2062	Vlcs, Texaco Star Service Station Ripple Road Barking .....	(020) 8592 9427	Whitaker And Sawyer Ltd, Unit 17 Midas Business Centre Dagenham .....	(020) 8595 7353
Publicity Office .....	(020) 8223 2859	Vodafone Retail, Ltd,			
Recreation & Sports Studies Unit .....	(020) 8223 3322				
Regional Office .....	(020) 8223 5093				
Residential Services .....	(020) 8223 2169				
Social Politics, Languages & Linguistics .....	(020) 8223 2798				
Sociology & Anthropology .....	(020) 8223 2420				
Students Union Barking .....	(020) 8223 7565				
Docklands .....	(020) 8223 2355				
Surveying .....	(020) 8223 3388				
Thames Gateway Technology Centre .....	(020) 8223 3388				
Upton Park Enterprise, Ltd, 16 Green Street Carlton Terrace .....	(020) 4537 3219				
Urang Property Management, Ltd, 1 Wards Whf App E16 .....	(020) 7055 2768				
Or .....	(020) 7055 2769				
Or .....	(020) 7055 2778				
Ursuline Convent, 38 Grosvenor Rd E7 .....	(020) 8471 6644				

Whitaker & Sawyer (Brushes), Ltd, Midas Bus Centre Unit 17 Wantz Rd Dagenham .....	(020) 8593 7204	530 Romford Rd E7 .....	(020) 8470 8447
White Horse, Pblc Ho, 118 High Rd Romford.....	(020) 8597 0229	530 530 ROMFORD ROAD FOREST GATE LONDON .....	(020) 8470 8446
White Mountain Roadstone, Ltd, 1 Western Extension Dagenham Dock Chequers Lane Dagenham .....	(020) 8593 2245	XOR, Ltd, Thames Gateway Technology Cntr 4 University Wy E16.....	(020) 8223 7492
FAX .....	(020) 8593 7668	Yaal Food And Wine, Food & Wine, 22 Springfield Road East Ham London .....	(020) 8475 0372
White Town, Ltd, Unit 8 Cromwell Centre 32 Thames Road Barking.....	(020) 8594 7200	Yaal Restaurant, 404 Barking Road E6 .....	(020) 8471 6744
Whitehouse Surgery,The, 12 Movers La Barking .....	(020) 8594 4042	Yagmur London, Ltd, 1 Rugby Road Dagenham.....	(020) 8592 1818
Whybridge Infants School, WHYBRIDGE INF SCHOOL FORD LANE RAINHAM .....	(01708) 551712	Yaki Noodle Bar, 36 Longbridge Rd Barking .....	(020) 8591 1328
Whybridge Junior School, Whybridge Co Prim School Blacksmiths Lane Rainham.....	(01708) 552870	Yangming, (UK) Ltd, FAX .....	(020) 8532 4636
Wickes Building Supplies, Ltd, Barking Hertford Rd .....	(020) 8507 7869	Yasi Brothers, Ltd, 21 Woodgrange Road E7 .....	(020) 8534 6257
Romford 850-860 High Rd .....	(020) 8590 1116	Yaz's Flower Gallery, 414 Barking Road E6 .....	(020) 8471 7070
Wide Way Care, 10A Station Pde Barking .....	(020) 8594 5070	Yi-Ban, 1010 Dockside Road London.....	(020) 7473 6699
Or .....	(020) 8594 6360	Yong's Chinese Takeaway, 209 Reede Road Dagenham.....	(020) 8595 7444
Wide-Scope Services, Ltd, 62 Reynolds Avenue Romford .....	(020) 8597 0049	Young Steps, Ltd, 3 Rugby Road Dagenham.....	(020) 8596 0901
Wilkinson Hardware Stores, Barking 22-28 East St Barking .....	(020) 8594 3753	Your Move Glenwood, 35 High Rd Romford .....	(020) 8983 8449
William Bellamy Primary School, Frizlands Lane Dagenham.....	(020) 8517 7328	Glenwood Estate Agents Ltd 35 High Road Romford.....	(020) 8983 8384
Williams Environmental, Unit 3 Charles St E16.....	(020) 7474 1100	Your Parking Space, Ltd, Shopping Centre Vicarage Field Ripple Road Barking .....	(020) 8591 3327
Wiloth Ltd, 44 Whalebone Lane South Dagenham.....	(020) 8127 0308	Your Property Estate, Prpty Servs, 551 Green Lane Ilford.....	(020) 8599 1232
Wiltshire Court, Pte Retirement Home, Pittman Gardens Ilford .....	(020) 8478 6729	Yum III, (UK) Ltd, 89 Longbridge Road Barking .....	(020) 8591 6983
Wingate Builders Merchants, Timb Mrcnts, Wingate House 340-48 Ilford Lane Ilford .....	(020) 8478 5075	Yum Yum Take Away, Take Away, 395 Barking Rd E6 .....	(020) 8472 7275
Or .....	(020) 8553 2677	Z Coach Tours, Transportation, 103 Roycraft Avenue Barking .....	(020) 3632 0951
Wisdom House College, 168 High Road Romford.....	(020) 8597 3990	Zac Worldwide Travel, Ltd, 70 Ilford La Ilford .....	(020) 8514 8444
Wise Remittance, Ltd, 405 Barking Road E6 .....	(020) 8552 0273	Zadina Abayas London, Ltd, 181 Green St E7 .....	(020) 8548 1524
Wisetech, Trocoll Ho Wakering Rd Barking .....	(020) 8591 3794	Zaf Solution, (UK) Ltd, 385 Barking Road E6 .....	(020) 8548 9253
Wjs Local, Convenience Store, 13 Ravenings Parade Goodmayes Road Ilford .....	(020) 8598 8988	Zahra Fabrics, 95 Green Street E7 .....	(020) 8472 7772
Wollydee Associates, 40 Rogers Road Dagenham.....	(01708) 897615	Zahra Grill Restaurant, Ltd, 82 Ilford Lane Ilford .....	(020) 4568 0710
Wolseley, UK Ltd, Unit 14b Thames Gateway Pk, Choats Rd Dagenham ....	(020) 8593 3198	Zak Money Exchange Ltd, 70 Ilford Lane Ilford .....	(020) 3663 3824
Or .....	(020) 8593 3294	ZAKK Associates & Solicitors, 279A Ilford La Ilford.....	(020) 8478 1391
Wongs, 460 Becontree Avenue Dagenham .....	(020) 8252 7268	Zamzam Online, Ltd, 186 Perth Road Barking .....	(020) 8591 3534
Wood Lane Cars, 287 Wood La Dagenham .....	(020) 8517 8236	Zara Zari House, 216 Green Street E7 .....	(020) 8470 7597
Or .....	(020) 8592 9992	Zarms Hair & Beauty, Ltd, Zodiac House 257 Ilford Lane Ilford.....	(020) 8514 8826
Or .....	(020) 8593 9448	Zebaish Clothing Store, Zebaish Ltd 329 Green Lane Ilford.....	(020) 8597 5291
Wood Oven, 25-27 Station Parade Barking .....	(020) 8091 6053	Zeba'ish, Ltd, 329 Green La Ilford.....	(020) 8215 1275
Wood, Dr, S A, 459 Romford Rd E7 .....	(020) 8522 0222	Zero Zero Group, Unit 7 Town Quay Wharf Abbey Road Barking.....	(020) 8591 6479
Wood Style Carpentry, 328 Romford Rd E7 .....	(020) 8519 0100	Zheng, W, It Telecoms Internet, 62 High Road Romford .....	(020) 8590 1506
FAX .....	(020) 8555 1513	Zi Tyres, 378 Ilford Lane Ilford .....	(020) 8553 2953
Woodgrange Baptist Church, Woodgrange Baptist Church Romford Road Forest Gate London.....	(020) 3903 9041	Zurich, Home Claims .....	(0800) 333800
Woodstyle, Ltd, Unit 6 The I O Centre 59-71 River Road Barking .....	(020) 8594 1717	Motor Quotations .....	(0800) 333800
Woodward Road Sub Post Office, 8 Woodward Road Dagenham .....	(020) 8592 5147	Zu's Sizzler, 83 Green St E7 .....	(020) 8472 1717
Woollens Estates, 293 Heathway Dagenham .....	(020) 8592 8783	Zu's Sizzlers, Ltd, Indian & Middle Eastern Rstnt, 83 Green St E7 .....	(020) 8471 1212
Or .....	(020) 8595 3201	ZVA Construction, Ltd, 12 Carrow Road Dagenham .....	(020) 3149 9902
Woollens, Ltd, 293 Heathway Dagenham .....	(020) 8592 1038		
Woolwich Locksmiths, Locksmiths, 2 Albert Road .....	(020) 7175 1632		
Woolwich, plc, Banking, Branches Forest Gate 49 Woodgrange Road Forest Gate, London.....	(0845) 0718372		
World Calls STD, 130 Ilford La Ilford .....	(020) 8514 4675		
World Learning Academy Ltd, Second Floor 277a Green Street London .....	(020) 3624 2102		
Or .....	(020) 3624 2103		
World Of Shawls, Unit 9 Unit 5 33 River Road Barking.....	(020) 8616 9260		
World Shirdi Baba Organisation, Uk, 370a Romford Road Forest Gate London.....	(020) 8616 2197		
Worsley Paper, Ltd, 2 Halbutt St Dagenham .....	(020) 8526 8960		
WSJ Estates, Ltd, 241b Katherine Road Forest Gate.....	(020) 4529 7776		
WTS Broadcast, 40b River Rd.....	(020) 8594 3336		
FAX .....	(020) 8594 3338		
X Service Center,			



# Residential Listings

AARON, A, J, 200 Dawlish Drive, Ilford.....	(020) 8590 5031	ADIGBLI, Adigbli, 27 Flanders Road, E6.....	(020) 8471 5819	A, S, 15 Dorothy Gardens, Dagenham .....	(020) 3638 6339
ABANJO, I, 46 Whalebone La 5th, Dagenham.....	(020) 8517 0301	ADIKI, A, 76 Stevens Road, Dagenham.....	(020) 8599 2447	A, S, 20 Fairfield Road, Ilford .....	(020) 8514 2082
ABBAS, G, Flat 6 Brook Court 510 Ripple Road, Barking.....	(020) 8507 1215	ADIL, S.W, 145 Latham Rd, E6.....	(020) 8548 1662	A, S, Orchestra House Flat 1404 20, Ilford Hill, Ilford.....	(020) 3566 8869
A, H, 22 Nigal Rd, E7.....	(020) 8141 5758	ADIYAN, M, K, 228 Clements Road, E6.....	(020) 8471 5530	A, S, 116 Folkestone Road, London.....	(020) 8548 1296
A, Mrs I, 2 Harts Lane, Barking.....	(020) 8141 1459	ADJIE, Jennifer, 71 Wellington Road, E6.....	(020) 8471 2272	A, S, 59 Glandford Way, CHADWELL HEATH, ROMFORD.....	(020) 3654 7628
A, S, 2 Granton Road, Ilford.....	(020) 8117 1548	ADJAN, H, 37 Monega road, London.....	(020) 3370 2168	A, S, 188 Gurney Close, Barking.....	(020) 8141 7501
A, Z, 137 Gurney Close, Barking.....	(020) 8507 7587	ADOMAKO, B, 31 Cranborne Rd, Barking.....	(020) 8141 0575	A, S, 97 Holland Road, E6.....	(020) 8470 3464
ABBASI, A, 2 Heathway, Dagenham.....	(020) 3663 0918	ADOU, A, 51 104, Mersea House Harts Lane, Barking.....	(020) 3648 5831	A, S, Flat A, 138 Kitchener Rd, E7.....	(020) 3132 1272
ABBOTT, G, Flat 69 Thaxted House Svliter Way, Dagenham.....	(020) 8220 9293	ADRIEN, D, 3 Daffodil Gardens, Ilford.....	(020) 8822 1056	A, Sugri, 20 Lawes Way, Barking.....	(020) 3602 3614
ABDALLA, M, 30 Folkestone Road, E6.....	(020) 3581 1193	ADU, R, Odu, 266 Porters Avenue, Dagenham.....	(020) 8593 5022	A, S, Mobbie, 31 Prestbury Road, Forest Gate.....	(07931) 460600
ABDEL-HADI, I, 19 Roberts Place, Dagenham.....	(020) 3560 8403	A, Mrs O, Mrs 34 Surrey Road, Barking.....	(020) 3774 6946	A, S, 17 Sandringham Road, E7.....	(020) 8177 2512
ABDELHAMID, S, 26 Rosedale Gardens, Dagenham.....	(020) 8491 0155	AFFUL, M, Mobile, 20 Watson Avenue, London, Greater London.....	(07930) 368639	A, Admiral T, 26 Audley Gardens, Ilford.....	(020) 3084 0551
ABDI, W, 15 Napier Road, London.....	(020) 3015 5671	AFIAL, S, 82 Mortlake Road, Ilford.....	(020) 3608 4196	A, Mr T, 135 Park Avenue, London.....	(020) 8821 9142
ABDILLAH, Ahmed, 55 The Clarksons Boundary Road, Barking.....	(020) 8220 9870	AFRAM, J, 136 Bennetts Castle Lane, Dagenham.....	(020) 8517 2521	A, T, 30 Ridley Close, Barking.....	(020) 8591 9582
ABDIRASHID, Y, Flat 21 Swaffham Court Glandford Way, Chadwell Heath.....	(020) 8598 8109	AFRAM-GYENING, M, Mobile, 55 Campden Cres, Dagenham, Essex.....	(07956) 902388	A, U, 2 Water Lane, Ilford.....	(020) 8586 1427
ABDUL MATIN, M, 112 Meadow Way, Ilford.....	(020) 3539 3047	AFRIIDI, Z, 89 Holden Close, Dagenham.....	(020) 3652 2731	A, W, Flat 9 The Odeon 22-30 Longbridge Road, Barking.....	(020) 8507 8279
ABDUL, R, 52 St. Olaves Road, London.....	(020) 3624 5141	AFRIYI, B, 138 Lilleshurch Road, Dagenham.....	(020) 3730 8842	A, Z, 685 Longbridge Road, Dagenham.....	(020) 3643 3101
ABDUL RASHEED, J, Flat 15 Sixpenny Court Tanner Street, Barking.....	(020) 8594 6171	AFRIYI, K, 765 Green Lane, Dagenham.....	(020) 8141 1823	AHOUSI, Miss Mariv, Brook Court, 510 Ripple Road, Barking.....	(020) 3632 6520
ABDULAH, C, Mobbie, 6 Vale Road, London.....	(07939) 910071	AFZAAL, S, 20 Fullerton Avenue, Dagenham.....	(020) 3152 1121	AHSANI, I, 23 Halsham Crescent, Barking.....	(020) 8591 2290
ABDULAH, Fatuma, Flat 4 118 Victoria Road, Barking.....	(020) 8901 9052	AFZAL, B, 41 Hamilton Road, Ilford.....	(020) 3132 9171	AID, M, 170 Ripple Road, Barking.....	(020) 8591 4305
ABDULKADI, M, Flat 18 Oldmead House 109 Exeter Road, Dagenham.....	(020) 3624 8107	A, S, 99 Fenman Gdns, Ilford.....	(020) 8597 3026	AIDARUS, H, 448A Romford Rd, E7.....	(020) 8471 1543
ABDULLA, W, 4 Cape Close, Barking.....	(020) 8014 6372	A, S, 95 Water La, Ilford.....	(020) 8586 4535	AIDELIOE, A, Flat 17 Bowery Court St. Mark's Place, Dagenham.....	(020) 8593 3049
ABDULLAH, K, 3 Salting Street, Barking.....	(020) 4541 5703	AGADAS, S, 567 Gale Street, DAGENHAM.....	(020) 8592 0318	AIGBE, J, 17 Panyers Gardens, Dagenham.....	(020) 3538 1541
A, Miss S, 174 Park Avenue, Barking.....	(020) 8507 9795	AGBAE, B, 80 Clemence Road, Dagenham.....	(020) 8984 7343	AIGHOBAHI, M, 56 Oxlow Lane, Dagenham.....	(020) 8592 1167
ABDULMAJED, Jabina, 113 Charlemont Road, E6.....	(020) 8472 6006	AGBOOLA, J, 119 Temple Avenue, Dagenham.....	(020) 3632 5998	AIKPAOJIE, E, 101 Dagenham Avenue, Dagenham.....	(020) 8593 5636
ABDULSALAM, A, 128 Lymington Road, Dagenham.....	(020) 3138 1888	AGENCY, J, 2 Elstree Gardens, Ilford.....	(020) 3304 0889	AIYAYOMI, A, 239 Dawlish Drive, Ilford.....	(020) 8599 5499
ABDUR KHANOM, J, 35 Haydon Road, Dagenham.....	(020) 8590 2023	AGER, R, 19 Gray Gardens, Rainham.....	(01708) 556693	AJALI, J, 24 Bell Farm Avenue, Dagenham.....	(020) 8281 6384
ABDURAHIM, Halima, 16 Anne Mews, Barking.....	(020) 3566 0651	A, W, 32 Keir Hardie Way, Barking.....	(020) 8594 9586	AJIBONA, I, 28 Wagstaff Gardens, DAGENHAM.....	(020) 3842 8592
ABEL, J, 1 Cranmer Gardens, Dagenham.....	(020) 8593 4198	AGGARWAL, S, 111 Christie Gardens, ROMFORD.....	(020) 8117 4020	AJIOGBA, A, 21 Inskip Road, Dagenham.....	(020) 3161 1136
ABELA, A, 10 Verney Gardens, DAGENHAM.....	(020) 8595 3051	AGUELE, R, Flat 9 Lennox House Sugden Way, Barking.....	(020) 8151 0482	A, Admiral A, 21 Inskip Road, Dagenham.....	(020) 7506 2119
A, J, 57 Forsters Close Romford, Dagenham.....	(020) 8598 9600	AGUIREY, P, 46 Bassett House Goresbrook Road, Dagenham.....	(020) 8177 9159	AJITH, R, 17 Cranleigh Gardens, Barking.....	(020) 3167 4968
ABER, J, 54 Neasham Road, DAGENHAM.....	(020) 3624 5032	AGYEMANG, M, FLAT 510 ROBERT LEWIS HOUSE 36 Mallards Road, Barking.....	(020) 8594 4575	AKAKPO, B, 49 South End Road, Rainham.....	(01708) 525126
ABERDOUN, M, Mobile, 10 Aberdour Road, Ilford, Essex.....	(07904) 907331	A, Martha, 64 Nigal Road, E7.....	(020) 8594 7332	AKALOO, M, 184 Chadwell Heath Lane, Romford.....	(020) 8262 2601
ABIOLA, O, 210 Norfolk Avenue, Barking.....	(020) 3719 7316	A, N, Flat 207 Benjamin House 64 Roden Street, Ilford.....	(020) 8154 6866	AKANGBE, B, 50 Bushgrove Road, Dagenham.....	(020) 8141 3206
ABIWON, B, 17 Bostalk Road, E6.....	(020) 3601 6776	AGYEPONG, O, 177 Ballards Road, Dagenham.....	(020) 3005 8737	AKARAOYNE, M, 26 White Horse Road, E6.....	(020) 8141 1114
ABNETT, K, 5 Grantham Court Grantham Gardens, Romford.....	(020) 8599 9140	A, Mr O, 177 Ballards Road, Dagenham.....	(020) 3005 8738	AKBAR, N, 65 Lindsey Road, Dagenham.....	(020) 8599 7117
ABOAGYE, M, 48 Grosvenor Rd, Dagenham.....	(020) 8984 1691	AHAMMED, M, 199 Green Street, LONDON.....	(020) 8552 5160	A, N, 65 Shrewsbury Rd, E7.....	(020) 8177 8784
ABORISADE, O, 150 Beam Avenue, Dagenham.....	(020) 8227 9920	A, T, 4 Ranelagh Road, London.....	(020) 3623 5810	AKHTAR, R, 97 Stevenage Road, East Ham.....	(020) 8472 2411
ABOYADE-COLE, R, 42 Nutbrownie Road, Dagenham.....	(020) 8984 9132	AHAMMED, Aijan, 154 Market Street, E6.....	(020) 8472 7354	A, M, FLAT 99 HEWETTS QUAY 26-32 Abbey Road, Barking.....	(020) 8591 7648
A, S, 73 Beam Avenue, Dagenham.....	(020) 8592 0587	AHISKAL, Ms H, Ms 4 Johnstone Road, London.....	(020) 3581 5915	A, Mr Mushtaq, 32 Caledon Road, London.....	(020) 8470 4414
ABRAHAM, B, 103 Wilmington Gardens, Barking.....	(020) 8507 1342	AHLUWALLA, J, 12 Airthrie Road, Ilford.....	(020) 8590 9379	A, N, 1/6 Parkside Ter, Loxford La, Ilford.....	(020) 8478 7293
A, J, 23 Law House Maybury Road, Barking.....	(020) 8594 9917	A, J, 388 Green Lane, Ilford.....	(020) 8597 2007	A, S, 17 Lupin Crescent, Ilford.....	(020) 8141 1111
A, Mr R, 2 Madras Road, Ilford.....	(020) 8177 1488	A, J.S, 117 Burges Rd, E6.....	(07956) 542717	AKHTER, B, 60 Fenman Gardens, Ilford.....	(020) 3069 1088
ABRAKA, J, 212 Cowbridge Lane, Barking.....	(020) 3648 2558	A, S, Gloucester Ho, 355 Green Ln, IG3.....	(020) 8599 9442	A, N, 99a Longbridge Road, Barking.....	(020) 8177 6670
ABRAMIKOVIENE, Z, 14 Eastbrook Close, Dagenham.....	(020) 8984 0401	AHMAD, A, 39 Gyllyngdune Gdns, Ilford.....	(020) 8503 8623	AKINBH, O, 20 Denny Gdns, Dagenham.....	(020) 8596 0850
ABREU, Elsa, 41 Pettits Road, Dagenham.....	(020) 8593 5439	A, Arslan, 13 Woodstock Road, E7.....	(020) 8548 0971	AKINDELE, A, 44 Law House Maybury Road, Barking.....	(020) 3669 8108
ABREUDOSSANTO-FERNANDES, Linda, Flat 1 47 Norman Road, Ilford.....	(020) 8478 7927	A, I, 42 St. Georges Road E7, Dagenham.....	(020) 8177 0983	A, Olufunmi, 32A Goodmayes Road, Ilford.....	(020) 8597 8963
ABUBAKAR, F, 35 Charlbury Gdns, Ilford.....	(020) 8510 1451	A, K, 70 Kempton Road, East Ham.....	(020) 8470 1544	AKINGBADE, O, 17 Crows Road, Barking.....	(020) 3774 4251
ACHARYA, I, Flat 4 34 Budoch Drive, Ilford.....	(020) 3722 6418	AHMAD KHAN, J, 21 Warrington Road, Dagenham.....	(020) 3674 1502	AKINKUNMI, O, 248 Gurney Close, Barking.....	(020) 8594 6101
ACHEAMPONG, P, 156 Park Avenue, London.....	(020) 3489 8912	AHMAD, M, 256 Longbridge Rd, Barking.....	(020) 8141 6347	AKINLEYE, C, Flat 5 Beach House 3 Sackett Road, Barking.....	(020) 8507 0579
ACQUAH, Rev Rewis, 10 Academy Way, Dagenham.....	(020) 8062 1408	A, M, 145 Monera Road, London.....	(020) 8471 3114	AKINOLA, O, 13 Lynett Road, Dagenham.....	(020) 8598 2634
ACRA, Admiral M, 15 Sovereign Road, Barking.....	(020) 3875 9261	A, R, 23 Salisbury Avenue, Barking.....	(020) 3712 8115	AKINSHINWA, A, 93 Langley Crescent, Dagenham.....	(020) 8177 2601
ADABLANJ, Gideon, 15 Ellerton Road, Dagenham.....	(020) 8593 6452	A, R, 119 Victoria Road, Barking.....	(020) 3590 3921	AKINSOLA, O, 46 Calverton Road, East Ham.....	(020) 8472 8970
ADADEY, D, 10 Wheelers Cross, Barking.....	(020) 8177 6685	AHMED, A, Flat 17, Bevan House Bevan Avenue, Barking.....	(020) 8177 4913	AKINYEMI, A, 16 Orchard Road, Dagenham.....	(020) 8984 0403
ADAMS, B, 7 Saxon Road, Ilford, Ilford.....	(020) 3732 6870	A, A, 3 Bulrush Terrace, Barking.....	(020) 4531 8644	AKIYOWO, F, 37, Law House Maybury Road, Barking.....	(020) 3132 8339
A, F, 6 Linton Road, Barking.....	(020) 8141 8421	A, Flat 1 41 Cecil Road, Ilford.....	(020) 3561 7216	AKOT, N, Flat 31 Napier Court 521 Green Lane, Ilford.....	(020) 8599 0448
A, J, 73 Aidan Close, Dagenham.....	(020) 8593 6174	A, A, 45 Cornshaw Road, Dagenham.....	(020) 3730 4509	AKOWE, S, 1 Cotton Clo, Dagenham.....	(020) 8526 7695
A, S, 1 Lee Avenue, Romford.....	(020) 8590 4024	A, A, 122 Gurney Close, Barking.....	(020) 3715 1354	A, S, 1 Cotton Close, Dagenham.....	(020) 3489 9400
A, S, 8 Lowbrook Road, Ilford.....	(020) 8141 2441	A, A, 23 Howard Road, Ilford.....	(020) 8141 7607	AKRAM, W, 386 Ripple Road, Barking.....	(020) 8591 0009
A, Y.P, 28 Lowbrook Road, Ilford.....	(020) 8553 5526	A, A, 219 Latham Road, E6.....	(020) 3132 1096	AKTAR, R, 43 Bushway Dagenham.....	(020) 8592 2969
ADANE, H, Sixpenny Court Tanner Street, Barking, Essex.....	(020) 8141 0546	A, A, 27 Mortlake Road, Ilford.....	(020) 3722 1597	AKTAR SUMI, N, 75 Groveyard, Dagenham.....	(020) 3573 3458
ADATIA, S, 102 Primrose Avenue, Romford.....	(020) 8598 8538	A, A, 193 Sherrard Road, London.....	(020) 8470 0848	AKTER, K, 178 Hedgemans Road, Dagenham.....	(020) 3016 5182
ADDAI, G, 33 Faircross Mansions Longbridge Road, Barking.....	(020) 3652 9459	A, A, 23 Vine Gdns, Ilford.....	(020) 8478 1200	A, S, Flat 3308, Battery Court, 98 Abbey Road, Barking.....	(020) 3583 2974
ADEABO, T, Neale Court Flat 3 Berengars Place, Dagenham.....	(020) 3731 0529	A, A, 26 Vindors Road, Dagenham.....	(020) 8595 2728	A, S, Flat 1 363a Green Lane, Ilford.....	(020) 3712 0599
ADEBAVO, T, 639 Gale Street, Dagenham.....	(020) 3722 9539	AHMED EL KALAWY, A, 180 Valence Circus, Dagenham.....	(020) 8793 3369	A, S, 2 Hyacinth Close, ILFORD.....	(020) 3843 5170
ADEBISI, A, 51 Walsey Av, E6.....	(020) 8177 4953	AHMED, F, 14 Buller Road, Barking.....	(020) 8591 7223	A, T, 200 Ripple Road, Barking.....	(020) 3648 0096
ADEBOGUN, J, Suite 3 Petronne House 31 Church Street, Dagenham.....	(020) 8592 8585	A, Mr Farid, 40 Chudleigh Crescent, Ilford.....	(020) 8252 3584	AKTHER, J, 17 Stanhope Road, Dagenham.....	(020) 3573 8989
ADEDEJI, A, 133 Langley Crescent, Dagenham.....	(020) 8596 0727	A, F, 4 Eastbrook Avenue, Dagenham.....	(020) 3016 3006	A, M, 5 Birchdale Road, Forest Gate.....	(020) 3158 7204
ADEEL, M, 18 Westfield Gardens, Romford.....	(020) 3490 6842	A, F, 837 Green Lane, Dagenham.....	(020) 3632 8128	A, M, 91 Buttsbury Road, Ilford.....	(020) 3640 8071
ADEFUYE, A, Mobile, 7 Cooke Street, Dagenham.....	(07984) 594307	A, F, 43 Warley Avenue, Dagenham.....	(020) 3875 3740	A, T, 428A Longbridge Road, BARKING.....	(020) 8507 3143
ADEGBENLA, Hakeem, 65 Canonsleigh Road, Dagenham.....	(020) 8593 2457	A, H, 356 Goresbrook Rd, Dagenham.....	(020) 8595 2871	A, Mrs Y, 97 Latham Road, London.....	(020) 3592 0494
ADEGBESUN, Olusegun, 18 Joydon Drive, Romford.....	(020) 8590 2076	A, H, 26 Holland Road, E6.....	(020) 8472 8411	AKUBUEZE, M, Unit 3 280 Oxlow Lane, Dagenham.....	(020) 8984 0673
A, Olatunde, 64 Shirley Gardens, Barking.....	(020) 8591 1514	A, H, 64 Orchard Road, DAGENHAM.....	(020) 8517 2182	A-KUMAR REDDY, T, 134a Bristol Road, E7.....	(020) 8177 7034
ADEGBITE, A, 38 Audrey Road, Ilford.....	(020) 8141 7330	AHMED HASHMI, S, 35 Studley Road, Dagenham.....	(020) 3723 4435	AKYREM, Mr Francis, 103 Tallow Close, Dagenham.....	(020) 8592 3532
ADEKANMBI, O, 106 Davington Rd, Dagenham.....	(020) 8177 9147	AHMED, I, 22 Lansdown Road, London.....	(020) 8821 9220	AL MAHMUDI, A, 67 Pittman Gardens, Ilford.....	(020) 3132 6277
ADEKUNLE, F, 18 Crosby Road, Dagenham, Essex.....	(020) 3609 6833	A, I, 277 Mortlake Road, Ilford.....	(020) 3132 9464	ALADYSEVAS, V, 37 Langley Gardens, Dagenham.....	(020) 8911 9439
A, O, 162 Hedgemans Road, Dagenham.....	(020) 4505 2935	A, I, 8 Panyers Gardens, Dagenham.....	(020) 8793 7205	ALAM, J, 73 Bristol Road, Forest Gate.....	(020) 8471 8476
ADELAKUN, G, 22 Aldborough Road, Dagenham.....	(020) 3815 1758	A, I, 505 Shuckford Court Ripple Road, Barking.....	(020) 8470 9009	A, M, 18 Cooke Street, Barking.....	(020) 3532 7040
ADELANWA, O, 4 Brooks Mansions Green Lane, Ilford.....	(020) 3132 7078	A, I, 271 Shrewsbury Rd, E7.....	(020) 3674 0449	A, M, 1 Eaton Gardens, Dagenham.....	(020) 3673 7948
ADELEKE, A, Flat 51 Maywood House Fern Way, Dagenham.....	(020) 3380 2598	A, J, 10 Martin Kington Gardens, DAGENHAM.....	(020) 8593 3047	A, N, 124 Keppel Rd, E6.....	(020) 8177 3372
A, A, Flat 7 Bay Tree Court 349 Longbridge Road, Barking.....	(020) 8507 9981	A, J, 2 Craven Court Mill Lane, Romford.....	(020) 3731 8960	A, S, 97 Beccles Drive, Barking.....	(020) 8507 9450
ADELERE, R, Flat 40, Equinox House Wakering Road, Barking.....	(020) 3583 2051	A, K, Brook Court Flat 13 510, Ripple Road, Barking.....	(020) 3566 9585	A, S, 119A Green Street, London.....	(020) 3624 8752
ADENA, Mrs C, Flat 415, Canterbury House, 1 Honour Gardens, Dagenham.....	(020) 3538 7349	A, K, 305 Hedgemans Road, Dagenham.....	(020) 8593 8605	A, T, 568 Green Lane, Ilford.....	(020) 8590 7333
ADENIJI, Sandra, 15 Ray Gardens, Barking.....	(020) 8507 0278	A, K, 131 Park Av, E6.....	(020) 8471 0161	ALAO, A, 212 Parsloes Avenue, Dagenham.....	(020) 3628 2607
ADENIRAN, A, Scope, 56 Longbridge Road, Barking.....	(020) 3643 7058	A, K, Flat 1, Hibiscus House St. Georges Avenue, London.....	(020) 3632 1162	ALAPPU, R, 59 Bengeo Gardens, Romford.....	(020) 3609 0490
A, B, 233 Rugby Road, Dagenham.....	(020) 3561 1522	A, M, 246 Caledon Road, E6.....	(020) 8177 6557	ALAWIYE, T, 59 Forge Abbey Road, Barking.....	(020) 3509 2024
A, Mrs O, 257 Becontree Avenue, Dagenham.....	(020) 8597 1312	A, M, 132 Cavendish Gardens, Barking.....	(020) 8591 3268	ALBANY, S, 72 Broad Street, Dagenham.....	(020) 8491 8190
ADEOJO, Adesoji, 9 Sheppey Gdns, Dagenham.....	(020) 3689 1990	A, M, 67 Faircross Avenue, Barking.....	(020) 8591 1346	ALBESIRI, A, 71 Vicarage Lane, London.....	(020) 8306 6900
ADEOYE, A, 82 Crescent Road, DAGENHAM.....	(020) 8592 3751	A, M, 56 Gurney Close, Barking.....	(020) 3560 7135	ALCINDOR, Gerald, 32 Glandford Way, Chadwell Heath.....	(020) 8599 3349
A, A, 30 Valence Avenue, Dagenham.....	(020) 3774 4713	A, Mumtaz, 18 Hamstead Gardens, Chadwell Heath.....	(020) 8586 1809	ALDIAN, Kentish, 20 Manor Court Edgefield Avenue, Barking.....	(020) 3288 2043
ADEPOJU, F, 16 Campsey Gardens, Dagenham.....	(020) 8984 7146	A, M, 98 Holgate Road, Dagenham.....	(020) 3793 3514	ALEKN	



A, M, 53 Latham Road, London.....	(020) 8471 9363	ANTONIAK, Mrs Adam, 39 Kinfauns Road, Ilford.....	(020) 8597 8184	AYORINDE, B, 490A Heathway, Dagenham.....	(020) 3648 4413
A, M, 66 Western Avenue, Dagenham.....	(020) 3294 9540	ANTONIO, C, 6 Lendon Court Lendon Drive, Romford.....	(020) 3352 5503	AYUB, R, Montgomery Court Flat 1 St. Mark's Place, Dagenham.....	(020) 3380 3935
A, M.T, 28 Gosseley La, E6.....	(020) 8552 2816	A, M, 123 Lavender Place, Ilford.....	(020) 3712 5227	AYUBE, Z, 24 Tenterden Road, DAGENHAM.....	(020) 8595 8831
A, N, 17 Derby Road, Forest Gate.....	(020) 7022 3582	ANTWI, F, 75 Bentry Road, DAGENHAM.....	(020) 3624 7326	AYYASWAMI, Mr S, 30 Becket Avenue, London.....	(020) 8548 0214
A, N, 397 London Road, Romford.....	(020) 7285 8914	ANTWI-NYAMA, E, 404 Romford Road, E7.....	(020) 8470 6841	AZAD, A, 44 Ager Avenue, Dagenham.....	(020) 8590 1588
A, R, 98 Victoria Road, Barking.....	(020) 3132 5519	ANUTOIUI, A, Flat 53 Dalton House, 7 Handley Page Road, Barking.....	(020) 8637 4264	A, E, 36 Mayville Road, Ilford.....	(020) 8793 5036
A, S, 4 Malpas Road, DAGENHAM.....	(020) 3539 7940	ANWAR, M, 59 Eastbourne Rd, E6.....	(020) 8470 2373	AZAM, A, 216 Cutmore Arboretum Pl, Barking.....	(020) 8594 5977
A, S, 20 Streatham Avenue, E6.....	(020) 8471 7977	ANWARALI, I, 29 St. Lukes Av, Ilford.....	(020) 8514 6305	A, R, 20 Tavistock Gardens, Ilford.....	(020) 8177 3285
A, Mir S, 28 Surrey Road, Barking.....	(020) 8177 4181	ANWEZOR, E, 68 Arnold Road, Dagenham.....	(020) 3673 3011	AZEBUJRO, M, 40 Adomar Road, Dagenham.....	(020) 4568 8038
A, S, 70 Westbury Road, Barking.....	(020) 3855 1028	ANYA, G, 43 Rectory Road, Dagenham.....	(020) 3621 4872	AZEZADEFARATI, Olayinka, 23 Hawkwell House Gosfield Road, Dagenham.....	(020) 8252 2895
A, U, 442 Valence Avenue, Dagenham.....	(020) 3648 1603	APPIAH, G, 180 Chadwell Heath Lane, Romford.....	(020) 8597 9628	AZHAR, H, 134 Kitchener Rd, E7.....	(020) 8152 3963
A, W, 15 Khartoum Road, Ilford.....	(020) 8177 8563	APPLEGATE, N, 32 Abercorn Gardens, Romford.....	(020) 8597 5900	AZIZ, A, 92 Glenparke Rd, E7.....	(020) 8177 7045
A, Admiral Z, UNIT 3 BAKERS COURT Coppen Road, Dagenham.....	(020) 4529 4812	ARA, J, 22 Sherrard Road, London.....	(020) 3539 5606	A, N, 6A Church Lane, DAGENHAM.....	(020) 3380 2490
A, Z, 675 Green Lane, Dagenham.....	(020) 3556 5712	ARIAIAN, F, 29a Ripple Road, Barking.....	(020) 3132 2687	A, R, Flat 70 Hewetts Quay 26-32 Abbey Road, Barking.....	(020) 8591 8431
A, Z, 150A High Street North, London.....	(020) 7285 5526	ARCHER, J.A, 98 Curzon Crescent, Barking.....	(020) 8594 9671	AZMAT, R, A, 156 Green Street, London.....	(020) 3370 2112
A, Z, 14 Pompadour Way, Barking.....	(020) 3648 6113	AREFIN, M, 256A Oxlow Lane, Dagenham.....	(020) 3718 2811	AZMI, M, 4 Riverdene Road, Ilford.....	(020) 8141 7855
A, Z.A, 91 Sherrard Rd, E7.....	(07956) 556382	ARGENT, P, 2 Gillam Way, RAINHAM.....	(01708) 559610	AZMUTALLI, K, 587 Barking Rd, E6.....	(020) 8470 9081
ALIJA, V, 26 Canonsleigh Road, Dagenham.....	(020) 3152 5195	ARGYROU, B, 71 Tavistock Gardens, Ilford.....	(020) 8270 9098	AZU, Mr S, Mr 222 Hunters Hall Road, Dagenham.....	(020) 8593 5027
ALIJOSIUS, M, 110/2 Honour Gdns, Dagenham.....	(020) 8597 7017	ARISTOPHANOUS, T, 77 St Albans Av, E6.....	(020) 8141 5699	BABALOLA, M, 48 Cartwright Road, Dagenham.....	(020) 8595 6132
ALIM, E, 166 Marston Avenue, Dagenham.....	(020) 8595 5184	ARLOTTE, D.D, 178 Blake Avenue, Barking.....	(020) 8594 7515	BABATUNDE, M, 20a Freshwater Road, Dagenham.....	(020) 3092 1833
ALINA BARBUT, I, 87G Broad Street, Dagenham.....	(020) 3652 8030	ARMAS ONOFRE, S, 29 Windsor Road, Dagenham.....	(020) 3643 6931	BABICIU, C, 25 Trenance Gardens, Ilford.....	(020) 8599 4105
ALLADI, R, 48 Keppel Rd, E6.....	(020) 8470 3324	ARMSTRONG, D, 15 North Road, Chadwell Heath.....	(020) 8924 1183	BABU, A, First Floor Flat A Green Street 238 238a Green Street, London.....	(020) 8586 6735
ALLEN, B, 8b Birdbrook Close, Dagenham.....	(020) 4538 5223	A, P, 223 Henley Road, Ilford.....	(020) 8141 7235	BACEVICIENE, Z, 24 Sterry Road, Dagenham.....	(020) 4568 4356
A, D, 77 Haydon Road, Dagenham.....	(020) 8597 3783	ARNOLD, C, 91a Park Avenue, Barking.....	(020) 8594 9366	BACIULIS, A, 19 Shearwater Close, Barking.....	(020) 8091 8613
A, D, 7 Langley Crescent, Dagenham.....	(020) 8592 3626	A, K, 156 Rainham Road, Rainham.....	(01708) 631249	BACKHOUSE, D, 155 Wilmington Gardens, Barking.....	(020) 8594 2793
A, D, 57 Stevens Road, Dagenham.....	(020) 8590 2083	AROMIN, Mr Armin, 94 Arnold Road, Dagenham.....	(020) 8220 3307	BADENOCH, G.A, 28 Pettits Rd, Dagenham.....	(07956) 291814
A, J, 648 Becontree Avenue, Dagenham.....	(020) 8593 5813	AROMIWURA, M, 34 Burns Avenue, Romford.....	(020) 3623 9720	BADOLO, J, 9 Hibiscus Ho St. Georges Av, E7.....	(020) 8470 9456
A, M, 17 Chadwell Avenue, Romford.....	(020) 8599 9893	ARSCOTT, R, 7 Sherrard Road, London.....	(020) 8471 6099	BADSHAH, H, 100 Castleton Road, Ilford.....	(020) 8599 6963
A, N, 63 Wellington Drive, Dagenham.....	(020) 3532 7088	ARSENIS, V, 20 Trafalgar Court Marine Drive, Barking.....	(020) 8507 1524	BAGAM, Shimu, Apartment 2 Barking Magistrates Court 44-48 East Street, Barking.....	(020) 8591 3185
A, R, 3a Elstree Gardens, Ilford.....	(020) 8991 6276	ARSHAD, O, 42 Browline Gardens, Ilford.....	(020) 8141 8209	BAGLOW, G, 10 Theydon Gardens, Rainham.....	(01708) 586857
A, S, FLAT 14 POACHER HOUSE 108 Renwick Road, Barking.....	(020) 8591 4612	ARSLAN, A, 159 Ilford Lane, Ilford.....	(020) 8177 7431	BAGUM, R, 23 Harold Road, Dagenham.....	(020) 3723 0516
A, V, 8 Sutton Road, Barking.....	(020) 8591 3108	A, B, 246A Valence Avenue, Dagenham.....	(020) 8599 7053	BAH, K, 9 Norseman Close, Ilford.....	(020) 8597 1087
ALLEYNE-MIKE, B, 83 Wolsey Avenue, London.....	(020) 8552 8224	A, Y, 105 Sutton Road, Barking.....	(020) 8127 0073	B, M, 66 St. Olaves Rd, E6.....	(020) 3132 1818
ALLIS, J, 36 Pasture Road, Dagenham.....	(020) 8141 6042	ARUMUGAM, Murrang, Unit 2 Midas Business Centre Wantz Road, Dagenham.....	(020) 8593 5397	BAHAR, S, Equinox House Flat 1 Waking Road, Barking.....	(020) 8594 0595
ALLMAN, M, 41 South Park Road, Ilford.....	(020) 8514 8831	ARUMUGAPERJUMAL, P, 2 Clark Grove, Ilford.....	(020) 3729 8041	BAHRA, I, 166 Dawlish Drive, Ilford.....	(020) 8220 2267
ALLWIN, Mr Samuel, 40 Charlotte Road, Dagenham.....	(020) 8592 7132	ARYA, S, Lemonade Building 503 3, Arboretum Place, Barking.....	(020) 8592 7280	BAIG, M.A, 10 Hamilton Road, Ilford.....	(020) 8478 5755
ALLY, A, 17 The Shaftesburys, BARKING.....	(020) 3731 2968	ASABERE, J, 79 Bushgrove Road, Dagenham.....	(020) 3004 6099	BAI-KAMARA, A, 39 Burdetts Road, Dagenham.....	(020) 3726 0263
A, Maryam, 3 Northfield Gardens, Dagenham.....	(020) 8596 9335	ASADU, E, 10 Harold Road, Dagenham.....	(020) 3561 9603	BAILES, D, 13 Pettits Place, DAGENHAM.....	(020) 8220 8169
ALMEIDA, S, 52 Woodward Road, Dagenham.....	(020) 3539 4897	ASEF, Mr Raja, 12 Wingate Road, Ilford.....	(020) 8001 9774	BAILEY, B, 39 Streatham Avenue, East Ham.....	(020) 8552 0774
ALMUETE, M, 188 Shrewsbury Rd, E7.....	(020) 8586 0530	ASHGAR, M, Flat 19 Springfield Court Forsythia Close, Ilford.....	(020) 8478 2580	B, J, 25 Amesbury Rd, Dagenham.....	(020) 8177 6619
ALMUN, S, 2 Westfield Gardens, Romford.....	(020) 3731 7134	ASHBOLT, G.W, 101 Croppath Road, Dagenham.....	(020) 8592 2456	B, J.P, B 149 South End Road, Rainham.....	(01708) 553649
ALVARADO, Elvira, 2 Cranborne Road, Barking.....	(020) 8591 3385	ASHBY, Loretta, 263 Porters Av, Dagenham.....	(020) 8592 1706	B, Mrs Kay, 2 Ilfracombe Gardens, Romford.....	(020) 8599 2238
ALVERDO, A, 33 St. Albans Avenue, E6 London.....	(020) 8472 9778	ASHDOWN, Henry, 2 Mayfield Road, Dagenham.....	(020) 8586 1057	B, P, 2 Wells Gardens, Rainham.....	(01708) 555032
ALVES, J, 35 Stafford Rd, E7.....	(020) 8552 5267	ASHENDEN, J.P, 2 Fitzstephen Road, Dagenham.....	(020) 8593 4169	BAIDEN, J, 16 Essex Road, DAGENHAM.....	(020) 8595 6129
A, P.L, 173 Gordon Road, Ilford.....	(020) 8553 3057	ASHGAR, N, 116 St. Georges Road, E7.....	(020) 8177 0010	BAJENARU, V, 19 Shaftesbury Road, London.....	(020) 3300 7233
ALVEY, S, Flat 214 Repoworks 1 Arboretum Place, Barking.....	(020) 8591 4082	ASHLEY, M, 16 Charles Road, Romford.....	(020) 8590 2926	BAKARI, M, 154 Dagenham Avenue, Dagenham.....	(020) 8109 1947
ALYSTEN, N, 30 Dorset Rd, E7.....	(020) 8141 1562	ASHOGBA, C, Flat 3 Poacher House 108 Renwick Rd, Barking.....	(020) 3538 8290	BAKER, A, 167 Burnside Road, Dagenham.....	(020) 8149 1256
AMACHARBE, T, 48 Cambridge Rd, Barking.....	(020) 3132 7834	ASHOKEJI, B, 2 Hardie Road, DAGENHAM.....	(020) 8517 0796	B, D, 80 Becontree Avenue, Dagenham.....	(020) 8599 9437
AMADASON, I, 108 Raydons Road, Dagenham.....	(020) 3649 8543	ASHRAF, A, Robert Lewis House Flat 301 36, Mallards Road, Barking.....	(020) 3665 4576	B, D, 13 Paget Road, Ilford.....	(020) 8478 2584
A, J, 31 Victoria Road, Dagenham.....	(020) 8177 9162	A, D, 544 Katherine Road, E7.....	(020) 8471 5429	B, L, 10 Lindisfarne Road, Dagenham.....	(020) 8270 7559
AMANFO, F, 16 Brittain Road, Dagenham.....	(020) 8984 9927	A, M, Mobile, 116 Altmore Avenue, London.....	(07956) 114376	B, L.C.W, 62 Malvern Drive, Ilford.....	(020) 8599 0010
AMBARUS, S, 117 Lillchurch Road, Dagenham.....	(020) 8595 9865	A, M, 42 Felton Road, Barking.....	(020) 8507 7951	B, M, 39 Hedgemans Road, Dagenham.....	(020) 8593 3540
AMBRUS, Mr Barking Magistrates Court, 44-48 East Street, Barking.....	(020) 8091 7507	A, N, 51 Tavistock Gardens, Ilford.....	(020) 3669 6338	B, M.J, 28 Sandringham Road, Barking.....	(020) 8594 2514
AMBULANCE		ASHTON, L, 29A High Street St, E6.....	(07947) 500572	B, P, 27 Levett Gardens, Ilford.....	(020) 8597 6990
In emergency dial 999 and ask the operator for Ambulance See business section for full list of entries		A, T 701/3 Arboretum Pl, Barking.....	(020) 8591 3909	BALA, S, 197 Lavender Place, Ilford.....	(020) 3719 4658
AMEEN, R, 531 Wood Lane, Dagenham.....	(020) 8141 3178	ASHVAR, S, 5 The Willows, Wall End Road, London.....	(020) 3592 3618	BALAJAN, A, 13 Seton Gardens, Dagenham.....	(020) 3509 6904
AMER, A, 67 Vicarage Lane, E6.....	(020) 8552 7757	ASHWORTH, E.R, 19 Alibon Road, Dagenham.....	(020) 8595 5761	BALAKUMAR, K, 7 Fieldway, Dagenham.....	(020) 8509 3175
A, W, 5 Bryce Road, Dagenham.....	(020) 3662 9393	ASIF, M, 49A High Road, Romford.....	(020) 8590 9314	BALAL-AKHTAR, M, 90 Wood Lane, Dagenham.....	(020) 8595 6732
AMIN, B, Mobile, 100 Glenparke Road, London.....	(07930) 655738	ASIMBAYA, C, 469 Romford Road, E7.....	(020) 3730 1635	BALAN, A, 63 Warrington Road, Dagenham.....	(020) 8517 5235
A, Muhammad, 001 Elizabeth Fry Apartments 14 Kings Road, Barking.....	(020) 8591 7734	ASIROGLU, N, 40 First Av, Dagenham.....	(020) 8592 0526	BALASINGAM, S, 12 Cambridge House 3-9 Cambridge Road, Barking.....	(020) 8507 1277
A, M, 103 Turnage Road, Dagenham.....	(020) 3874 0218	ASLAM, A, 303 Gurney Close, Barking.....	(020) 3605 8606	BALASINGHAM, I, 23 Ashford Road, London.....	(020) 3172 8268
A, N, 830 Green Lane, Dagenham.....	(020) 8491 9394	A, M, 115 Fanshawe Av, Barking.....	(020) 3138 4275	BALASOUI, Vasilie, 176 South Park Road, Ilford.....	(020) 8478 1303
A, N, 8 Lucy Gardens, Dagenham.....	(020) 3560 5397	A, M, 134 Green Street, London.....	(020) 8472 8255	BALDE, Domingasengadi, Flat 36 Central House 14 Cambridge Road, Barking.....	(020) 3441 2766
A, N, Flat 68 Plaice House St Pauls Road, Barking.....	(020) 3731 6335	A, S, 213 Wilmington Gardens, Barking.....	(020) 8270 8361	B, J, 370A Longbridge Road, Barking.....	(020) 8117 3841
A, R, Flat 5 Neale Court Berengers Place, Dagenham.....	(020) 8595 7603	A, Z, 55 Hardie Road, Dagenham.....	(020) 7671 8411	B, S, 48 Bradwell Avenue, Dagenham.....	(020) 8001 0926
A, V, 35 Geneva Gardens, Romford.....	(020) 8270 9893	ASMARE, Hana, Flat 402 Icehouse Court 56 Abbey Road, Barking.....	(020) 8591 7609	B, T, 227 Lavender Place, Ilford.....	(020) 3648 8642
AMINU, B, 24 St. Albans Av, E6.....	(020) 8821 9246	ASOKAKUMAR, K, 78 Sheringham Drive, Barking.....	(020) 8594 3800	BALDOCK, D.R, Flat 59 Willow Court Spring Close, Dagenham.....	(020) 8597 0261
AMIR, S, 15 Merton Road, BARKING.....	(020) 3894 9204	ASPINALL, N, 226 Rainham Road North, Dagenham.....	(020) 8517 4192	BALDWIN, K, 11 Mayfair Avenue, Romford.....	(020) 8597 7818
AMIRTHALINGAM, S, Mobile, 194 Mortlake Road, Ilford, Essex.....	(07944) 697670	ASPLAND, I, 6 Fels Close, Dagenham.....	(020) 8592 5689	BALE, A, 16 Blackthorn Road, Ilford.....	(020) 3592 7627
AMMAR, M, 187 Charlemont Road, E6.....	(020) 8472 9252	ASRIYIE, C, 9 Salisbury Road, Dagenham.....	(020) 3561 6724	BALENTINA, F, 107 Harts Lane, Barking.....	(020) 3720 8328
A, T, Flat 304 50 Crossness Road, Barking.....	(020) 3532 9498	ASUMADU, K, 2 Hameway, London.....	(020) 3509 7225	BALL, G, 190 Lilleshurch Road, Dagenham.....	(020) 8595 2193
AMOAH, C, 126 Sterry Road, Dagenham.....	(020) 8593 7434	ASWAD, R, 170 Green Street, E7.....	(020) 8471 3411	B, H, Flat 83 Thatched House Switver Way, Dagenham.....	(020) 3172 0850
AMOH, E, 34 Crosby Road, Dagenham.....	(020) 3726 6727	ASWAT, R, Aswat & Sons, 170 Green Street, London.....	(020) 8471 5686	B, J, 605 Becontree Avenue, Dagenham.....	(020) 8984 0384
AMOS, A.F, 77 Blake Avenue, Barking.....	(020) 8591 1596	ASWATHNARAYAN, G, 94 Flanders Rd, E6.....	(020) 8475 8781	B, M, 89 Lambourne Road, Barking.....	(020) 8594 7404
AMOUR, H, 155 Church Elm Lane, Dagenham.....	(020) 3654 4776	ASZAM, M, 179a Breamore Road, Ilford.....	(020) 8590 2731	BALLA, F, 34 Seton Gdns, Dagenham.....	(020) 8595 5738
AMPOFO, P, 6 Crane Close, Dagenham.....	(020) 3643 2084	ATANDA, Mir S, 59 Keppel Rd, Dagenham.....	(020) 8517 1381	BALLARD, H, 3 Bradford Drive, Barking.....	(020) 8591 6253
AMRITA, B, 13 Coniston Avenue, Barking.....	(020) 8141 1500	ATHERFOLD, E, 34 Levett Gardens, Ilford.....	(020) 8590 4565	BALLUCK, A, 163 Bromhall Road, DAGENHAM.....	(020) 8595 9036
ANANE, C, 1 Surrey Rd, Barking.....	(020) 8177 8532	ATKINS, R, 117 Willard Terrace, Heathway, Dagenham.....	(020) 7018 1933	BALOGUN, H, Mobile, Flat 2 Farm House Court 81 Bunsns Lane, London.....	(07956) 807075
A, J, 44 Talbot Road, DAGENHAM.....	(020) 3536 5837	ATKINS-COOLMAN, G, 41 Edwin Av, E6.....	(020) 3138 2075	B, O, 389 Bastable Avenue, Barking.....	(020) 8591 7966
ANBANANDAN, A, 12 Kempton Mews, London.....	(020) 3715 3671	ATOYEI, O, 59 Surrey Road, Dagenham.....	(020) 8593 1930	BAMBROOK, C, 7 The Coppins Chadwell Avenue, Romford.....	(020) 8599 9768
AND JOEL CHIKA IBEMEZIE, R, 191 Express Drive, Ilford.....	(020) 8597 1319	ATUMIRASE, A, Millard Terrace / 80 Heathway, Dagenham.....	(020) 8177 9098	BAMFORD, Admiral M.L, 30 Second Avenue, Dagenham.....	(020) 8517 5699
ANDERSON, D, 133 Ranelagh Road, E6.....	(020) 8503 4837	ATWAL, K, 2 Staines Rd, Ilford.....	(020) 7165 2251	B, W, 33 Darcy Gardens, Dagenham.....	(020) 8270 7901
A, G, 129 Halbutt Street, Dagenham.....	(020) 4568 2618	AUDRITT, G, 113 St. Georges Road, Dagenham.....	(020) 8592 5121	BANCROFT, S, 47 Sunningdale Road, Rainham.....	(01708) 550837
A, H.M, 135 Henley Rd, Ilford.....	(07956) 421115	AUDU, R, 7 Hunters Hall Road, Dagenham.....	(020) 3843 7817	BANDARU, S, 333 Express Drive, Ilford.....	(020) 8177 1016
A, M, 826 Dagenham Road, Dagenham.....	(020) 8491 8785	AUGER, L, 87 Rowdowns Road, Dagenham.....	(020) 8595 5410	BANDEY, I, 120 Lindsey Road, Dagenham.....	(020) 8590 3067
A, M, 52 Dewey Road, DAGENHAM.....	(020) 8593 5381	AUJLA, K, Mobile, 11 Glenparke Road, Dagenham.....	(07930) 712883	BANDURA, T, 26 Loftus Road, Barking.....	(020) 8594 1190
A, Natalie, 106 Holgate Rd, Dagenham.....	(020) 3022 4024	AUKSORIUTE, Miss 73 Eric Road, Romford.....	(020) 3784 0048	BANEA, A, Flat 204 Windsor Court 3 Mast Street, Barking.....	(020) 8507 1772
A, Y, 36 Park Avenue, LONDON.....	(020) 8471 9240	AURANGZED, M, 103 Rutland Rd, E7.....	(020) 8586 7056	BANFORD, L, 30 Powell Gardens, Dagenham.....	(020) 8593 1856
ANDOH, V, 43 Harris Road, Dagenham.....	(020) 3624 2891	AUSTIN, J, 5 Banner Lane, Dagenham.....	(020) 8597 2134	BANGURA, Z, 24 Westfield Gardens, Romford.....	(020) 3737 5880
ANDREWS, J, 3 Henderson Road, E7.....	(020) 8552 1849	A, K, 159 Gresham Drive, Romford.....	(020) 3732 1629	BANHAM, D, 9 Ventnor Gardens, Barking.....	(020) 8924 0379
ANDRONIC, A, 170 Skipper Court Abbey Road, Barking.....	(020) 4531 9282	A, Ms L, 277b Katherine Road, London.....	(020) 8471 3550	BANKOLE, A.A, 18 Abberton Walk, Rainham.....	(01708) 572616
ANDZELYS, Vidmantas, 15 Durham Road, Dagenham.....	(020) 8984 9566	AVEL, E, 15 Caledon Rd, E6.....	(020) 8586 7488	B, O, Carpenters Court Flat 9 Lewis Way, Dagenham.....	(020) 8013 0915
ANGELOV, M, 9 Flamsted Gardens, Dagenham.....	(020) 8141 5542	AVERY, P, 55 12, Bevan House Bevan Avenue, Barking.....	(020) 3490 1159	B, O, 93 Galleons Drive, Barking.....	(020) 4529 4832
A, M, Flat 303 Robert Lewis House 36 Mallards Road, Barking.....	(020) 3621 3502	AVRAAIM, M, 55 Faircross Avenue, Barking.....	(020) 8594 4936	B, Miss O, 27 Lilleshurch Road, Dagenham.....	(020) 8525 3582
ANGLIN, T, 13 Ploverman Way, Dagenham.....	(020) 3623 3411	AVRAMIE, S, 6 Harris Road, Dagenham.....	(020) 8595 4847	BANKS, M, 227 Sterry Road, Dagenham.....	(020) 8262 3747
ANGLISS, V, 267 Ilchester Road, Dagenham.....	(020) 8592 2008	AWAL, Dr Mohammad, 48 Madras Road, Ilford.....	(020) 8553 4098	B, S, 111 Wood Lane, DAGENHAM.....	(020) 3091 2870
ANGUS, A, Mobile, 3 Crucible Close, Romford, Essex.....	(07904) 779206	AWAN, M, 11 Springfield Court Forsythia Close, Ilford.....	(020) 3132 8201	BANNISTER, B, 12 Reynolds Avenue, ROMFORD.....	(020) 8590 1782
ANIFOWOSHE, Julie, 13 Benigo Gardens, Romford.....	(020) 8				



B, Rb, 51 Ashburton Avenue, Ilford.....	(020) 8594 9644	BELSHAW, K, Farrier Apartments Flat 15 Althorne Way, Dagenham.....	(020) 3624 6486	BOKUMBE, M, 37 Greenway, Dagenham.....	(020) 3016 4975
BARKER, A, 83 Mungo Park Road, Rainham.....	(01708) 523470	BENIN, Mr M, 104 Birdbrook Close, Dagenham.....	(020) 8177 5630	BOLD, S, 6 Bushgrove Road, Dagenham.....	(020) 3645 1872
B, P, 141 Rainham Road, Rainham.....	(01708) 523457	BEN, O, mobile, 186 Richmond Rd, Ilford, Essex.....	(07944) 950466	BOLDIN-DAY, I, 28 Greatfields Road, Barking.....	(020) 8507 0823
B, S, 15 Freeborne Gardens, Rainham.....	(01708) 551235	BENDJANIAS, V, 9 Searles Drive, East Ham.....	(020) 7476 3915	BOLEM, S, 66 Latham St, E6.....	(020) 8548 4188
B, W, 83 Lambourne Rd, Barking.....	(020) 8141 0769	BENZIUFELD, C, Flat 2 15a Chadwell Heath Lane, Romford.....	(020) 3509 9373	BOLENGE, I, 36 Sussex Rd, E6.....	(020) 8141 1188
BARLETT, Rachel, 22 Norton Road, Dagenham.....	(020) 8592 0856	BENJAMIN, J.E, 144 Monoga Road, E7.....	(020) 8552 7026	BOLOHAN, A, 9 Milner Road Dagenham, Essex.....	(020) 8590 8082
BARMAN, B, 6 Sunningdale Avenue, Barking.....	(020) 8117 2748	BENKNO, Mr Tomas, 37 Ivy Walk, Dagenham.....	(020) 3302 0941	BOND, B.E, 29 Cavendish Gardens, Barking.....	(020) 8594 3981
BARNACIUC, S, 102 Baron Road, Dagenham.....	(020) 8377 2396	BENLOSS, Leroy, 156 Halley Road, E7.....	(020) 8552 5248	B, M, 155 Macey Road, Dagenham.....	(020) 8592 5968
BARNARD, C, 33 Guyfild Drive, Rainham.....	(01708) 557640	BENNETT, G, 40 Farrance Rd, Romford.....	(020) 8590 2579	BOINDO, Miss I, Mobile, Flat 9 Crispe House 72, Dovehouse Mead, Barking, Essex.....	(07931) 388566
B, G.W, 106 Western Avenue, Dagenham.....	(020) 8517 1672	B, K, 42 Hollidge Way, Dagenham.....	(020) 8592 8365	BONE, E, 202 Dagenham Avenue, Dagenham.....	(020) 8593 2255
BARNES, G, 120 Baron Road, Dagenham.....	(020) 8590 9394	B, K, 18 Rosslyn Avenue, Dagenham.....	(020) 8593 2176	B, John J, 4 Charlecoate Road, Dagenham.....	(020) 8984 7942
B, J, 34 Lynett Road, Dagenham.....	(020) 8270 8904	B, L, 394 Romford Road, London.....	(020) 8552 6063	BONGOVY, F, Flat 311 Aston House 45 Campus Avenue, Dagenham.....	(020) 3509 5867
B, J, 9 Reynolds Avenue, Romford.....	(020) 8590 1517	BENNICI, L, 237 Westrow Drive, Barking.....	(020) 8591 8902	BONSOR, D, 205 Mortlake Road, Ilford.....	(020) 8911 7222
B, N, 40 Tanner Street, Barking.....	(020) 8507 0725	BENTLEY, D, 250 Mortlake Road, Ilford.....	(020) 8478 9624	BONSUJ, N, 92 Hatfield Road, Dagenham.....	(020) 3325 4088
B, S, 28 Sherrard Rd, E7.....	(020) 8177 6537	BENTON, M.J, 34 Broadhurst Walk, Rainham.....	(01708) 557360	BOOKLESS, P, 43 Kings Avenue, Romford.....	(020) 8590 8280
BARNETT, B, Flat 26 Rosewood Court Chadwell Heath Lane, Romford.....	(020) 8590 0697	BEQIRI, L, 223 Hunters Square, Dagenham.....	(020) 3380 8398	BOOTH, C, Cornwell Vc Cadet Centre Vicarage Lane, East Ham.....	(020) 8470 8422
B, L, 118 Blackborne Road, Dagenham.....	(020) 3719 3095	BEREZIN, O, 71 Harts Lane, Barking.....	(020) 8491 9080	BORA, S, 101 Angelica Drive, East Ham.....	(020) 7476 3243
BARR, L, 33 Coleman Road, Dagenham.....	(020) 3731 1607	BERGFELD, J.M, 38 Hooks Hall Drive, Dagenham.....	(020) 8596 9215	BORCEA, A, 252 Bonham Road, Dagenham.....	(020) 3590 2159
BARRATT, D, 19 Gresham Drive, Romford.....	(020) 8599 5334	BERKO, F, 68 Cedar Terrace Spring Close, Dagenham.....	(020) 8013 2676	BORDEANU, D, 129 Primrose Avenue, Romford.....	(020) 8597 0501
B, J, 18 Ron Todd Close, Dagenham.....	(020) 8593 2908	BERKOHGYAMFI, D, 445 Longbridge Road, Barking.....	(020) 3158 8688	BOREHAM, I, 103 Mayfield Road, Dagenham.....	(020) 8491 1696
B, W, 10 Beccles Drive, Barking.....	(020) 8591 5132	BERNARD, W, 12 Montpelier Gardens, Romford.....	(020) 8586 1916	BORG, R, 8 Vincent Road, Dagenham.....	(020) 8595 1237
BARRETT, J, 238 Henley Road, Ilford.....	(020) 8514 4051	BERNERD, H, 34 Barnmead Road, Dagenham.....	(020) 8793 7747	BORKOWSKI, J, 49 Harman Rise, ILFORD.....	(020) 3532 0232
B, Pamela, 23 Frialands Lane, Dagenham Essex.....	(020) 8593 6079	BERNERS, P, 61 Kempton Road, E6.....	(020) 8470 4040	BORON, Mr, Flat 42, Bellingham Court Wanderer Drive, Barking.....	(020) 8177 9132
B, P, 2 Greenfield Road, Dagenham.....	(020) 8592 7798	BERRY, K.B, 57 Meadow, Ilford.....	(020) 8599 0069	BOSET, A.E, 54 Tenterden Road, Dagenham.....	(020) 8595 6743
B, W.F, 7 Gainsborough Road, Dagenham.....	(020) 8597 0518	BERTRAND, A, 7 Carrow Road, Dagenham.....	(020) 8220 7655	BOSUNIA, F, 35 Squares Park Road, Romford.....	(020) 8014 3134
BARRY, A, 57 Grosvenor Road, E7 London.....	(020) 8926 1945	BERWICK, N, 76 Clemence Road, Dagenham.....	(020) 8592 9514	BOZETZAU, Mrs Elena, 72 Avenue Road, Chadwell Heath, Romford.....	(020) 3601 2457
B, M, 57 Grosvenor Rd, E7.....	(020) 8552 4382	BESSER, C, 25a Bexley Gardens, Chadwell Heath.....	(020) 8598 8314	BOU, Mr George, 3 Grove Park Road, Rainham.....	(01708) 910806
B, Miss Mary, 33 Park Avenue, Barking.....	(020) 8591 2060	BEST, J, 3 Dane Road, Ilford.....	(020) 8252 9612	BOURKE, Mrs Annie, 89 Amesbury Road, Dagenham.....	(020) 8595 8129
BARSON, D, 35 Chaplin Road, DAGENHAM.....	(020) 8262 2639	BETHELL, C, 381 Lodge Avenue, Dagenham.....	(020) 8593 4220	BOURNE, A, 94 Homestead Road, Dagenham.....	(020) 3565 3567
BARTHAM, L, 97 Beam Avenue, Dagenham.....	(020) 8593 4151	BEUKES, L, 389 Wood Lane, DAGENHAM.....	(020) 8595 5616	BOWEN, J, 119 Millard Terrace Heathway, Dagenham.....	(020) 8592 4917
BARTLETT, E.H, 38 Burnside Road, Dagenham.....	(020) 8597 3253	BEVAN, J.L, 257 Sheppey Road, Dagenham.....	(020) 8592 4060	BOWES, Iris, 242 Porters Avenue, Dagenham.....	(020) 8595 0579
BARTOLOMASI, Terry, 30 Birchdale Gdns, Romford.....	(020) 8590 6956	BEVERIDGE, Janice, 40 Danbury Road, Rainham.....	(01708) 520044	BOWLEY, A, 21 Amidas Gardens, Dagenham.....	(020) 8177 9101
BARUA, M.B, 94 Kitchener Road, Forest Gate.....	(020) 3608 2213	BEXAVOGUI, M, 13 Buttsbury Road, Ilford.....	(020) 3724 7477	B, S.C, 32 Brittain Road, Dagenham.....	(020) 8517 8335
BARWICK, 3 Farm Close, Dagenham.....	(020) 8141 5562	BHAMRA, A, 10 Melbourne Gardens, Romford.....	(020) 8590 1523	BOWLING, A, 11 Langdon Cres, E6.....	(07931) 665259
B, F, 217 Downing Road, Dagenham.....	(020) 8595 2830	B, K, 52 Chelmer Crescent, Barking.....	(020) 8507 7351	BOWN, A, 87 Hameway, London.....	(020) 8471 2637
BARZEY-BROWNE, K, 21 Glandford Way, Romford.....	(020) 8141 8025	BHARA, S, 111 Staines Road, Ilford.....	(020) 8920 3880	BOUYER, R.W, 73 Woodshire Road, Dagenham.....	(020) 8592 8964
BASAR, T, 67 Prestbury Road, E7.....	(020) 8471 8508	BHARADWAJ, S, 29 Abercorn Gardens, Romford.....	(020) 8224 4562	BOXER, J, 76 Mayesbrook Road, Ilford.....	(020) 8597 4095
BASCOM, J, Flat 308, Loughborough House 2 Honour Gardens, Dagenham.....	(020) 3609 8041	BHARATHAN, L, 57 Malvern Drive, Ilford.....	(020) 8599 2313	BOYADZHEVA, Mrs Stefka, 1a Park Mews, Rainham.....	(01708) 935443
BASCOMBE, T, Flat 6 Gateway House 51-58 St. Anns, Barking.....	(020) 3590 3160	BHARADWAJ, A, 123 Glenly Road, Barking.....	(020) 8594 7908	BOZHINOV, A, Flat 104 Hewetts Quay 26-32 Abbey Road, Barking.....	(020) 8591 9253
BASHAM, P, 160 Shrewsbury Road, E7.....	(020) 8472 0663	B, A, 3 Khartoum Road, Ilford.....	(020) 8514 8013	BOZKINA, H, 295 Wood Lane, Dagenham.....	(020) 8141 0744
BASHIR, A, 4 Walter Rodney Clo, E6.....	(020) 8475 0052	BHARTI, M, 14 Greenslade Rd, Barking.....	(020) 8591 3206	BRACE, A, 102 Standfield Road, Dagenham.....	(020) 8592 4656
B, B, 588 Green St, E7.....	(020) 8141 2354	BHARUCHA, H, 8 Prestbury Road, London.....	(020) 8552 9658	B, C, 38 Stapleton Crescent, Rainham.....	(01708) 552526
B, H, 9 Sylvan Road, E7.....	(020) 8141 2354	BHASKARAN NAIR, P, 182 Kempton Rd, E6.....	(020) 8472 1201	BRADLEY, J, 65 Lyndhurst Gardens, Barking.....	(020) 8594 0506
BASLER, S, 153 Mortlake Road, Ilford.....	(020) 8514 5531	BHATIA, A, 45 Lansbury Avenue, Romford.....	(020) 8590 9142	B, S, 60 Chapel Gardens, Ilford.....	(020) 4537 4084
BASTIN, L, 58 Express Drive, Ilford.....	(020) 7285 7711	B, J, 91 Sandhurst Drive, ILFORD.....	(020) 3016 3362	BRADSHAW, W.F, 116 Keir Hardie Way, Barking.....	(020) 8594 6669
BATAINTOU, A, 20 Sugden Way, Barking.....	(020) 3138 5664	B, S, 16 Westbury Ter, E7.....	(020) 8141 1479	BRADY, P, 54 Chadwell Heath Lane, Romford.....	(020) 8599 8295
BATARU, C, 145 Victoria Road, Barking.....	(020) 3669 9578	BHATTI, Jagendra M, 48 Stafford Road, Ilford.....	(020) 8471 8512	B, T, 14 Edward Road, Romford.....	(020) 8252 6365
BATE, R, 57 Tilney Road, Dagenham.....	(020) 8252 8737	BHATTI, Mr H, 12 Elstree Gardens, Ilford.....	(020) 8471 8613	BRAEGER, A, 191 Green Street, LONDON.....	(020) 8586 5676
BATEMAN, H, 34 Riverdale Close, Barking.....	(020) 8591 4688	B, J, 38 Ratcliff Road, E7.....	(020) 8472 2376	BRAHMBHATT, K, 4888 Romford Road, Barking.....	(020) 3162 8954
B, R.A, 14 Reynolds Avenue, Romford.....	(020) 8590 2581	BHUIDIA, D, 62 Dawlish Dv, Ilford.....	(020) 8590 2900	B, Y, 8 Woodstock Rd, E7.....	(020) 3658 0430
BATOUA, F, Flat 8 Loughborough House 2 Honour Gardens, Dagenham.....	(020) 8590 2377	BI, T, 9 Metro House 98-122 Green Street, E7.....	(020) 8586 0710	BRAKAT, N, 91 Stamford Road, Dagenham.....	(020) 8984 0857
BAUER, V, 12B Becontree Avenue, Dagenham.....	(020) 3648 8885	BIAGUE, O, Flat 705 Icehouse Court 56 Abbey Road, Barking.....	(020) 8591 9541	BRAND, J, 4 Wykeham Avenue, Dagenham.....	(020) 8517 6472
BAWO, Kb, 19 Chancellor Way, Dagenham.....	(020) 3648 0950	BIBI, A, 2 King Edwards Road, BARKING.....	(020) 3732 4259	BRANNAM, R, 21 Verney Road, Dagenham.....	(020) 8592 7107
BAXTER, R.N, 45 Chudleigh Crescent, Ilford.....	(020) 8590 3285	B, K, 15t Flt 40 St Erkenwald Road, Barking.....	(020) 3091 6540	BRATIE, W, 289 Express Drive, Ilford.....	(020) 8590 7582
BAYCROFT, Leigh, 111 Cartwright Road, Dagenham.....	(020) 8220 1993	B, S, 89 Babinington Road, Dagenham.....	(020) 8517 0889	BRAY, B, 240 Hunters Hall Road, Dagenham.....	(020) 8517 8971
BAYLEY, Miss D, 10 Rowan Close, Ilford.....	(020) 8177 7433	B, S, 5 Hyndman House Flat 1 Kershaw Road, Dagenham.....	(020) 3673 3717	B, C, 126 Chelmer Crescent, Barking.....	(020) 8507 2039
BDAALE, M, 10 Hartshorn Gardens, London.....	(020) 3380 4580	BIBIZADEH, H, 39 Levett Gardens, Ilford.....	(020) 8598 8001	BRENCHLEY, A, 113 Grosvenor Road, Dagenham.....	(020) 8924 1433
BEADLE, E, 5 Rosslyn Avenue, Dagenham.....	(020) 8220 8045	BICKFORD, R, Flat 27 Steellback House 102 Renwick Road, Barking.....	(020) 8507 1533	BREWSTER, N, 50 Westminster Gdns, Barking.....	(020) 8591 5080
BEAIRD, W.M.P, 5 Digby Gardens, Dagenham.....	(020) 8595 3633	BIDDE, P, 124 Manor Road, Dagenham.....	(020) 8593 9620	BRIGHTS, G, 53 Colston Rd, E7.....	(020) 8470 6520
BEARD, P, 24 Gerald Road, Dagenham.....	(020) 8595 8676	BIHARIOVA, A, 163 New Road, Dagenham.....	(020) 3722 9412	BRIGHT, J, 26 Ellerton Gardens, Dagenham.....	(020) 8595 3390
BEAVIAN, J, 39 Winstead Gardens, Dagenham.....	(020) 8595 4018	BIJELIC, Rada, 22 Canfield Road, Rainham.....	(01708) 559201	BRIGHTMORE, Mr D, 19 Lambourne Rd, Barking.....	(020) 8507 7101
BECK, S.A, 158 Dawlish Drive, Ilford.....	(020) 8599 1464	BILAL, A, 29 Glenmore Way, Barking.....	(020) 3441 1668	B, K, 33 Geneva Gardens, Romford.....	(020) 8599 1736
BECKLES, D, 14 Farrance Road, Romford.....	(020) 8598 8562	B, M, 22 Lincoln Rd, E7.....	(020) 8471 3254	BRISTOL, C, 84 Lowbrook Road, Ilford.....	(020) 8924 7914
BEDFORD, Mr R, 227 Express Drive, Ilford.....	(020) 8141 1250	BILDEA, N, 589 Goresbrook Road, Dagenham.....	(020) 3509 4008	BRISTOW, A.E, 127 Felbridge Road, Ilford.....	(020) 8220 4511
BEDIKAO, A, 11 Sussex St, E6.....	(020) 8177 8340	BILICI, A, Golds Gym Sterling Industrial Estate, Rainham Road South, Dagenham.....	(020) 8001 7035	BRITTON, C.H.A, 8 Mayswood Gardens, Dagenham.....	(020) 8592 4241
BEEHARRY, S, 22 Ellerton Road, Dagenham.....	(020) 8595 4765	BILL, Mrs Violet, 10 Langham Drive, Romford.....	(020) 8599 4717	BROADERS, A, Flat 208 Lariat Court 1 Ketch Street, Barking.....	(020) 8591 2241
BEELJUDHUR, S, Flat 31 Fishmonger House Healey Street, Barking.....	(020) 3731 3928	BINGHAM, Mr Thomas, 29 Elmer Gardens, Rainham.....	(01708) 557675	BROADIS, C, 21 Danbury Road, Rainham.....	(01708) 700803
BEGUM, Bilkis, 56 Gallions Drive, Barking.....	(020) 8594 1290	BINEHAM, Mr L, 27 Beeches Garden, Dagenham.....	(020) 8141 0337	BROMAGE, E.A, 52 Westrow Gardens, Ilford.....	(020) 8599 9641
B, B, 17 St. Lukes Avenue, Ilford.....	(020) 3726 6302	BINGHAM, F, 69 Manor Square, Dagenham.....	(020) 8590 2424	BROOK, N, 39 Chantress Close, Dagenham.....	(020) 8517 2729
B, F, 397 Bastable Avenue, Barking.....	(020) 3536 9586	BINZINE, E, 27 Great Gallely Close, Barking.....	(020) 3091 1728	B, Mr W, 1075 High Road, Romford.....	(020) 8590 3853
B, F, 47 Cambsy Road, Dagenham.....	(020) 8593 5387	BIODY, A.M, mobile, 210 Lilledchurch Road, Dagenham, Essex.....	(07950) 881236	BROOKE, S, 119 Cornworthy Road, Dagenham.....	(020) 8517 7257
B, Fateha, 100 Wilmington Gardens, Barking.....	(020) 8594 2146	BIRCH, A.A, 81 Western Avenue, Dagenham.....	(020) 8517 1810	BROOKER, V, 3 Torrington Road, Dagenham.....	(020) 8593 9200
B, H, 503 Green La, Ilford.....	(020) 8597 5192	BIRKETT, Mr Steven, 31 Monmouth Road, Dagenham.....	(020) 8595 1528	BROOKES, Mr O, 18 Cuthberga Clo, Barking.....	(020) 8507 2443
B, J, 90 Market Street, London.....	(020) 8470 5072	BIRU, H, 106 Groveaway, Dagenham.....	(020) 3652 7290	BROOM, L, 206 Parsloes Avenue, Dagenham.....	(020) 8984 9569
B, J, 20 Sandringham Road, E7.....	(020) 8470 4726	BISANI, A, Flat 37 Central House, 14 Cambridge Road, Barking.....	(020) 8141 1486	BROSH, Mr M, 151 Oxlow Lane, Dagenham.....	(020) 8141 6176
B, Lovell, Lighterman Court 104 Axe Street, Barking.....	(020) 8507 1439	BISH, B, (Mobile), 100 Heathway, Dagenham, Essex.....	(07944) 129433	BROWN, A, 23 Stephen Avenue, Rainham.....	(01708) 554136
B, M, 10 Law House Maybury Road, Barking.....	(020) 8591 1107	BISHARDOST, S, 8 Stanhope Gardens, Dagenham.....	(020) 3726 6365	B, A.L, 60 Pemberton Gardens, Romford.....	(020) 8599 8057
B, M, 79 Shaftesbury Road, London.....	(020) 8470 6065	BISHOP, A, 49 Aidan Close, Dagenham.....	(020) 8595 3307	B, C, 155 Lambourne Road, Barking.....	(020) 8591 0240
B, M, 42 Sheerby Road, London.....	(020) 8552 9038	BITHY, M, Flat 11 Lumiere Building 544 Romford Road, E7.....	(020) 8471 7553	B, D, 4a Meadow, Ilford.....	(020) 8598 2934
B, M, 13 Surrey Road, Dagenham.....	(020) 8062 3121	BIYERE, E, 48 White Horse Road, London.....	(020) 8091 8802	B, E, 29 Halbutt Street, DAGENHAM.....	(020) 8592 2355
B, Miss 14 Beaumont Crescent, Rainham.....	(01708) 935986	BIZIMUNGU, S, 4 Darwell Mews, London.....	(020) 3015 5129	B, G.A, 156 Dawlish Drive, Ilford.....	(020) 8599 3190
B, N, 130 Dagenham Road, Rainham.....	(01708) 397144	BLACK, C, 14 Curzon Crescent, Barking.....	(020) 8924 3854	B, G.R, 48 Ripper Road, Dagenham.....	(020) 8517 2379
B, P, 15 St. Stephens Parade Green Street, LONDON.....	(020) 3581 7056	B, I, 2 Purnsett Terrace Alder Walk, Ilford.....	(020) 8478 1043	B, J, 5 Raydons Gardens, Dagenham.....	(020) 8595 5097
B, P, 3 Manbrough Avenue, E6 London.....	(020) 8586 0912	BLACKBURN, C, 12 Holmwood Road, Ilford.....	(020) 8924 3613	B, Joel, 232 High Road, Romford.....	(020) 8599 2725
B, R, 49 Alexandra Road, London.....	(020) 8552 0027	BLACKMAN, P, 28 Sowrey Avenue, Rainham.....	(01708) 554164	B, P, 30 Lindsey Road, Dagenham.....	(020) 3352 5988
B, R, 16 Altmore Avenue, E6 East Ham, London.....	(020) 3720 9263	B, R, 92 Clements Road, London.....	(020) 8552 8208	B, P, 32 Woodstock Gardens, Ilford.....	(020) 8590 9943
B, R, 372 Longbridge Road, Barking.....	(020) 8507 0069	BLACKWELL, E, 11 Levett Gardens, Ilford.....	(020) 8590 3077	B, R, 130 Lillechurch Road, Dagenham.....	(020) 8013 9747
B, Miss Rasheeda, Redstart Mansions Mill Road, Ilford.....	(020) 3581 0306	BLAIN, W.F.L, 143 Ilchester Road, Dagenham.....	(020) 8592 0069	B, Miss S, 2 Tanner St, Barking.....	(020) 8177 4178
B, R, 31 Ratcliff Road, E7.....	(020) 3723 4204	BLAIR, S, 70 Rogers Road, Dagenham.....	(020) 3665 2742	B, V.G, 24 Langham Drive, Romford.....	(020) 8599 9534
B, Rasma, Flat 35 Rill Court Spring Place, Barking.....	(020) 8507 8283	BLAKE, A, 58 Halbutt Street, Dagenham.....	(020) 8593 3118	B, BROWN, T.S, 229 Wilmington Gardens, Barking.....	(020) 8594 3350
B, R, Mobile, 26 Stratton Drive, Barking, Essex.....	(07914) 445554	B, A, 114 Surfoll Road, Barking.....	(020) 8507 7461	BROZNYA, A, 85A Lindisfarne Road, Dagenham.....	(020) 3573 4248
B, S, 31 Bennett Road, Romford.....	(020) 3720 7781	B, Ms C, 25 Glandford Way, Romford.....	(020) 3132 7580	BROZNYA, M, 19 Hol	



BULL, M, 30 Davington Road, Dagenham.....	(020) 8177 9102	C, S.R, 74 Dewey Road, Dagenham.....	(020) 8595 1996	CHUN, Mr Z, 47/22 Longbridge Rd, Barking.....	(020) 8591 1424
BULLEN, M, 197 Cavendish Gardens, BARKING.....	(020) 3573 3248	CARTWRIGHT, D, 192 Western Avenue, Dagenham.....	(020) 8595 0691	CHUNDURI, P, 31 Mortlake Road, Ilford.....	(020) 8514 0114
BULLENICHOLAS, Larisha, 74 Greenslade Road, Barking.....	(020) 8591 5019	C, J.D, 1 St. Chads Gardens, Romford.....	(020) 8983 8075	CHURCH, P, 108 Woodward Road, Dagenham.....	(020) 3737 1520
BUMBUB, 8-10 North Street, Barking.....	(020) 8127 4329	C, N, 79 Gay Gardens, Dagenham.....	(020) 8262 1291	CHYRZYNSKI, P, 6 Heddingham Road, Dagenham.....	(020) 3490 7228
BUNDUJ, S, 133 Gurney Close Barking, Essex.....	(020) 3158 3041	CASALI, C, 75 Downing Road, Dagenham.....	(020) 3536 7609	CIBRIC, I, 1 Winterbourne Road, Dagenham.....	(020) 3354 7164
BUNET, Hardev, 31 St. Erkenwald Road, Barking.....	(020) 8591 0936	CASIAN, Mariana, 31 Derby Road, London.....	(020) 8586 2034	CHANGIR, Mrs H, 62 Oban Ho 95 Wheelers Cross, Barking.....	(020) 3132 2616
BUNN, Mr G, 7 Dereham Road, Barking.....	(020) 8594 0226	CASIO, A, 64 Hulke Avenue, Barking.....	(020) 8591 1607	CIOBANU, A, 8 Rugby Gardens, Dagenham.....	(020) 8592 4039
BURAIMOH, B, 122 Shafter Rd, Dagenham.....	(020) 8592 9828	CASSELL, E, 50 Romsey Road, DAGENHAM.....	(020) 8592 0718	CIOBOATA, R, 26 Kenneth Road, Romford.....	(020) 8590 2488
BURASVILI, N, 55 Avenue Road, Romford.....	(020) 3665 6915	CATES, J,I, 282 Wood Lane, Dagenham.....	(020) 8595 6060	CISTOV, Artur, Flat 608 87 Ave Street, Barking.....	(020) 8594 3885
BURCLA, C, 157 Downing Road, Dagenham.....	(020) 8592 9752	CAUCHI, I, 61 South Esk Road, E7.....	(020) 8471 9811	C, A, 196 Oxlow Lane, Dagenham.....	(020) 3244 1805
BURDUJEL, L, 35 Chester Road, London.....	(020) 3712 9723	CAVILL, T, 110 Allbon Road, Dagenham.....	(020) 8596 9557	CIUCANU, D, 41 Saville Road, Romford.....	(020) 8171 0182
BURGESS, P, 81 Broad Street, Dagenham.....	(020) 8593 3638	CAVOLE, R, 8 Shafter Road, Dagenham.....	(020) 8262 6207	CIURPAN, D, 7 St. Anns, Barking.....	(020) 8109 1438
BURGON, P, 485 Becontree Avenue, Dagenham.....	(020) 8270 3566	CEARNS, J, 199 Wilmington Gardens, Barking.....	(020) 8594 6854	CLARK, A, 122 Bradfield Drive, Barking.....	(020) 8177 1706
BURKIN, I,J, 39 Geneva Gardens, Romford.....	(020) 8590 9223	CEBULA, J, 570 Green La, Goodmayes.....	(020) 8599 8567	C, A, 195 Ivyhouse Road, Dagenham.....	(020) 8924 3481
BURLACU, I, 184A High Road, Romford.....	(020) 3663 9553	CEITA QUARESMA, A, 14 Gurney Close, Barking.....	(020) 8594 3872	C, B, 35 Tasker House, 62 Dovehouse Mead, Barking.....	(020) 8141 7506
BURMAN, M,E,E, 35 Chantress Close, Dagenham.....	(020) 8595 9580	CELIK, E, Flat 34 Charlton Court High Street South, London.....	(020) 3665 3578	C, David, 23b Manor Road, Dagenham.....	(020) 8595 3425
BURNARD, N, 7C Woodgrange Road, E7.....	(020) 8534 1515	CELPANOVA, T, 69 Melbourn Road, East Ham.....	(020) 8552 8081	C, G.R, 811 Dagenham Road, Dagenham.....	(020) 8592 5293
BURNETT, A, 17 Stanley Avenue, Dagenham.....	(020) 8593 6631	CEPHAS, B, 29 Glenparke Road, London.....	(020) 8548 8925	C, Kim, 21 Oulton Crescent, Barking.....	(020) 8591 1471
B, E.P, 529 Barking Road, E6.....	(020) 8552 0080	CERCEL, A, 36 Norfolk Road, LONDON.....	(020) 3742 0666	C, Mrs P, 27 Grafton Rd, Dagenham.....	(020) 8517 7909
BURNHAM, T, 25 Warley Avenue, Dagenham.....	(020) 8595 2899	CERKESAS, S, 100 Clements Rd, E6.....	(020) 3138 1947	C, S, 41 Sherwood Gardens, Barking.....	(020) 8594 4582
BURNIKELL, G.M, 319 Shrewsbury Road, E7.....	(020) 8472 2076	CESONIS, Mr G, 70 Mortlake Road, Ilford.....	(020) 8121 5441	CLARKE, Gwen, 36 Cranborne Road, Barking.....	(020) 8594 8590
BURNS, Mr C, 3 Cotsemore Gardens, Dagenham.....	(020) 8177 9129	C, Z, 3, Dairy Mews Back La, Romford.....	(020) 8503 8060	C, J, 188 Lilluchurch Road, Dagenham.....	(020) 8262 3829
B, M, 148 Woodward Road, Dagenham.....	(020) 8593 2021	CH GUIL, N, 421 Wood Lane, Dagenham.....	(020) 3648 0529	C, Y, 23A Chadwell Heath Lane, Romford.....	(020) 8590 9374
B, Mrs S, Flat 19 Wythenshawe Rd, Dagenham.....	(020) 3132 5677	CHA CHA, Mrs R, 48 Hatfield Road, Dagenham.....	(020) 8141 0324	CLEMMENTS, D, 156 Tilney Road, Dagenham.....	(020) 8592 9348
BURROWS, R, 177 Gurney Close, Barking.....	(020) 3132 7902	CHACHA, S, 139 Grafton Road, Dagenham.....	(020) 8220 0805	C, P, 70 Breamore Road, Ilford.....	(020) 8599 3301
B, V, 45 Malan Square, Rainham.....	(01708) 520859	CHADA, B, 11A Cecil Road, Romford.....	(020) 8220 2948	CLIFFORD, J, Flat 40, Dukes Court Barking Road, London.....	(020) 7524 2296
BURT, H.C, 25 Goring Road, Dagenham.....	(020) 8592 8337	CHADLER, M.A, 147 Blackborne Road, Dagenham.....	(020) 8592 3975	CLIWALA, I, 156 Ballards Rd, Dagenham.....	(020) 8215 0960
B, J, 169 Hunters Hall Road, Dagenham.....	(020) 8595 9836	CHALK, P, 76 Greatfields Road, Barking.....	(020) 8591 6623	CLOVER, Robt, 45 Harts Lane, Barking.....	(020) 8591 3411
BURTON, B.A, 66 Pemberton Gardens, Romford.....	(020) 8599 2135	CHALMERS, T, 34 Mortlake Road, Ilford.....	(020) 8514 2256	CLUTTON, S, 49 Newtons Close, Rainham.....	(01708) 523410
B, C.V.P, 86 Keir Hardie Way, Barking.....	(020) 8594 6682	CHAMBERLAIN, I, 67 Albany Road, Romford.....	(020) 8597 9496	CLYDESDALE, R, 9 Wells House Margaret Bondfield Avenue, Barking.....	(020) 8507 1739
B, F.M, 13 Cromer Road, Chadwell Heath.....	(020) 8590 5574	C, R, 6 Buller Road, Barking.....	(020) 8594 0664	CO, Rosantina, 434A Barking Road, E6.....	(020) 8517 1578
B, J, 68 Markyate Road, Dagenham.....	(020) 3650 3392	CHAMBERLIN, F.D, 1056 High Road, Romford.....	(020) 8590 8181	COAD, C.A, 11 Ben Tillett Close, Barking.....	(020) 8591 2842
B, J, 120 Mortlake Road, Ilford.....	(020) 8911 9264	CHAMBERS, R, 27 Haltham Cres, Barking.....	(07956) 916078	COASTGUARD H.M	
BUSHELL, R.H, 36 St. Albans Avenue, E6.....	(020) 8472 6527	CHAMPION, K, 78 Sandhurst Drive, Ilford.....	(020) 8220 2669	In Emergency dial 999 and ask the operator for Coastguard	
B, S, 11 Britannia Road, Ilford.....	(020) 8514 0317	C, L, 147 Dawlish Drive, Ilford.....	(020) 8590 1163	COBB, A, 80 Western Avenue, Dagenham.....	(020) 8592 0426
BUSINGYE, C, 114 Allbon Road, Dagenham.....	(020) 3759 7181	CHAN, W, 74 Rainham Road, Rainham.....	(01708) 520401	COBOURN, P, 32 Sterry Road, Dagenham.....	(020) 8262 3392
BUSTA, I, 48 Roberts Place, Dagenham.....	(020) 3648 2983	CHAND, K, 166 Ballards Road, Dagenham.....	(020) 8595 2949	COCK, D, 40 Sandhurst Drive, Ilford.....	(020) 8597 5778
BUTCHER, C.P, 12 Jersey Road, Rainham.....	(01708) 522863	CHANDLER, A, 53 Amesbury Road, Dagenham.....	(020) 8220 6668	COCODIA, E, 157a Downing Road, Dagenham.....	(020) 8984 0693
B, G, 28 Stone Close, Dagenham.....	(020) 8517 4068	C, C, 13 Crane Close, Dagenham.....	(020) 8593 3037	CODJO, Mr H, 563a Longbridge Rd, Essex.....	(020) 8597 0072
BUTHORA, Mr S, 57 Blackthorn Road, Ilford.....	(020) 8141 6377	C, C.C, Flat 25 Peveler House Stour Road, Dagenham.....	(020) 8593 7276	CODRESCU, A, 138 Blake Avenue, Barking.....	(020) 3673 2544
BUTKEVICIUS, A, 100 Stevens Road, Dagenham.....	(020) 8252 1246	C, E, 62 Devon Road, Barking.....	(020) 8594 0065	COE, Stephen, 33 Hall Road, Chadwell Heath.....	(020) 8599 2261
BUTKUVIENE, R, Pavilion Court Flat 8 Goresbrook Road, Dagenham.....	(020) 3718 6110	CHANDRA, B, 30 Westrow Gardens, Ilford.....	(020) 8924 9428	COFFMAN, M, 58 Campden Crescent, Dagenham.....	(020) 8270 9870
BUTLER, C.A, 27 Salcombe Drive, Romford.....	(020) 8597 3981	CHAMT, J, The Eastbury Centre Hillcroft Road, E6.....	(020) 7476 7267	COFFEY, M, 58 Campden Crescent, Dagenham.....	(020) 8270 9870
B, D, 66 Gysfield Drive, RAINHAM.....	(01708) 557930	CHAPLIN, C, 9 Dronfield Gardens, Dagenham.....	(020) 8517 6140	COFIEBRUCE, Sammilla, 22 Lawson Close, Ilford.....	(020) 8514 2599
B, S, 116 Bradfield Drive, Barking.....	(020) 8507 2270	C, J, 37 Central Park Avenue, Dagenham.....	(020) 8595 4443	COGLEY, W, 22 Clarissa Road, Romford.....	(020) 8594 9433
B, V.I, 22 Norman Rd, Ilford.....	(07956) 406099	CHAPMAN, B, 2 Meadow Close, Barking.....	(020) 8594 7555	COIPEL, M, 10 Masefield Gardens, LONDON.....	(020) 3529 2019
BUTT, K, 163 Valence Wood Road, Dagenham.....	(020) 8595 6466	C, J.A, 37 Khartoum Road, Ilford.....	(020) 8514 3748	COKE, Joshua, 81 Mountfield Road, E6.....	(020) 8552 3924
B, M, 40 Bengal Road, Ilford.....	(020) 8553 5347	C, R, 15 Cavendish Gardens, Barking.....	(020) 8591 0335	COKER, Sam, 33 High Street South, Charlton Cross East Ham.....	(020) 8517 6085
B, P, 13 Abercorn Gardens, Romford.....	(020) 8220 9698	C, S, 22 Meadow Road, Dagenham.....	(020) 8517 2039	C, Miss Y, 189 Gurney Close, Barking.....	(020) 8177 5935
B, S, 72 Ripley Road, ILFORD.....	(020) 8252 3434	CHARALAMBOS, R, 26 Surrey Road, Dagenham.....	(020) 8595 4595	COLBURN, T.J, 143 South Park Drive, Ilford.....	(020) 8597 6002
B, S, 84 Rutland Rd, E7.....	(020) 8552 5103	CHARAN, V, 6 Wall End Road, E6.....	(020) 8127 3905	COLE, C.H, 25 Tilney Road, Dagenham.....	(020) 8592 9692
BUXANI, M, 17 Inskip Road, Dagenham.....	(020) 8599 9417	CHARI, Mr S, 144 Campden Cres, Dagenham.....	(020) 8590 5859	C, S, 23 Woodstock Rd, E7.....	(020) 8141 1474
BUXTON, H, 74 Grove Road, Romford.....	(020) 8924 2893	CHARIF, M, Flat 304 Benjamin House 64 Roden Street, Ilford.....	(020) 8593 3221	COLEMAN, J, 76 East Road, Chadwell Heath.....	(020) 8599 2156
BUZATU, M, 9 Asquith Close, Dagenham.....	(020) 3712 5449	CHARLEY, A, 345 Bastable Avenue, Barking.....	(020) 8594 8530	C, S, 17 Tenbury Close, LONDON.....	(020) 3621 7329
B, M, 155A Becontree Avenue, Dagenham.....	(020) 3737 2306	C, C, 9 Alborough Road, DAGENHAM.....	(020) 8220 7858	COLLETT, S, Colne House 1 103, Harts Lane, Barking.....	(020) 3536 7769
BUZZ HOUSE KEEP, Mobile, Trocill House Wakering Road, Barking.....	(07940) 311756	CHARLES, M, 54 Alexandra Road, E6.....	(020) 8472 8610	COLLEY, S, 84 Third Avenue, Dagenham.....	(020) 8593 9383
BYATT, F, 20 Stanhope Road, Rainham.....	(01708) 558626	C, R, 561 Romford Rd, E7.....	(020) 8141 5390	COLLIER, Mrs A, 20 Romsey Rd, Dagenham.....	(020) 3132 2539
BYLAITE, A, 2 Paine Close, Barking.....	(020) 8594 2421	CHARLETTE, C, Farrimond House Flat 92 10, St Marys, Barking.....	(020) 3712 8393	C, D, 158 Western Avenue, Dagenham.....	(020) 8593 9185
BYRNE, J, 97 Eton Road, Ilford.....	(020) 8553 4976	CHATZOGLOU, P, 9 Harris Road, Dagenham.....	(020) 8593 1144	COLLINGS, Sandra, 141 Ford Road, Dagenham.....	(020) 8596 9171
B, I.P, 12 Bennett Road, Romford.....	(020) 8599 7254	CHAUDHARI, K, 86 Bristol Road, London.....	(020) 3523 0373	COLLINS, A, 4 Lawrence Crescent, Dagenham.....	(020) 8252 2228
B, P, 53 Westrow Drive, Barking.....	(020) 8924 0684	C, S, 88 Shaftesbury Road, London.....	(020) 8117 4997	C, D, 9 James Av, Dagenham.....	(020) 8592 0864
CABADZE, J, 7 Kilsby Walk, Dagenham.....	(020) 8596 5997	CHAUDHRY, H, 35 Sandhurst Drive, Ilford.....	(020) 8599 0070	C, Leslie, 83 Becontree Avenue, Dagenham.....	(020) 8593 8051
CACHIN, C, 67 Altmore Avenue, London.....	(020) 8470 4908	CHAUDHRY, F, 479 Wood Lane, Dagenham.....	(020) 8592 3332	C, P, 155 Mlungo Park Road, Rainham.....	(01708) 552874
CADAR, A, 7 Monmouth Road, Dagenham.....	(020) 8596 9217	CHAUHAN, M, 95 Altmore Avenue, E6.....	(020) 8472 4892	COLLYMORE, G, 48 James Avenue, Dagenham.....	(020) 8595 4918
CAI, Z, 481 Katherine Road, London.....	(020) 8593 5102	CHAVDA, S, 32 Rutland Road, Forest Gate.....	(020) 8472 5528	COLMER, Ronald, 35 Beccles Drive, Barking.....	(020) 8594 5894
CAIGER, R, 97 Parsloes Avenue, DAGENHAM.....	(020) 8663 2320	CHEEMA, G, 53 St. Avdrys Road, Barking.....	(020) 8591 4203	COLVERSON, D, 31 Babington Road, Dagenham.....	(020) 8593 2466
CALADO, Paulo, Flat 303 Kings House 96 North Street, Barking.....	(020) 8507 0265	C, Z, 245 Bastable Avenue, Barking.....	(020) 8594 4457	CONROY, Eric G, 13 Manor Road, Chadwell Heath.....	(020) 8590 9556
CALARASU, V, Flat 3, Watsons Lodge Lewis Way, Dagenham.....	(020) 3659 5463	CHEESEWRIGHT, D, 93 Stevenage Road, E6.....	(020) 8552 4048	CONSTABLE, F.B, 58 Lymington Road, Dagenham.....	(020) 8597 7996
CALI, Mr S, 18 Linsdell Road, Barking.....	(020) 8177 3189	CHEN, W, 375 Burgess Road, East Ham.....	(020) 8552 2338	CONSTANTIN, F, 17 Sherrard Road, London.....	(020) 3723 1875
CALISTE, G, 32 Crystal Way, Dagenham.....	(020) 3091 6102	CHETIN, Berkay, 51 Melbourne Road, E6.....	(020) 8470 9248	CONSTANTINE, G, 89 Shrewsbury Rd, E7.....	(020) 8177 6539
CALLAGHAN, S.O, 33 Greatfields Rd, Barking.....	(07957) 915231	CHETRARI, S, 70 Hunters Hall Road, Dagenham.....	(020) 8984 8839	CONSTANTINESCU, M, 107a Ripple Road, Barking.....	(020) 8591 3740
CALLENDER, D, 57 Bosworth Road, Dagenham.....	(020) 8220 3228	CHETTY, T, 28 Surrey Road, Barking.....	(020) 8141 5806	COOK, B, 24 Shaw Avenue, Barking.....	(020) 8517 4027
CALLER, D, 33 Latimer Avenue, London.....	(020) 3352 6504	CHUNG, H, 4 Henry Addington Clo, E6.....	(020) 7511 0461	C, D, 12 Babington Road, Dagenham.....	(020) 8517 7922
CALVER, N, 125 Kinfauns Road, Ilford.....	(020) 8597 2562	CHICK, Mrs M, 66 Clementhrope Road, Dagenham.....	(020) 3138 1455	C, J.M, 44A Halbutt Street, Dagenham.....	(020) 8593 9269
CAMARA, Miss B, 7 Lockwell Rd, Dagenham.....	(020) 3132 2538	CHICHAIA, P, 12 Betchworth Road, Ilford.....	(020) 8590 1964	C, K, 242 Goresbrook Road, Dagenham.....	(020) 8595 2932
CAMBELL, T, 70 Mayfield Road, Dagenham.....	(020) 8598 1793	CHILD, F, 1 Loxford Lane, Ilford.....	(020) 3345 4859	C, M, 22 Fenman Gdns, Ilford.....	(020) 8597 7318
CAMBER, J, 104 Croppath Road, Dagenham, Essex.....	(020) 8220 0986	CHILDS, S, 65 Avenue Road, Chadwell Heath.....	(020) 8590 0794	C, P, 46 Ashburnton Avenue, Ilford.....	(020) 8591 0784
CAMFIELD, A, 12 Gresham Drive, Romford.....	(020) 8597 6801	CHILLINGWORTH, G.H, 15 Lovell Walk, Rainham.....	(01708) 556414	COOKE, M, Flat 25 Driberg Court Bromhall Road, Dagenham.....	(020) 8596 9494
CAMP, J, 12 Railway Street, Romford.....	(020) 8597 9830	CHINERY, Miss Z, Miss 8 Lovell Walk, Rainham.....	(01708) 552637	COOKSON, F, 87 Kenneth Road, Romford.....	(020) 8599 5543
CAMPBELL, A, 81 Glenparke Road, E7.....	(020) 8552 7305	CHINNAPPAN, G, 3 Verney Road, Dagenham.....	(020) 8925 3401	COOLIE, J, Flat 9 Napier Court 521 Green Lane, Ilford.....	(020) 8599 5620
C, David, 35 Melford Avenue, Barking.....	(020) 8594 4406	CHINNARAJ, R, 58A Jersey Road, Ilford.....	(020) 3685 1204	COOMBER, A, 1 Golding Court Riverdene Road, Ilford.....	(020) 8553 1574
C, Mr James, No 20 Nelson Street, East Ham.....	(020) 8472 3165	CHIRIAC, I, 24 Rockwell Road, DAGENHAM.....	(020) 3712 3181	C, D, 126 Bader Way, Rainham.....	(01708) 565804
C, K, 29 Walfrey Gardens, Dagenham.....	(020) 3062 5740	CHITAS, M, Flat 213 3 Church Elm Lane, Dagenham.....	(020) 8595 9431	COOMBS, M, 17 Aidan Close, Dagenham.....	(020) 8593 4917
C, S, 101 Lincoln Road, London.....	(020) 3509 4902	CHITOLIE, R, 10 Baxter Road, Ilford.....	(020) 8478 1356	COOPER, C.J, 482A Gale Street, Dagenham.....	(020) 8517 2837
CAMPLING, L, Flat 67 HEWETTS QUAY 26-32 Abbey Road, Barking.....	(020) 8594 4068	CHIVALINGHAM, M, 67 Dawlish Drive, Ilford.....	(020) 3632 4006	C, J, 3 Alexandra Road, Rainham.....	(01708) 521670
CANE, D, Mobile, 8 Esmond Close, Rainham, Essex.....	(07944) 288792	CHOKSHI, J, 25 Gartmore Road, Ilford.....	(020) 8220 5593	C, S, 13 Rothwell Road, Dagenham.....	(020) 3724 1249
C, J, 158 Bader Way, Rainham.....	(01708) 559210	CHOPRA, R, 7 Hazeldene Road, Ilford.....	(020) 8590 8341	COPPIN, E, 224 Burgess Road, E6.....	(020) 8552 4569
CANNON, D, 200 South End Road, Rainham.....	(01708) 533994	CHOUDHRY, K, 42 Malvern Drive, Ilford.....	(020) 8597 9289	COPPING, L, 63 Caledon Road, E6.....	(020) 8471 2029
C, M, 52 Rowlands Road, Dagenham.....	(020) 3624 1967	CHOUDHURY, G, 2 Madeleine Close, Romford.....	(020) 8597 6592	CORAL MACIAS, J, 587 Romford Road, E7 London.....	(020) 8586 2785
CANTOS, A, Flat 206 Lariat Court 1 Ketch Street, Barking.....	(020) 8594 1780	C, H, 243 Downing Road, DAGENHAM.....	(020) 3737 7953	CORBETT, R.A, 545 Barking Rd, E6.....	(020) 8470 5805
CAPATARIU, Miss Elena, 251 Burgess Road, London.....	(020) 3302 1973	C, K, 14 Dahlia Gardens, Ilford.....	(020) 3649 8081	CORBIN, D, 43 Chittys Lane Dagenham, Essex.....	(020) 8616 5289
CAPPAERT, Jas, 120 Campden Crescent, Dagenham.....	(020) 8590 8991	C, M, 38 Castleton Road, Ilford.....	(020) 8227 0235	CORDERY, E, 131 Flanders Road, E6.....	(020) 8586 9248
CARDER, C.J.T, 13 Meadow Court Whalebone Lane South, Dagenham.....	(020) 8517 6958	C, M, 668A Green Lane, Seven Kings.....	(020) 4531 2889	CORNELIUS, P, 210 Shrewsbury Road, London.....	(020) 8586 0181
CARDOSO, C, 7 Wilnet Court High Road, Romford.....	(020) 3652 8629	C, R, 146 Curzon Crescent, Barking.....	(020) 3712 3057	CORNHILL, L, 55 Bonham Road, Dagenham.....	(020) 8590 7955
C, P, 16 Ypres Place, Dagenham.....	(020) 8593 8370	C, S, 13 Hawkwell House Gosfield Road, Dagenham.....	(020) 8595 5905	COROSAN, V, 43 Blackthorn Road, Ilford.....	(020) 3731 5623
CARDY, D, 21 Salcombe Drive, Romford.....	(020) 8220 4146	C, S, FLAT 605 LOUGHBOROUGH HOUSE 2 Honour Gardens, Dagenham.....	(020) 8503 8708	CORREA DE MATOS, Mr E, 342 Porters Avenue, Dagenham.....	(020) 8177 8380
CARLOS, I, 89 Shrewsbury Rd, E7.....	(020) 8177 6549	CHOWDHARY, Mr A, Rowallen Parade Green Lane, Dagenham.....	(020) 8586 1634	CORREIA, Z, Maple Court Flat 10 16, Angelica Drive, London.....	(020) 3304 2471
CARMEL MARY S, 1 Stern Close, Barking.....	(020) 8262 6185	CHOWDHURY, A, 132 Eton Road, Ilford.....	(020) 8514 5716	CORRIGAN, M, 23A Station Road, Chadwell Heath.....	(020) 8



# Residential Listings

COWIE, S, 7 Hayes Drive, Rainham.....	(01708) 557062	DAUDA, M, 167 Oval Road North, Dagenham.....	(020) 8117 3621	DIXON, A.J, 142 Temple Avenue, Dagenham .....	(020) 8592 6593
COWLER, P, 21 Melbourne Gardens, Romford.....	(020) 8597 7761	DAUTAJ, F, 3 Allynedale Road, Dagenham.....	(020) 8586 1978	D, C, 35 Alexandra Road, Rainham.....	(01708) 521242
COWLEY, Dr Natalie Laura, 93 Colne House 103 Harts Lane, Barking.....	(020) 8591 1447	DAUTI, G, 37 Verney Road, Dagenham.....	(020) 3686 2031	D, Mr Grant, 11 Arundel Gardens, Ilford.....	(020) 8983 8117
COX, B, 34 Langton Avenue, E6.....	(020) 8470 9875	DAVENPORT, P, 189 Marlborough Road, Dagenham.....	(020) 8592 8597	D, L.J, 247 Henley Road, Ilford.....	(020) 8553 3646
C, D, 33 Pedley Road, DAGENHAM.....	(020) 8590 2599	DAVEY, H, 12 Waterside Close, Barking.....	(020) 8597 7394	D, R.J, 169 Crescent Road, Dagenham .....	(020) 8593 0038
C, S.R, 132 Bennetts Castle Lane, Dagenham.....	(020) 8592 5759	DAVID, D, 61 Shaftesbury Road, London.....	(020) 3638 0463	D, Ms T, 8 Crstyal Way, Dagenham.....	(020) 3132 7179
COYLE, W, 312 Porters Avenue, Dagenham.....	(020) 8262 5706	D, M, 26 Hatfield Road, Dagenham.....	(020) 8593 9251	DJELAL, I, 16 Blessing Way, Barking.....	(020) 8964 9640
CRAIG, Melcom, 11 Rowe Gardens, Barking.....	(020) 8594 6366	D, O, 9 Manor Road, Barking.....	(020) 8591 8839	DLODLO, W, 481 Barking Road, E6.....	(020) 8471 2084
C, Mr T, 28 Cuthberga Close, Barking.....	(020) 8141 6352	DAVIDSON, M, 100 Crouch Av, Barking.....	(020) 8491 8877	DOAL, J, 89 Becontree Avenue, Dagenham.....	(020) 8590 6083
CRAMER, D, 7 Saltern Court, BARKING.....	(020) 3532 9412	DAVIES, Angela, 128 Canonsleigh Road, Dagenham.....	(020) 8595 9989	DOBRCA, C, 9 Turnage Road, Dagenham.....	(020) 8595 4883
CRANE, S.V, 57 Guildford Road, Ilford.....	(020) 8599 8560	D, H, 48 Napier Road, East Ham .....	(020) 8552 3668	DOBRIANSKA, I, 46 Downings, London.....	(020) 3718 4178
CRAWMER, P.J, 386 Hedgemans Road, Dagenham .....	(020) 8593 9100	D, Leond, 39 Bennett Road, Romford.....	(020) 8599 7616	DODDS, C, 63 Norfolk Road, East Ham.....	(020) 8471 1696
CRAWFORD, John, Flat 20 Elgin House 430 Whalebone Lane North, Romford.....	(020) 8599 2675	D, L, 8 Sylvan Avenue, Romford.....	(020) 8599 0444	DODGE, A, Mobile, 6 Wroxall Road, Dagenham .....	(07956) 566582
CRAWLEY, J.M, 13 Springpond Road, Dagenham.....	(020) 8592 3743	D, M, 63 Langhorne Road, Dagenham.....	(020) 8252 2741	DOBSON, R, 42 Waldegrave Road, Dagenham.....	(020) 8599 4285
C, Philip, 108 Meadow, Ilford.....	(020) 8591 6548	D, P, 16 Blaney Crescent, E6.....	(020) 8552 2047	DOE, I, 148 St. Awdryns Road, Barking.....	(020) 8591 5597
CRAY, L, 15 Becket Avenue, E6.....	(020) 8552 7212	D, R, 33 Urswick Road, Dagenham.....	(020) 8984 1875	DOHERTY, J, 88 Meadow, Ilford.....	(020) 8591 6529
CREARY, Miss N, 8 Grange Houses 16 St. Margarets, Barking.....	(020) 8591 8727	DAVIS, B, 7 Wix Road, Dagenham.....	(020) 8592 9244	D, P, 119 Valence Avenue, Dagenham.....	(020) 8270 8563
CREASEY, J, 71 Avlon Road, Rainham.....	(01708) 551123	D, C, 8 Pembroke Gardens, Dagenham.....	(020) 8595 8863	DOLI, Miss L, 854 Rainham Rd South, Dagenham.....	(020) 8177 5621
CREMILDA, N, 28 Poulett Rd, E6.....	(020) 8177 3386	D, Mrs Danielle, 56 Hooks Hall Drive, Dagenham.....	(020) 8595 8241	DOLLING, Lisa, 326 Bonham Road, Dagenham.....	(020) 8596 9591
CRIPPS, R, 16 Joan Gardens, Dagenham.....	(020) 8270 2366	D, P, 527 Becontree Avenue, Dagenham.....	(020) 8526 7850	DOMINGO, A, 219 Charlton Crescent, Barking.....	(020) 8924 4021
CRISAN, M, 6 Tiger Close, Barking.....	(020) 3556 8819	D, P.M, 56 Tenterden Road, Dagenham.....	(020) 8593 3304	DOMINGOS, Pedro, 376 Barking Road, E6.....	(020) 8472 9982
CRISPIN, K, 56 Heathway, Dagenham.....	(020) 8252 7377	D, S, 38 Gay Gardens, Dagenham.....	(020) 8252 0412	DONEGAN, J, 288A Ripple Road, Barking.....	(020) 8117 1470
CRISTEA, O, 101 Wren Road, Dagenham.....	(020) 8595 9130	D, T, 2 Kings Avenue, Romford.....	(020) 8220 3592	DONKER, M, 208 Henley Road, Ilford.....	(020) 8553 5310
CRISTINOIU, V, 45 Turnage Road, Dagenham.....	(020) 3509 6500	D, V, 66 Avenue Road, Romford.....	(020) 3566 8913	DORAI, N, 12 Fullerton Avenue, Dagenham.....	(020) 3152 6501
CROCKSON, A, 14 Suffolk Road, Dagenham.....	(020) 8252 0472	DAVY, J, 28 Roycraft Avenue, Barking.....	(020) 8591 0086	DOREY, M, 219 Ashburton Avenue, Ilford.....	(020) 8599 6676
CROLY, T, 1 Kelly Way, Romford.....	(020) 8599 0758	D, J, 95 St. Georges Road, Dagenham.....	(020) 8595 6115	DORMER, J, 13 Ray Gardens, Barking.....	(020) 8924 1540
CROMWELL, Thomas, 255 Stamford Road, Dagenham.....	(020) 8595 4180	DAWES, K, 20 Egerton Gardens, Ilford.....	(020) 8590 8371	DORNEY, Mr G, 187 Iscots Clo, Dagenham.....	(020) 3132 5123
CROON, Mr R, 56 Ripple Road, Barking.....	(020) 8594 0777	DAWIES, T, 52 Sandyhill Road, Ilford.....	(020) 8220 5746	DOUGHTY, C, 7 Westrow Dv, Barking.....	(020) 8507 9355
CROSBY, N, 5 Bridgeway, Barking.....	(020) 8177 1707	DAWOOD, M, 7 Kings Road, Barking.....	(020) 8616 5574	DOUGLAS, Mr A, 84 London Road, Barking.....	(020) 3177 3171
C, Terence, 9 Sterry Road, Barking.....	(020) 8591 2917	DAWSON, C, 35 Malan Square, Rainham.....	(01708) 928609	D, D, 60 South End Road, Rainham.....	(01708) 509878
CROSS, Admiral D, 97 Goresbrook Road, Dagenham.....	(01394) 447928	DAY, C, 12 Tom Mann Close, Barking.....	(020) 8594 1558	DOVE, Jas H, 20 Norfolk Road, Dagenham.....	(020) 8593 4780
C, E, 21 Dagenham Community Church Charlotte Road, Dagenham.....	(020) 3662 6988	D, D.M, 112 Manor Road, Dagenham.....	(020) 8517 3859	DOWERS, J, 86 School Road, Dagenham.....	(020) 8595 9927
C, E, 103 Holgate Road, Dagenham.....	(020) 8595 5108	D, J, 18 Bushgrove Road, Dagenham.....	(020) 8595 2980	DOWGIEL, M, 57 Gordon Road, Romford.....	(020) 8599 9032
CROSSAN, C, 11 Halbutt Street, Dagenham.....	(020) 8593 3285	D, Tony, 166 Lilleshurch Road, Dagenham.....	(020) 8593 3740	DOWLER, Mr W, 85 Althorne Way, Dagenham.....	(020) 8141 5558
CROUCH, K, 3 Manor Road, Chadwell Heath.....	(020) 8599 8125	DAYARAMPALY, K K, 154 Park Avenue, London.....	(020) 3318 8881	DOWLEY, B, 82 Mill Lane, Romford.....	(020) 8590 7279
CROWE, P.J, 466 Gale Street, Dagenham.....	(020) 8517 9420	DCOSTA, M, 46 Campden Crescent, Dagenham.....	(020) 8215 0850	DOWLING, Linthith, 47 South Esk Road, E7.....	(020) 8552 8210
CROWN, V, 75 Iscotte Close, Dagenham.....	(020) 8595 7217	DE FRATES, S, 25 Trader Rd, E6.....	(020) 7168 0910	DOWLUT, G, Mobile, 55 Ashgrove Road, Ilford, Essex.....	(07956) 878771
CROKALL, S, 46 Ogletheford Road, Dagenham.....	(020) 8252 8547	DE SOUZA-SNARES, K, Mobile, 98 Stratton Drive, Barking, Essex.....	(07947) 885701	DOWN, A, 15 Kemp Road, Dagenham.....	(020) 8599 2806
CRUDD, N, 30 The Pinnacle, 156-62 High Road, Romford.....	(020) 7464 6162	DEAL, S, 15 Reede Road, Dagenham.....	(020) 8924 8429	DOWNER, Miss L, 49 Goodmayes Lane, Ilford.....	(020) 8590 2891
CRUSE, Richard, 48 Primrose Avenue, Romford.....	(020) 8598 8305	DEAN, Adm A, 23 Woodstock Gardens, Ilford.....	(020) 8599 5063	DOWNMAN, Bobbie, 104 Amesbury Road, Dagenham.....	(020) 8984 9226
C, S, 173 Lambourne Road, Barking.....	(020) 8594 2511	D, V, 37 Sugden Way, Barking.....	(020) 8220 6688	DOWNS, J.A, 117 Grosvenor Road, Dagenham.....	(020) 8220 5876
CRUZ, S, 402 Valence Avenue, Dagenham.....	(020) 3561 9647	DEANE, S, 115 Westrow Drive, Barking.....	(020) 8924 0864	DOWSETT, M.R, 2 Manning Rd, Dagenham, Essex.....	(07904) 396442
CUASES, E, 34 Northfield Road, DAGENHAM.....	(020) 3729 7923	DEAR, G, 610 Becontree Avenue, Dagenham.....	(020) 8592 9470	DOWSON, K, 50 Henshawe Road, Dagenham.....	(020) 8593 3041
CUFAJ, P, 87A Halbutt St, Dagenham.....	(020) 8596 9354	DEARLEY, W.A, 99 Park Avenue, E6.....	(020) 8471 2782	DRAGAN, A, 223 Hedgemans Road, Dagenham, Essex.....	(020) 3556 8702
CUIBAREANU, I, 63 Heath Road, Romford.....	(020) 8597 3738	DEB, B, 31 Iscotte Close, Dagenham.....	(020) 3648 0875	DRAGU, D, Flat 906 Mill Point 86 Abbey Road, Barking.....	(020) 3718 4071
CULLEN, P, 475 Green Lane, Ilford.....	(020) 8597 4973	DEBNATH, S, 21 Monega Road, Forest Gate.....	(020) 3757 6123	D, V, 85 Sparsholt Road, Barking.....	(020) 8591 1728
CUMBERBATCH, G, 28 Marlborough Road, E7.....	(020) 8471 0838	DECELA, Mr S, 15 Paget Rd, London.....	(020) 3132 2054	DRAKE, D, 36A Salsbury Road, Dagenham.....	(020) 3561 5812
CUMMING, J.E, 105 Beccles Drive, Barking.....	(020) 8594 4493	DEDA, Mr N, 50 Earlsdown House / 135 Wheelers Cross, Barking.....	(020) 3102 8177	DRENDA, Ms Agnieszka, 6 Ryder Gardens, Rainham.....	(01708) 912776
CUMMINS, S, 62 Wallers Close, Dagenham.....	(020) 8491 3498	DEDIC, S, 5 Alder Walk, Ilford.....	(020) 8477 0154	DREWNOWSKA, Aniela, 352 Becontree Avenue, Dagenham.....	(020) 8599 5347
CUNHA, Mr A, 37 Dawson Avenue, Barking.....	(020) 8177 6668	DEBLE, G, 76 Bell Farm Avenue, Dagenham.....	(020) 8593 1646	DRUMMOND, J.J, 81 Cavendish Gardens, Barking.....	(020) 8591 4659
CUNNINGHAM, R, 8 Kershaw Road, Dagenham.....	(020) 8593 2818	DEEN, B, 59 Wetland Close, Barking.....	(020) 8590 2199	D, S.R, 24 Sapphire Close, Dagenham.....	(020) 8597 9095
C, S, 11 Conway Close, Rainham.....	(01708) 558676	D, F, Flat 37 The Lumiere Building 544 Romford Road, E7.....	(020) 8177 6206	DRYANAN, A, 18 West Road, Chadwell Heath.....	(020) 8597 7658
CURTIS, J, 31 Princes Park, Rainham.....	(01708) 559455	DEER, D, 152 Bentry Road, Dagenham.....	(020) 8270 8460	DSOUZA, A, 867 Green Lane, Dagenham.....	(020) 3583 3594
C, R, 2 Lee Avenue, Romford.....	(020) 8590 9005	DEFOE, D, 9c Woodgrange Road, Forest Gate.....	(020) 8522 4215	D, J, 108 Burns Avenue, Romford.....	(020) 3624 5915
CUSCEA, L, Hart Court Flat 3, 317 Burges Road, London.....	(020) 3304 4564	DEFRIES, Mr S, 5 Buttfild Close, Dagenham.....	(020) 8984 1400	D, S, 45 Farnbridge Road, Dagenham.....	(020) 3843 2473
CUSWORTH, M, 22 Lambley Road, Dagenham.....	(020) 8262 3947	DEGIACOMI, A, 162 Oxlow Lane, Dagenham.....	(020) 3648 2509	DUBUNA, C, 68 Napier Road, E6.....	(020) 8472 2174
CUTHBERT, M, 62 Calverton Road, London.....	(020) 8470 7223	DELA CRUZ, Mr F, 40 Ashford Road, E6.....	(020) 8141 8690	DUDEK, B, 93 Amesbury Road, Dagenham.....	(020) 8517 1222
CYRIL, F, Argent House Flat 49 1, Handley Page Road, Barking.....	(020) 3652 7819	D, J.V, 40 Ashford Road, London.....	(020) 3435 8160	DUKEULE, S, 96 Stamford Road, DAGENHAM.....	(020) 3566 5060
CYUNELIS, T, Flat 5 Goldfinch House 789 Rainham Road South, Dagenham.....	(020) 8517 4622	DELAV, G, 9 Nursery Close, Romford.....	(020) 8599 8773	DUKHURE, R, 137 Burges Rd, E6.....	(020) 8177 5871
DA SILVA, C, 96 Sussex Road, East Ham.....	(020) 7671 8249	DELEON SANTOS, R, 7 Eastbrook Close, Dagenham.....	(020) 8592 0476	DULIEU, E.A, 40 Sedgemoor Drive, Dagenham.....	(020) 8593 9554
D, Mr M, 16 Wadeville Av, Romford.....	(020) 3132 4809	DELGADO, H, Flat 202 Aston House 45 Campus Avenue, Dagenham.....	(020) 8598 9775	D, J, 3 Basedale Road, Dagenham.....	(020) 3729 0826
DABBAGH, A, 37 Greenwood Av, Dagenham.....	(020) 8592 5268	D, M, 2 Exeter Ho Margaret Bondfield Av, Barking.....	(020) 8594 9242	DUMBLAUSKAS, I, 4 Paul Robeson Close, E6.....	(020) 8552 0622
DABROWSKI, P, 76 St. Georges Road, Dagenham.....	(020) 8595 5597	D, O, 73A Lansbury Avenue, Chadwell Heath.....	(020) 3380 7411	DUMITRU, M, 121 Reede Road, Dagenham.....	(020) 3523 5633
DABY, P, 95 Primrose Avenue, ROMFORD.....	(020) 3172 2860	DEMETRASBERG, L, 6 Caledon Road, London.....	(020) 3092 1731	DUNCAN, G, 178 Downing Road, Dagenham.....	(020) 4568 6213
DACI, Mr A, 6 Canterbury House Margeret Bondfield Av, Barking.....	(020) 8177 5958	DENITASHEN, Mr H, 55 Greatfield Rd, Barking.....	(020) 8177 5948	DUNCOMBE, A, 49a Tyrone Rd, E6.....	(020) 8177 8573
D, S, 119 Burns Avenue, Chadwell Heath, Romford.....	(020) 8598 8764	DENISA, Z, 19 Seabrook Road, DAGENHAM.....	(020) 3737 5548	DUNHAM, I, 11 Hugo Gardens, Rainham.....	(01708) 520788
DAIB, Abdullahi, 51 Brighton Road, E6.....	(020) 8471 6372	DENMAN, M, 372 Heathway, Dagenham.....	(020) 8593 4970	DUNLOP, P, 37 Canfield Road, Rainham.....	(01708) 520546
DAIRO, Ms A, Ms 280 Chadwell Heath Lane, Romford.....	(020) 8597 7571	DENNETT, S, 101 Reede Road, Dagenham.....	(020) 8592 1215	DUNN, D, 64 Camberly Road, Dagenham.....	(020) 8517 8066
DAITTEY, E, 66 St Olaves Rd, E6.....	(020) 8177 1554	DESHARAJU, R.K, 89 Caulfield Rd, E6.....	(020) 8472 9780	DUODU, A, 4 Joyners Close, Dagenham.....	(020) 8062 5492
DAIZE, O, Mobile, 12 Humphries Close, Dagenham, Essex.....	(07956) 254880	DESIRA, G, 109 Upney Lane, Barking.....	(020) 8507 9522	DUPRE, D, 51 Skeffington Rd, E6.....	(020) 8475 0711
DALANOS, J, 11 Stonewall, E6.....	(020) 7168 9614	DESOSA, Mr N, 98 Victoria Road, Barking.....	(020) 8141 2389	DURBHAKA, N, 33 Althorne Way, Dagenham.....	(020) 8592 2321
DALE, D, 25 Heathfield Park Drive, Chadwell Heath.....	(020) 8503 8601	DESPY, Mr M, Heath Park Industrial Estate Freshwater Road, Dagenham.....	(020) 8586 4261	DURBHARID, D, 2 Boulter Gardens, Rainham.....	(01708) 441778
DALEY, N, Flat 602 Valentines House 51-69 Ilford Hill, Ilford.....	(020) 8911 8442	DEV, K, 484 Romford Rd, E7.....	(020) 8177 6209	DURIBE, C, 23 Castle Avenue, Rainham.....	(01708) 554633
DALHOUSING, R, 45 Ilford Lane, Ilford.....	(020) 3091 9538	DEVY, CD, 91 Heathfield Park Drive, Chadwell Heath.....	(020) 8141 6344	DURISOVA, A, 106 Temple Avenue, Dagenham.....	(020) 8595 6834
DALLEY, V, 70 Ellerton Road, Dagenham.....	(020) 8593 2907	DEVI, S, 48 Beam Avenue, Dagenham.....	(020) 3294 8150	DURRANI, A, 27 Warrington Square, Dagenham.....	(020) 8599 5240
DALLOWAY, A, 6 Rainham Road, Rainham.....	(01708) 521581	DEVKA, S, 23 Lathom Road, East Ham.....	(020) 3608 4144	DURRANT, John, 123 Lambourne Road, Barking.....	(020) 8594 6535
DALY, J, 40 Cartwright Road, Dagenham.....	(020) 8593 4751	DEWDHARI, M, 28 Ashgrove Road, Ilford.....	(020) 8599 2415	DURRU, J, 4 Verney Road, Dagenham.....	(020) 8595 0833
D, J, 34 Cavendish Gardens, Barking.....	(020) 8594 2472	DEWITT, K, 216 Valence Wood Road, Dagenham.....	(020) 8593 0904	DURSO, D, 19 Lancaster Avenue, Barking.....	(020) 8591 1786
DAMIAN, M, 165 Western Avenue, Dagenham.....	(020) 8117 0318	DEY, B, 104 Park Avenue, London.....	(020) 3536 2551	DUSOYE, Samad, 98 Park Avenue, Barking.....	(020) 8591 0949
DAMILVANAN, Bonnavidvel, 438A Becontree Avenue, Dagenham.....	(020) 8598 2667	DHANIJAL, G, 125 Gordon Road, Ilford.....	(020) 3092 3997	DUTU, M, Flat 502 Roehampton House 39 Academy Way, Dagenham.....	(020) 3652 3197
DAMPTEY, J, Flat 8 Gateway House 51-58 St. Anns, Barking.....	(020) 8591 9141	DHILLON, Mrs I, 37 Westbury Rd, Barking.....	(020) 3132 4022	DYULIE, Mr B, 44/62 Dovesmead, London.....	(020) 8591 2024
DANBY, S, 56 Wilmington Gardens, Barking.....	(020) 8594 9943	DHIMAN, Mr V, 23 Howard Road, Ilford.....	(020) 3132 8205	DYER, A, 43B Ripple Road, Barking.....	(020) 8262 2163
DANFA, B, Flat 304 Shipwright Court 100 Abbey Road, Barking.....	(020) 3904 0120	DHIMAR, G, 25 Upton Park Road, E7.....	(020) 8471 3212	D, M, 10 Bream Gardens, E6.....	(020) 8548 9068
DANGETTI, M, 50 Devon Road, Barking.....	(020) 8013 5870	DHOLA, S, 49 Becontree Avenue, Dagenham.....	(020) 8599 3104	DYERSON, J, 10 Greenway, Dagenham.....	(020) 8597 5961
DANIEL, Mr H, 24 Ivyhouse Rd, Dagenham.....	(020) 8517 7298	DHORE, Mrs H, 51 St Georges Road, Dagenham.....	(020) 8517 1406	DYLOW, Adolf, 135 Heigham Road, E6.....	(020) 8552 3103
D, P.F, 100 Eton Rd, Ilford.....	(020) 8478 4875	DHYAVANAPPELLI, S, 85 Caledon Road, London.....	(020) 8552 3408	EADY, L, 181A Becontree Avenue, Dagenham.....	(020) 8599 3180
DANIELS, R, 37 Stamford Road, Dagenham.....	(020) 8517 0687	DIAS, Ms C, 34 Stanley Avenue, Barking.....	(020) 3132 8598	EAGLESTONE, G, 30 Hedgemans Road, Dagenham.....	(020) 8592 6591
DANKWAH, M, 2 Fels Farm Avenue, Dagenham.....	(020) 8595 0816	D, Elisa, 13 Stour Road, Dagenham.....	(020) 3674 7684	EAKETTS, P, 58 Chadway, Dagenham.....	(020) 8597 2378
D, M, 92 Surrey Road, DAGENHAM.....	(020) 3091 1321	DIAZ, D, Flat 5, Billington House, 5 Northgate Road, Barking.....	(020) 3152 2824	EAPPARELLO, Peter, 63 Dereham Rd, Barking.....	(020) 8591 1919
DANN, B, 22 Watson Av, E6.....	(020) 8177 0981	DICKERSON, D, 11 Hayes Drive, Rainham.....	(01708) 558165	EAST, Chas E, 1 Salcombe Drive, Romford.....	(020) 8599 5778
DAR, M, 1 South Park Villas South Park Drive, Ilford.....	(020) 3729 4746	DICKSON, L, 97 Wilmington Gardens, Barking.....	(020) 8262 9637	E, P, 213 Hunters Square, Dagenham.....	(020) 8593 5077
D, U, 103 Rutland Rd, E7.....	(020) 8470 107				



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  
 EHNLINAYE, A, 40 Wellington Drive, Dagenham ..... (020) 8117 5510  
 EHINIMONORIN, O, 26 Monmouth Road, Dagenham ..... (020) 8595 2474  
 EJAPA, K, 55 Sunningdale Avenue, Barking ..... (020) 3712 7246  
 EJJIGIRI, M, 494B Romford Road, London ..... (020) 3662 9476  
 EKIBC, M, 64 Sutton Road, Barking ..... (020) 7041 9580  
 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  
 ELAHEEBUCIUS, 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  
 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.I., 44 Baintree 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, 4299 Charlton Crescent, Barking ..... (020) 8141 6299  
 ELSAETH, L, 4 Lowry Road, Dagenham ..... (020) 8526 6153  
 ELUKU, D, 37 Millhaven Close, Romford ..... (020) 8599 3727  
 ELY, A, 6 Wolsley Av, East Ham ..... (020) 8471 1950  
 EMANUEL, M, 95 Bromhall Road, DAGENHAM ..... (020) 3560 4818  
 EMATUWO, T, Swaffham Court Flat 19 Glandford Way, Romford ..... (020) 3592 9452

EMBERSON, J.C, 50 Mill Lane, Romford ..... (020) 8590 3223  
 EMEKA, E, 10 Sandringham Road, Barking ..... (020) 3731 2409  
 EMERENINI, N, 268 Whalebone Lane South, Dagenham ..... (020) 8593 2343  
 EMMANUEL, Soosaihillia, 100 Holland Road, London ..... (020) 8472 4950  
 EMMERY, T, Swaffham Court Flat 19 Glandford Way, Romford ..... (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  
 ENF, 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  
 ENGNOMBE, D, 98 Avenue Rd, Chadwell Hth ..... (020) 8598 2621  
 ENYIM-OTEBIL, B.K, 15 St. Olaves Road, E6 ..... (020) 8471 1466  
 EREL, K, 9 Sheppey Rd, Dagenham ..... (020) 8593 1567  
 ERGONUL, S, 14 Chelmer Crescent, Barking ..... (020) 3674 7274  
 ERHARD, J, 43A Gaysfield Drive, Rainham ..... (01708) 5534341  
 ERUTEVA, Mr A, 75 Burnside Rd, Dagenham ..... (020) 3132 7884  
 ERYTHSEE, L, 37 Bentry Road, Dagenham ..... (020) 3652 0907  
 ESFAHANI, S, 21 Blacksmiths Close, Romford ..... (020) 3686 1556  
 ESKELSON, K, 100 Dawson Avenue, Barking ..... (020) 8591 0147  
 ESPINOSA, Laura, 36 Pickering Avenue, E6 ..... (020) 8548 1447  
 ESTALL, T.H, 15 Sterry Gardens, Dagenham ..... (020) 8595 1490  
 ESTATES, G, 188 Lodge Avenue, Dagenham ..... (020) 8984 1800  
 ESUOLA, A, 3 Dairy Views, Romford ..... (020) 3091 1261  
 ESWA, Mrs L, 10 Kendall Avenue, Barking ..... (020) 3526 9452  
 ETHERTON, J, 47 Blacksmiths Lane, Rainham ..... (01708) 536324  
 EVANS, 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, E6 ..... (020) 8548 1400  
 E, R, 30 Shaw Avenue, Barking ..... (020) 8595 2680  
 E, S, 36 Faulkner Close, Dagenham ..... (020) 8590 0216  
 E, S, 159 Lichfield Road, Dagenham ..... (020) 8599 9070  
 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

EVERTON, F, Flat 208 Oculus House 16-48 Cambridge Road, Barking ..... (020) 3770 9553  
 EZEAKA, M.U, 8a Boleyn Gardens, Dagenham ..... (020) 3730 7164  
 EZEMUKWERE, 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  
 FABIAN, Florin, 9 Osborne Square, Dagenham ..... (020) 8984 7491  
 FADHEY, S, 24 Springpond Road, Dagenham ..... (020) 8103 6156  
 FADIGA, K, 116 Ivyhouse Road, Dagenham ..... (020) 3565 5584  
 FAINT, Ronald, 37 Ridgewell Close, Dagenham ..... (020) 8592 3222  
 FAIR, J, 53 Woodshire Road, Dagenham ..... (020) 3590 4326  
 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  
 F, M, Norfolk Court Norwich Crescent, CHADWELL HEATH, ROMFORD ..... (020) 3685 3289

FAIZ, Mr R, 429 Ilford Lane, Ilford ..... (020) 8141 1321  
 FAIZOVINE, 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  
 FALODJU, B, 82 St. Georges Road, Dagenham ..... (020) 8593 9317  
 FANG, F, 56 Charlton Crescent, Barking ..... (020) 8252 1035  
 FARAIM, L, 28 Grove Park Road, Rainham ..... (01708) 555932  
 FARUQSY, J, Flat 31 Bellingham Court Wanderer Drive, Barking ..... (020) 3887 6329  
 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  
 FARROW, G.E, 153 Maplestead Road, Dagenham ..... (020) 8517 6630  
 FARUK, O, 30 Chester Road, London ..... (020) 3370 2640  
 FASHIMA, O, 4 Hedgemans Way, Dagenham ..... (020) 8141 6238  
 FATEMINOROZANI, d, 218 Henley Rd, Ilford ..... (020) 8911 8173  
 FAULKNER, M, 19 Wilington Gardens, Barking ..... (020) 8594 4073  
 F, V, 68 Sherman Gardens, Romford ..... (020) 3573 7672  
 FAYEMI, A, 41 Woodshire Road, Dagenham ..... (020) 3304 5664  
 FAYYAZ, M, 53 Movers Lane, Barking ..... (020) 8591 5009  
 FAZAL, M, 135 Latham Rd, E6 ..... (020) 8177 3370  
 FELLOWES, J.R, 5 Gaysfield Drive, Rainham ..... (01708) 557715  
 FELLHAM, P, 3 Gay Gardens, Dagenham ..... (020) 8517 8635

FENSON, P, 83A Monmouth Road, Dagenham ..... (020) 3669 7189  
 FERGUSON, D.A.M, 35 Winding Way, Dagenham ..... (020) 8599 5685  
 F, M, 18 Penrith Crescent, Rainham ..... (01708) 445775  
 FERGUSSON, F.A, 73 Devon Road, Barking ..... (020) 8594 6340  
 FERIZOLI, Mr Indrit, 19 Ashbrook Road, Dagenham ..... (020) 3784 0838  
 FERKO, J, Butterfly Flat 4.1, Elderberry Way, London ..... (020) 3663 6012  
 FERKOVA, O, 3 Shoebury Road, London ..... (020) 3532 9019  
 FERNANDES, G, 24 Strone Rd, Forest Rd ..... (07956) 335864  
 F, Miss L, 175 Stains Rd, Ilford ..... (020) 3138 3360  
 F, P, 11B Baintree Road, Dagenham ..... (020) 3590 3877  
 FERNANDEZ, E, F, 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 Lease, E6 ..... (020) 7159 0909  
 FERREIRA, Elsa, 110 Shrewsbury Road, E7 ..... (020) 8471 3730  
 FERROL, V, 17 Poulett Road, E6 ..... (020) 8472 3382  
 FEW, E, 34 Tresco Gardens, Ilford ..... (020) 8599 6008  
 FHAHZAD, F, 88 St. Anns, Barking ..... (020) 8591 7431  
 FIELD, Mrs Christine, 80 Wren Road, Dagenham ..... (020) 8517 4187  
 F, J, 77 Roxy Av, Romford ..... (020) 8599 1660  
 F, S, 263 Ilchester Road, DAGENHAM ..... (020) 8592 3195  
 F, V, 5 Adnams Walk, Rainham ..... (01708) 553153  
 FILIMON, M, Bath House 707, 5 Arboretum Place, Barking ..... (020) 3686 0104  
 FILIP, D, 1 Dare Gardens, Dagenham ..... (020) 8593 7583  
 FILLERY, R, 20 Faircross Avenue, Barking ..... (020) 8594 9703  
 FINCH, F, 9 Hall Road, E6 ..... (020) 8472 5014  
 F, T, 22 Fitzstephens Road, Dagenham ..... (020) 8593 6649  
 FINGS, J, 21 Castle Ho Castle Rd, Dagenham ..... (020) 8595 1221  
 FINK, Miss A, 46 The Coverdals, Barking ..... (020) 8177 1704  
 F, N, 94 Beverley Road, Dagenham ..... (020) 3720 0113  
 FIRE

In Emergency dial 999 and ask the operator for 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  
 FISHER, M, 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  
 FLEMING, L, 101 Lindisfarne Road, Dagenham ..... (020) 8593 9158  
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G, S.R, 94 Church Elm Lane, Dagenham.....	(020) 8517 2151	H, I, 5 Westrow Drive, Barking.....	(020) 8594 0098	HEWITT, M, 83 Orchard Road, Dagenham.....	(020) 8491 3754
GREENE, R, 14 Bushgrove Road, Dagenham.....	(020) 8177 9120	H, M, 141 Baron Road, Dagenham.....	(020) 3524 8169	HICKEY, L, 19 Faircross Mansions Longbridge Road, Barking.....	(020) 8590 6491
G, S, Mobile, 62 Ilfracombe Gardens, Romford.....	(07957) 606743	H, Misbah, 19 Hainault Road, Chadwell Heath.....	(020) 8590 3491	HICKS, M.J, 57 Gay Gardens, Dagenham.....	(020) 8592 0478
GREENHALGH, B, 4 Bader Way, Rainham.....	(01708) 521712	H, M, 15 Nigel Rd, Forest Gate.....	(020) 3617 4638	H, P.W, 10 Radeley Mead, Dagenham.....	(020) 8517 7674
GREENIDGE, H, 50 Roxwell Road, Barking.....	(020) 8594 3997	H, Md, Moinal, 62 East Road, Chadwell Heath.....	(020) 3602 0346	HIGGINS, T.W, 103 Reynolds Avenue, Romford.....	(020) 8599 8445
G, Mr Roger, 32 Faulkner Close, Dagenham.....	(020) 8062 6360	H, R, 166 Salisbury Avenue, Barking.....	(020) 3370 2964	HILL, B, 188 Hayden Road, DAGENHAM.....	(020) 8270 8693
GREEN-SHILLINGFORD, Paul, Room 3 30 Rowney Road, Dagenham.....	(020) 8593 8307	H, R, 196 Cowbridge Lane, Barking.....	(020) 3556 0577	H, B.G, 33 Broomhill Road, Ilford.....	(020) 8599 1729
GREENSMITH, M, Flat 46 Hewetts Quay 26-32 Abbey Road, Barking.....	(020) 8507 7825	HARAR, B, S, 120 Lowbrook Road, Ilford.....	(020) 3318 9012	H, C, 40 Adelaide Gardens, Romford.....	(020) 8599 6531
GREENWOOD, P.J, 60 Forsters Close, Romford.....	(020) 8599 1098	HARASZTI, T, Flat 301, Clove Court, 2 Net Street, Barking.....	(020) 3152 1746	H, D, 1 Gyllyngdene Gardens, Ilford.....	(020) 8590 2626
GREYMAN, E, 55 Meadowway, Ilford.....	(020) 8599 7541	HARBER, C, Charlton Court Flat 30 High Street South, London.....	(020) 3718 0435	H, C, 41 Stanley Avenue, Dagenham.....	(020) 8220 4327
GRIEFF, A, 57 South Park Road, Ilford.....	(020) 8478 3638	HARDING, E, 94 Bentley Rd, Dagenham.....	(020) 8592 3562	H, D, 45 Winstead Gardens, DAGENHAM.....	(020) 8252 7356
GRIFFITHS, J.T, 16 Beverley Road, Dagenham.....	(020) 8595 7906	H, J, 13 Rowney Gardens, Dagenham.....	(020) 8596 0206	H, J.G, 246 Ashburton Avenue, Ilford.....	(020) 8590 0517
GRIGONIENE, F, 2 Havering Way, Barking.....	(020) 8507 7243	H, Mr Michael, 78 Second Avenue, Dagenham.....	(020) 8595 4882	H, K.B, 123 Lynton Road, Dagenham.....	(020) 8599 6643
GRIGOROVICUS, Admiral E, 90 Second Avenue, Dagenham.....	(020) 4531 9098	HARDY, A, 62 Primrose Avenue, Romford.....	(020) 8590 0904	H, L, 142 Curzon Crescent, Barking.....	(020) 8594 8632
GRINIUS, R, 78 Clemence Road, Dagenham.....	(020) 3624 9726	H, E, Flat 12 Catherine Godfrey House 71 Goresbrook Road, Dagenham.....	(020) 8592 0877	H, L, 74 Upney Lane, Barking.....	(020) 8594 2558
GROOM, J, 39 Manor Close, Dagenham.....	(020) 8593 5136	HARE, John E, 32 Basedale Road, Dagenham.....	(020) 8595 9157	HILLMAN, E.E, 76 Stephen Avenue, Rainham.....	(01708) 559723
G, S, 208 Grafton Road, Dagenham.....	(020) 8593 1292	HARLAMOVA, J, 56 Lynton Road, Dagenham.....	(020) 8599 8899	HILLS, L, 25 Lincoln Road, E7.....	(020) 8552 1427
GROTE, Miss C, 58 Treflgare Road, Dagenham.....	(020) 8141 6803	HARLEY, J.A, 16 Galsworthy Avenue, Romford.....	(020) 8599 9836	H, W.F, 16 Fordyke Road, Dagenham.....	(020) 8595 7706
GUDELAUSKIENE, V, Flat 107, St. Andrews House, 43 Campus Avenue, Dagenham.....	(020) 3689 1365	HARLIACQ, Mr H, 14A London Road, Barking.....	(020) 3132 7832	HILSDEN, I, 135 Honey Close, Dagenham.....	(020) 8592 1009
GUDISAUSKAS, D, Mobile, 20 Birchdale Road, Dagenham.....	(07956) 598641	HARMAN, A, 12 Gilroy Close, Rainham.....	(01708) 558803	HILTON, Patrick, 77 Melbourne Road, E6.....	(020) 8552 6795
GUESS, G, 119 Sutton Road, Barking.....	(020) 8591 3380	HARMEL, R, 22 Rookery Crescent, Dagenham.....	(020) 8220 8100	HINDE, W, Parkside House Flat 21 Bell Farm Avenue, Dagenham.....	(020) 3623 4431
GUIDOTTI, J, 164 Ilchester Road, Dagenham.....	(020) 8595 6379	HARPER, J, 91 Kenneth Road, Romford.....	(020) 8590 1536	HINDOCHA, N.N, 99 Shrewsbury Rd, E7.....	(07956) 555110
GUINANE, Admiral D, 36 Guildford Road, Ilford.....	(020) 8590 4539	H, M, Flat 202 Samuel Garside House 2 De Pass Gardens, Barking.....	(020) 3457 6877	HING, D, 4 Founder Close, London.....	(020) 7474 3427
GUISTE, Mr C, 25 Peverel, London.....	(020) 7168 0479	HARRINGTON, D, 30 Brook Avenue, Dagenham.....	(020) 8595 9315	HIPSON, Miss E, 114 Oxlow Lane, Dagenham.....	(020) 8141 0745
G, Admiral J, Flat 11 Maple Court 16 Angelica Drive, East Ham.....	(020) 3649 9998	H, R, 13 Rosemary Gardens, Dagenham.....	(020) 8595 4798	HIRANI, L.K, 7 Lansdown Road, E7.....	(020) 8552 1713
GUJ, C, 153 Angelica Drive, E6.....	(020) 7511 3188	HARRIS, Mrs D, 5 Steadman House Uvedale Road, Dagenham.....	(020) 8177 9134	HIRST, J, 47 Hurstbourne Gardens, Barking.....	(020) 8591 5189
GUJ, F, 48 Charlbury Gardens, Ilford.....	(020) 8597 2010	H, Eric, 59A Elmer Gardens, Rainham.....	(01708) 534264	HISCOCK, Maureen, 38 Grove Park Road, Rainham.....	(01708) 557821
G, Mr S, 114 The Shaftesburys, Barking.....	(020) 3132 7316	H, H.G, 8 Eltisbury Road, Ilford.....	(020) 8478 4429	HISTON, J, 258 Valence Av, Dagenham.....	(020) 8597 5947
GULEAC, P, 1 Elmer Gardens, Rainham.....	(01708) 594572	H, I.S, 317 Rainham Road, Rainham.....	(01708) 553633	HIZANI, Ioan, 15 Holgate Gardens, Dagenham.....	(020) 8984 9651
GULLY, V, Flat 2 653 Rainham Road South, Dagenham.....	(020) 8270 9338	H, J, 43 Chaplin Road, Dagenham.....	(020) 8592 7645	HLOMANNI, H, 55 Tallow Close, Dagenham.....	(020) 8517 0427
GULREZ, Z, 141 Wilmington Gdns, Barking.....	(07956) 855444	H, J, 210 Hedgemans Road, Dagenham.....	(020) 8593 8461	HO, T, 26 Sandhyll Road, Ilford.....	(020) 8553 4176
GULZAR, R, 10 Brede Close, London.....	(020) 8091 1217	H, J, 25 Mungo Park Road, Rainham.....	(01708) 555946	HOARE, J, 102 Arden Crescent, Dagenham.....	(020) 8595 9359
GUMIUS, Mr Hasan, 6 Ford Close, Rainham.....	(01708) 572375	H, J, 242 Mungo Park Road, Rainham.....	(01708) 500170	HOBBINS, J, 108 Glenry Road, Barking.....	(020) 8591 1317
GUNAMAL, B, 13 Lens Road, E7.....	(020) 8471 5596	H, L, 117 Second Avenue, Dagenham.....	(020) 8595 5875	HOCKLEY, Alan, 3 Temple Avenue, Dagenham.....	(020) 8593 5685
GUPTA, M, 18 Strone Road, Forest Gate.....	(020) 8471 7361	H, Mrs M, 55 Fairway Gardens, Ilford.....	(020) 8553 4907	HODGE, E, 20 Eastbury Square, Barking.....	(020) 8591 2890
G, O, 8 Lee Avenue, Romford.....	(020) 8590 2348	H, P, 51 Ongar Way, Rainham.....	(01708) 556063	HODGES, Margeret, 66 Langhorne Road, Dagenham.....	(020) 8517 0693
G, R, 16 Eastbourne Road, E6.....	(020) 8548 9565	H, P, 32 Tilbury Road, London.....	(020) 8471 5054	H, R, 64 Bosworth Road, Dagenham.....	(020) 8526 7838
G, Miss S, 43 Kennedy Road, Essex.....	(020) 8141 5830	H, R.C, 5 Mellish Close Blake Avenue, Barking.....	(020) 8594 4032	HODGSON, P, 17 Edward Road, ROMFORD.....	(020) 8599 5200
GUSEL, D, 62B East Street, Barking.....	(020) 3715 0829	H, W, 69 Wood Lane, Dagenham.....	(020) 8593 0795	HOGAN, Mr George, 4 Arthur Road, London.....	(020) 8471 2778
GUSTAVE, Mr E, 30/3 St. Margerets, Barking.....	(020) 8177 1693	HARRISON, M, 24 Dunbar Avenue, Dagenham.....	(020) 8595 1170	HOGG, A, 99 High Street South, London.....	(020) 8471 5117
GUJVEN, C, 74 South Esk Road, Forest Gate.....	(020) 8470 4733	H, N.R, 475 Rainham Road South, Dagenham.....	(020) 8593 4430	HOHXA, F, 24 Dahlia Gardens, Ilford.....	(020) 8177 7445
GUY, D.E, 24 Lawrence Crescent, Dagenham.....	(020) 8595 7576	HARRY, Claire, 25 Drakes Walk, E6.....	(020) 8471 4438	HOLDER, C, 30 Bradymead, E6.....	(020) 7473 4909
GUYTON, C, London Borough Of Barking & Dagenham Cowbridge Lane, Barking.....	(020) 8594 4719	H, L, 7 Saxham Road, Barking.....	(020) 3723 5925	H, C, 10 Plantagenet Place, Romford.....	(020) 8262 0058
GWILLIM, A, 46 South End Road, Rainham.....	(01708) 554185	H, M.E, 87 Cornwallis Road, Dagenham.....	(020) 3154 9328	H, P.D, 81 Rovy Avenue, Romford.....	(020) 8599 7307
GWINNER, Ms Maureen, 122 Lichfield Road, Dagenham.....	(020) 3674 5937	HART, J, 19 Grafton Gardens, Dagenham.....	(020) 8593 2504	HOLEK, Norbert G, 38 Parkway, Ilford.....	(020) 8590 2692
HADI, M, 53 Bristol Rd, E7.....	(020) 8586 6963	H, John, 133 Lambourne Road, Barking.....	(020) 8591 0205	HOLLAND & BARRETT, Mr Muhammad Ali, 1-2 The Vicarage Field Shopping Centre Ripple Road, Barking.....	(020) 8617 0797
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H, J, 78 Goresbrook Road, Dagenham.....	(020) 8924 9308				



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HORSLEY, Mr G, 148 Burnside Road, Dagenham	(020) 3132 6673	I, M, C, 449 Gale Street, Dagenham	(020) 3005 8701	JAVAD, Mr A, 38 Green Street, London	(020) 8141 7674
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HOSSAIN, A, 97 Beamway, Dagenham	(020) 8252 8436	IJIE, F, 212A Burges Road, London	(020) 3742 6101	JAVED, K, 49 Shrewsbury Road, E7	(020) 8552 4015
H, A, Flat 27 Fishmonger House Healey Street, Barking	(020) 3731 3840	ILUMOKI, M, 42 Eton Road, Ilford	(020) 8141 0722	JAVID, M, 1-2 Princess Parade New Road, Dagenham	(020) 8592 5371
H, B, 35 Keir Hardie Way, Barking	(020) 3686 7960	IMAMI, Moulaynachat, 28 Becontree Avenue, Dagenham	(020) 8590 0508	JAWAD, M, 10 Beamway, Dagenham	(020) 8595 9880
HOSSAIN BEGUM, M, 263 Boundary Road, Barking	(020) 8109 5773	IMARIABE, Mr O, 441a Becontree Avenue, Dagenham	(020) 3132 9466	JAWARA, I, 24 Edgelfield Court Edgelfield Avenue, Barking	(020) 3304 6768
HOSSAIN, M, 199 Blackthorn Road, Ilford	(020) 3727 5577	IMBERT D, 36 Baden Road, Ilford	(020) 8141 1305	JAYAMAHA MUDALIGE, N, 9 Kempton Mews, London	(020) 3409 2105
H, M, Flat 9 Jackson Court 314 Romford Road, E7	(020) 8534 7552	I, G, 956 Green Lane, DAGENHAM	(020) 8517 8157	JAYAPAL, P, Flat 508 87 Ave Street, Barking	(020) 3621 7116
H, M, 551 Valence Avenue, Dagenham	(020) 8117 3338	IMRAN, Mr M, 722a Green La, Dagenham	(020) 3132 3919	JAYOLA, D, 4 Iris Close, Ilford	(020) 3659 0932
H, M, D, 32 Monega Road, London	(020) 3592 9578	I, N, 73 Burnside Road, Dagenham	(020) 8279 6347	JEARALLY, M, 5 Weston Road, Dagenham	(020) 8593 2857
H, N, 45 Caulfield Road, London	(020) 3592 8761	I, Mrs S, 45 Greatfields, Barking	(020) 8177 4933	JEDRSZKO, Miss B, 112 St. Awdrys Rd, Barking	(020) 3132 3834
H, S, 35A Manor Road, Dagenham	(020) 3016 4684	INAOLAJI, A, 46 Lymington Road, Dagenham	(020) 8599 2403	JEDDIGUNTA, E, Cody Apartments 2 34, Ager Avenue, DAGENHAM	(020) 8598 9958
H, S.M.M, Flat 8 Kemp House Stevenage Road, East Ham	(020) 3608 0982	INAYAT, M, 15 Gurney Close, Barking	(020) 3556 0520	JEEVARATNAM, S, 10 Riverdene Road, Ilford	(020) 8220 0995
HOSSEINI, G, 6 Station Pde, Barking	(020) 8591 1619	I, S, 3 Downing Road, Dagenham,Essex	(020) 8593 9206	JEFFERSON, J, 8 Goring Road, Dagenham	(020) 8593 1401
HOSSEN, A, Westbury Court Flat 10 Westbury Road, London	(020) 3731 4746	INGALAGI, M, Flat 80 39, Icon Building Ilford Hill, Ilford	(020) 3712 8308	JEFFERY, G, 24 Grove Park Road, Rainham	(01708) 706973
HOUGHTON, P.F, 311 Eton Road, Ilford	(020) 8478 6380	INGLETON, Miss Carole, 34 Bradford Drive, Barking	(020) 8591 7372	JEFFS, M, 59 Upney Lane, Barking	(020) 8591 3725
HOWARD, Alan, 181 Dawlish Drive, Ilford	(020) 8590 5801	I, H, 304 Bastable Av, Barking	(020) 8594 7985	JEGANATHAN, S, 48 Norman Road, Ilford	(020) 8478 8420
H, A.J, 469 Valence Avenue, Dagenham	(020) 8593 7306	INKOOM, Rev E, Greatfields Hall King Edwards Road, Barking	(020) 8591 2720	JELISSEJENKO, S, 4 Hunt Apartments Loxford Road, Barking	(020) 8478 3719
H, B, 897 Green Lane, Dagenham	(020) 8517 1218	INNES, M, 4 Dawson Drive, Rainham	(01708) 500377	JENKINS, D.W, 215 Wilington Gardens, Barking	(020) 8594 5985
H, C, 6 Harrold Road, Dagenham	(020) 8593 0148	INSOLE, T, 111 Lullington Road, Dagenham	(020) 8517 4682	J, Mr S, 483a Barking Road, London	(020) 8177 5890
HOWE, P, 5 Svitler Way, Dagenham	(020) 8595 6432	IONUT PAUN, S, 43 Britannia Road, Ilford	(020) 3720 9843	JENNAL, G, 75 Vincent Road, Dagenham	(020) 8593 1439
H, Tracey, 15 Fieldway, Dagenham	(020) 8597 9173	I, Mr J, Flat 15 Centra House 14 Cambridge Rd, Barking	(020) 8177 5966	J, V.H, 13 Hardwicke Street, Barking	(020) 8591 5510
HOWLEN, P, Flat 34 Crick Court Spring Place, Barking	(020) 8594 6610	I, J, 118 Staines Rd, Ilford	(020) 8514 8624	JERAHUNI, E, 3 Vicars Walk, DAGENHAM	(020) 3624 3753
HOWLETT, E, 91 Essex Road, Barking	(020) 8594 9595	I, Mr M, Mr 100 Preoria Road, Ilford	(020) 3489 9490	JEREP M, 19 Wolsley Avenue, London	(020) 8496 7912
H, L, 506 Valence Avenue, Dagenham	(020) 8595 3292	I, M, 5 Rowdowns Road, Dagenham,Essex	(020) 8596 9263	JEROME, T, 34A Hooks Hall Drive, Dagenham	(020) 8595 7979
HTUN, T, 83 Galleons Drive, Barking	(020) 8594 0177	I, Tariq, 24 Caulfield Rd, Eastham	(020) 8472 2764	JESRANI, P, 150 Valence Cir, Dagenham	(020) 8595 0135
HU, Mr J, 140 Harts Lane, Dagenham	(020) 8177 8526	I, Z, 36 Chadway, Dagenham	(020) 8598 8275	JEVDET, E, 3 Galsworthy Avenue, Romford	(020) 8590 8931
HUDA, Mohammed, 46 Hall Road, Chadwell Heath	(020) 8548 3878	I, Z, 2 Rothsay Road, E7	(020) 8598 4179	JEYACHANDRAN, N, 69 Bradwell Avenue, Dagenham	(020) 8491 7726
HUDSON, H, 17 East Park Close, ROMFORD	(020) 8793 3533	I, Z, 105 St. Awdrys Road, Barking	(020) 8591 2859	JEYES, A.W, 1 Charles Road, Dagenham	(020) 8595 3286
HUGHZIAK, Joseph, 108 Folkestone Road, London	(020) 8470 0133	IRANY, Y, 40 Northfield Road, London	(020) 3673 8100	JIDEONWO, Obiamaka, 19 Bradymead, E6	(020) 751 3211
HUETT, Rosemary, 26 Bowes, Dagenham	(020) 8592 9732	IRSON, A.E, 22 Castle Road, Dagenham	(020) 8595 7075	JILKA, R.R, 481 Romford Rd, Forest Gate	(07956) 507698
HUGGINS, Ms Sonya, 6 Eleanor Gardens, Dagenham	(020) 8220 5282	IRSHAD, Mr I, 62 Keppel Rd, London	(020) 3132 5213	JILLIONS, A, 179 Langley Cres, Dagenham	(020) 8592 9666
HUGHES, B, 30 Fuller Road, Dagenham	(020) 8270 2883	ISAAQ, O, 10 Minden Gardens, Barking	(020) 3602 7384	JINADU, E, Flat 28 22, Bluebird House Crossness Road, Barking	(020) 3091 4323
H, C, 57 Hedgemans Way, Dagenham	(020) 8984 0492	ISHRAT, R, 19 Southbourne Gardens, Ilford	(020) 3715 6232	JIVANI, B, 33 Budoch Drive, Ilford	(020) 8597 4115
H, J, 17 Kitchener Road, Dagenham	(020) 8262 0038	ISLAM, Mr Ariful, 421 Bastable Avenue, Barking	(020) 7018 0824	JIVRAG, G, Skipper Court Flat 20 Abbey Road, Barking	(020) 3539 1701
H, J, Flat 10 Mason Apartments 115 Rainham Road North, Dagenham	(020) 8593 4782	I, A, 90 Grosvenor Road, Dagenham	(020) 3754 2027	JIWALI, S, 144 South Esk Road, London	(020) 8552 5557
H, R, 166 Woodward Road, Dagenham	(020) 8517 1026	I, F, 119 Hedgemans Road, DAGENHAM	(020) 3526 4878	JOBARTEH, Mr A, Flat A / 403 Katherine Road, London	(020) 8177 8337
H, T, 272 Becontree Avenue, Dagenham	(020) 8597 0982	I, K, 45 Bradymead, E6	(020) 7473 3468	JOBBINS, L, 17 Grove Road, Romford	(020) 3062 4723
HUIEMORGAN, S, 334 Becontree Avenue, Dagenham	(020) 3674 5447	I, K, 60 Wilington Gardens, Barking	(020) 8594 2764	JOBE, D, 80 The Clarksons, Boundary Road, Barking	(020) 8591 9335
HULL, G, Mobile, Pinnacles The 156-162, High Road, (07961) 966688		ISLAM LOVELUJ, S, Britannia Court 157-159 1b North Street, Barking	(020) 3565 8559	JOHAL, A, 14 Westrow Gardens, Ilford	(020) 8590 5245
HUMA, Z, 50 Trefgarne Road, Dagenham	(020) 3654 7397	ISLAM, M, 3 Edgar Road, Romford	(020) 3643 5895	J, B, 38 Oakwood Gardens, Ilford	(020) 8598 1644
HUMPHREY, M.P, 476 Heathway, Dagenham	(020) 8593 4174	I, M, 91 Monega Road, E7	(020) 8586 6860	J, D, 3A Southbourne Gdns, Ilford	(020) 8911 9589
HUMPHREYS, D.P, 74 Fanshawe Crescent, Dagenham	(020) 8593 3851	I, M, 15 Scrattons Terrace, Barking	(020) 3663 3484	JOHN, C, 58 White Horse Road, E6	(020) 8552 3339
HUMPHREYS, M, 58 Durham Rd, Dagenham	(020) 8595 1737	I, M, 134 The Shaftesburys, Barking	(020) 3566 2113	J, Mrs Latif, 40 Ford Close, Rainham	(01708) 397645
HUNEISU, Hemed, 1 Laurence Calvert Close, Barking	(020) 8594 6463	I, M.A, 62 White Horse Road, East Ham	(020) 3608 2643	J, S, 16 Ellerton Gardens, Dagenham	(020) 3514 1661
HUNT, A, 7 Marsh Green Road, Dagenham	(020) 8596 9866	I, Qamar, 332 Ilford Lane, Ilford	(020) 8911 8118	J, S, Flat 11 Ardleigh House 44-50 St. Anns, Barking	(020) 8591 6717
H, D.J, 2 Nursery Close, Romford	(020) 8983 8466	I, R, 21 Clare Gardens, Barking	(020) 8594 9272	JOHNSON, Mr A, 132 Curzon Crescent, Barking	(020) 8177 6176
HUNTER, C, 23 Eastbourne Road, London	(020) 8471 6468	I, R, 2 Divine Court, London	(020) 3354 4648	J, Mr A, 46 Farr Avenue, Barking	(020) 8594 3192
HURLEY, Mrs Grace, 201 Whalebone Lane South, Dagenham	(020) 8595 7337	I, S, 34 Arundel Gardens, Ilford	(020) 8597 0902	J, A, 3 Liberty Ct Stern Clo, Barking	(020) 8595 0154
H, S, 32 Waverley Gardens, Barking	(020) 8591 3261	I, Dr, S, 33 Ashgrove Road, Ilford	(020) 8590 9723	J, A.J, 57 Eric Road, Romford	(020) 8590 4659
HURRELL, Mrs Jean, Flat 7, Webb House Kershaw Road, Dagenham	(020) 8593 3954	I, S, 95 Glenparke Road, E7	(020) 8470 7277	J, C, Flat 33 Dunchurch House 31 Ford Road, Dagenham	(020) 8592 3132
HURRELLE, B.A, 7, 2 St. Johns Road, Barking	(020) 8507 2136	I, S, 21 Surrey Road, Dagenham	(020) 3560 2435	J, F, 33 Pemberton Gardens, Romford	(020) 8590 3605
HURST, C, 118 Dawlish View, Ilford	(020) 8590 6418	ISMAIL, M, 413 Ripple Road, BARKING	(020) 8594 9203	J, Miss I, 118 Pittman Gardens, Ilford	(020) 3132 7338
H, D, 108 Eton Road, Ilford	(020) 8220 6224	I, Q, 487 Katherine Road, London	(020) 8117 7674	J, K.V, 82 Chelmer Cres, Barking	(07956) 564358
H, R.J, 412 Rainham Road, Rainham	(01708) 558402	ITA, M, 106 Burges Rd, E6	(020) 8552 7027	J, M, Ashdown Court Flat 24 Harts Lane, Barking	(020) 3015 9824
HUSAIN, Mr F, 58 Levett Gardens, Ilford	(020) 8177 8119	IURCU, M, Flat 803 39, Roehampton House Academy Way, Dagenham	(020) 3565 1182	J, P, 36 Ashburton Avenue, Ilford	(020) 8594 9472
HUSSAIN, A, 6 Eastbrook Close, Dagenham	(020) 8592 0932	IVAN, Adrian, 80A Keir Hardie Way, Barking	(020) 8594 7094	J, R, Flat 5 Flat 5, Lakeland Court 14 Marine Drive, BARKING	(020) 8793 6646
H, A, 47 Glenparke Road, London	(020) 8470 2309	IVANOVA, S, 4 Hazeldene Road, Ilford	(020) 3016 4525	J, S, 227 Dagenham Avenue, Dagenham	(020) 8595 0045
H, A, 32 St. Georges Road, London	(020) 8471 9185	IVASKA, J, 42 Lodge Avenue, Dagenham	(020) 8220 9488	J, Wm C, 132 Arden Crescent, Dagenham	(020) 8593 9791
H, A, 40 Southchurch Road, E6	(020) 8471 6010	IVES, L.A, 63 Armstead Walk, Dagenham	(020) 8517 2848	JOHNSTON, G, 13 Meadow Road, Dagenham	(020) 8593 9386
H, A, 145 Collins House Whiting Avenue, Barking	(020) 8262 1854	IYAMU, E, Flat 505a Kerwin House Chequers Lane, Dagenham	(020) 3686 1508	JOHNSTONE, B.J, 13 Lavender Place, Ilford	(020) 8478 6241
H, A, mobile, 27 Wisteria Clo, Ilford, Essex	(07940) 366292	IYELI, Mrs M, 3 Ashen, E6	(020) 7168 6870	J, P.K, 46 Gale Street, Dagenham	(020) 8593 3289
H, Mr E, 695a Green Lane, Dagenham	(020) 8177 6250	IZQUIERDO, D, 595 Heathway, Dagenham	(020) 7411 7398	JOLLEY, T, 707 Becontree Avenue, Dagenham	(020) 8592 1412
H, F, 23 Aberdour Road, Ilford	(020) 8598 9762	IZZET, Y, 20 Lodge Avenue, Dagenham	(020) 3751 8218	JONES, A, 61 Alibon Road, Dagenham	(020) 8593 1918
H, Mr F, 575 Romford Lane, London	(020) 8141 8011	JABBAL, R, 83 Altmore Avenue, E6	(020) 8503 5393	J, Aj, 2 Breamore Road, Ilford	(020) 8598 2185
H, J, 162 Sherrard Road, E7	(020) 8470 4720	JABEEN, R, 91B Ilford La, Ilford	(07956) 387392	J, Alan, 112 Church Elm Lane, Dagenham	(020) 8595 6219
H, M, (020) 3318 4853		JABIN, S, 153 Lavender Place, Ilford	(020) 8478 2602	J, A, Flat 9 Poocher House 108 Renwick Road, Barking	(020) 8507 1376
H, M, 16 Burlington Gardens, Romford	(020) 8597 1823	JACKLIN, S, 23 Altmore Avenue, E6	(020) 8471 3217	J, A, 17 Ross Avenue, Dagenham	(020) 8177 6262
H, M, 96 Langdon Crescent, London	(020) 8503 4986	JACKSON, F, 3 Lichfield Road, Dagenham	(020) 8599 7598	J, B, 7 Auril Avenue, Dagenham	(020) 8262 2898
H, N, 14 Wedderburn Road, Barking	(020) 8594 8439	JACOB, Miss S, 3 Poulett Road, Eastham	(020) 8141 5400	J, C, 15 Jack Jones Way, Dagenham	(020) 3718 4934
H, Mr Rofique, 10 Elliot Road, Dagenham	(020) 3609 1613	JACOBS, H.E, 32 Blake Avenue, Barking	(020) 8594 4136	J, D, 33 Rowlands Rd, Dagenham	(020) 8177 2606
H, S, 88 Ashgrove Road, Ilford	(020) 8590 8822	J, T, 124 Overton Drive, Romford	(020) 8599 8266	J, J, 166 Strone Road, E7	(020) 8552 8321
H, Mr S, 19 Downings, London	(020) 7473 0379	JADEJA, D, 42 Rutland Road, Romford	(020) 8552 7837	J, K, 51 Oxleas, LONDON	(020) 3663 4350
H, Mr S, 54 Glenparke Road, London	(020) 8177 3403	J, K, 6 Cunningham Close, Romford	(020) 3737 0393	J, M, 105 Rainham Road, Rainham	(01708) 522165
H, S, 299 Green Lane, Ilford	(020) 8598 9628	JAGANA, Admiral A, Flat 9 Dockyard House 28 Armada Way, London	(020) 3875 8687	J, Miss M, Miss 11 Wells Gardens, Rainham	(01708) 634986
H, S, Framlingham Court Flat 29 Norwich Crescent, Romford	(020) 3648 6936	JAGATHEESAN, T, 66 Ranelagh Road, London	(020) 8586 2834	J, T, 71 Oulton Crescent, Barking	(020) 8924 0687
H, Shimeem, 30A Stafford Road, E7	(020) 8503 5304	JAGGA, V, 63 Mounfield Road, London	(020) 3612 1900	J, V.A, 150 Glenny Road, Barking	(020) 8594 7494
H, S, 31 Twyford Road, Ilford	(020) 8617 8733	JAHAN, I, 16 Collier Close, London	(020) 3724 6618	JONIKAVICIUTE, J, Flat 15 Sarwan House 339 Katherine Road, E7	(020) 8470 4608
H, Mr S.M.A, 120 Heigham Road, London	(020) 8470 2527	J, N, Flat 24 Gilderson House Healey Street, Barking	(020) 3015 3811	JONNALA, R, 67A Bristol Rd, E7	(020) 8471 9072
HUSSEIN, Rahma, 68 Cowbridge Lane, Barking	(020) 8507 7653	JAHANGIR, Mr S, Flat 82B Lincoln Rd, London	(020) 3138 0212	JORDAN, E, 36 Tresco Gardens, Ilford	(02046) 180392
H, S, 101 Harlow Road, Rainham	(01708) 705653	JAISWAL, M, 125 Express Drive, Ilford	(020) 3015 5325	J, K, 12 Colinton Road, Ilford	(020) 8599 1797
HUSSIAN, A, 2a Rowallen Parade, Green Lane, Dagenham	(020) 8592 8177	JAKENS, L, 34 John Burns Drive, Barking	(020) 8591 0290	JORDON, P, 36 Cambera Crescent, Dagenham	(020) 8517 6059
HUSSUAN, Y, 26 Durham Road, Dagenham	(020) 8593 2464	JALA, A, 3 Levine Gardens, Barking	(020) 3645 3306	JOSAN, A, 19 Barmead Gardens, Dagenham	(020) 3731 5920
HUTCHINS, C, 51 Adelaide Gardens, Romford	(020) 8252 1799	JALIL, A, Flat 11 6 Didsbury Close, London	(020) 3731 8347	JOSEPH, E, 2 Fenman Gardens, Ilford	(020) 8598 1749
HUTSON, Ronald, 3 Hayes Dv, Rainham	(01708) 554175	J, M, 62 Faircross Avenue, Barking	(020) 8591 3138	J, F, 53 Keir Hardie Way, Barking	(020) 8507 7535
HYDE, Jean, 18 Elstow Road, Dagenham	(020) 8517 0322	JALLOH, M, 93C Broad Street, Dagenham	(020) 8117 7569	J, J, Mobile, 1 Glenparke Road, London	(07939) 294774
H, M, 4 Reigate Road, Ilford	(020) 8590 9252	JALLOH, Mr A, 12/100 Perryman House The Shaftesburys, Barking	(020) 8177 6677	J, M, 10 Baxter Road, Ilford	(020) 8477 1387
HYKA, S, 17 Manor Close, Dagenham	(020) 3648 4723	JAMAL, F, 39 Marlborough Road, London	(020) 8472 6862	JOSHI, E, 1014 High Road, Romford	(020) 8597 9360
HYNNIEWTA, R.K, 2 Wykeham Avenue, Dagenham	(020) 3640 8215	JAMAN SIDDIQUA, S, Flat 17 510, Brook Court Ripple Way, Barking	(020) 3509 4928	J, K, 13 Breamore Road, ILFORD	(020) 8983 8765
H, R.K, 2 Wykeham Avenue, Dagenham	(020) 3640 8216	JAMANKA, I, 35 Mountfield Road, London	(020) 3380 4834	J, K, 30 Madras Road, Ilford	(020) 3132 5523
HYSAJ, M, 7 BROOKS MANSIONS Green Lane, Ilford	(020) 8590 2483	JAMES, A, 19 Bastable Av, Barking	(020) 8594 5334	J, Mrs S, 16 St. Georges Square, London	(020) 8141 2081
IABANOK, Mr V, 74 Faircross Avenue, Barking	(020) 8141 1481	J, E, 119 Breamore Road, Ilford	(020) 8220 2382	J, V, 28 Cromwell Road, E7	(020) 8471 8754
IALA, B, 58 King Edwards Road, BARKING	(020) 3712 5188	J, E.M, 2 Marlborough Rd, Dagenham	(020) 8593 0336	JOSHUA, O, 13 Campsey Rd, Dagenham	(020) 8141 5846
IBEKWE, Mr I, 535 Katherine Road, E7	(020) 8141 1476	J, J, 118/196 Ballards Rd, Dagenham	(020) 8592 9259	JOYCE, C, 195 Sheppey Road, Dagenham	(020) 8517 9233
IBELGAUPTIENE, A, Flat 16 Portia Court Keir Hardie Way, Barking	(020) 3638 8246	J, P, 8 Chantress Close, Dagenham	(020) 8596 7119	J, F.C, 17 Ventnor Gardens, Barking	(020) 8594 2203
IBER, D, 2 Lowbrook Road, Ilford	(020) 8514 8668	J, Admiral S, 376 Hedgemans Road, Dagenham	(020) 3649 9430	J, P, 84 Elmer Gardens, Rainham	(01708) 559414
IBITOYE, M, 22 Armada Way, London	(020) 3903 6811	J, T.A, 3 Lancaster Place Staines Road, Ilford	(020) 8478 2339	J, S, 11 Finnymore Road, DAGENHAM	(020) 8593 2300
IBRAHIM, Mr D, 21 Great Galley Close, Barking	(020) 8177 5636	JAMIATH, S, FLAT 310 WARWICK HOUSE 2 Chancellor Way, Dagenham	(020) 8586 1914	J, Victor, 21 Lodge Avenue, Dagenham	(020) 8593 2279
I, M, 422A Barking Road, LONDON	(020) 3648 2603	JAMIESON, J, 135a Folkestone Road, East Ham	(020) 8552 8548	JOYNER, W.D, 21 Limbourne Avenue, Dagenham	(020) 8592 8035
I, T, Flat 1 Hewetts Quay 26-32 Abbey Road, Barking	(020) 8793 4808	JAMROZ, M, 32 Cornworthy Road, Dagenham			



# Residential Listings

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KADRI, S, 1106 Green Lane, Dagenham.....	(020) 8595 5104	KENT, Mrs April, 69 Jersey Road, Rainham.....	(01708) 558138	K, J.R, 73 Alexandra Road, E6.....	(020) 8471 4070
KAIMINA, Mr I, 28 Surrey Rd, Barking.....	(020) 8141 7571	KEOGH, J, 50 Keir Hardie Way, Barking.....	(020) 8507 8096	K, Mrs L, Mrs S Lawrence Crescent, Dagenham.....	(020) 8592 5254
KAIN, D.A, 203 Sterry Road, Dagenham.....	(020) 8595 0629	KERAI, T, 205 Stone Road, London.....	(020) 8552 5366	K, M, Cricket Pavilion Mayesbrook Park Lodge Avenue, Dagenham.....	(020) 3609 5568
KAJTAZI, J, 2 Haresfield Road, Dagenham.....	(020) 8793 7862	KERLIT, Mr J, 17 Atlantis Close, Barking.....	(020) 8594 0476	K, S, 10 Champness Road, Barking.....	(020) 8552 7950
KAJKAR, M, 26 Lambourne Gardens, Barking.....	(020) 8594 5989	KERR, D, 30 Valence Wood Road, Dagenham.....	(020) 8595 6104	K, S, 139 Langley Crescent, Dagenham.....	(020) 8593 6303
KAKLEI, Mr B, 41 St. Marys, Barking.....	(020) 3132 3837	KESHISHEV, Mr Dimitar, 112 St. Georges Road, Dagenham.....	(020) 8220 6363	KINGSLEY, N, 74 Raydons Road, Dagenham.....	(020) 3652 9924
KALALA, Mr J, 36 The Corderales, Barking.....	(020) 3132 7321	KEY, D.J, 32 Langham Drive, Romford.....	(020) 8599 5156	KINYANJU, J, 143 Eton Road, ILFORD.....	(020) 3288 0048
KALAM, M, 164 Shrewsbury Road, E7.....	(020) 8471 3578	KHAJA MOHAMED, M, Flat 5 Lily House 2 Panyers Gardens, Dagenham.....	(020) 8596 9469	KIRBY, K, 145 Grove Way, Dagenham.....	(020) 8595 6057
KALAMAKI, M, 37 Manning Road, Dagenham.....	(020) 3089 8868	KHALED, K, Flat 702 Butterfly Court 22 Mast Street, Barking.....	(020) 8594 9743	KIRKBY, A, 35 Brownlee Gardens, Ilford.....	(020) 8598 9367
KALAMALLA, Mr M, 100 Express Drive, Ilford.....	(020) 8597 9807	KHALEF, S, 7 Jade Close, Dagenham.....	(020) 8141 4264	K, P, 95 Lindsey Road, DAGENHAM.....	(020) 8599 1074
KALAMBAY, Mr S, Bassett House Goresbrook Road, Dagenham.....	(020) 8592 6193	KHALID, F, 13 Stonewall, East Ham.....	(020) 7511 8043	KITCHING, A, 88 Third Avenue, Dagenham.....	(020) 8595 8959
KALEGGA, Boniface, 176 Oval Road South, Dagenham.....	(020) 8517 1273	K, K, 83 John Burns Drive, Barking.....	(020) 3952 1004	KITE, A.E, 133 Gresham Drive, Romford.....	(020) 8590 9908
KALLIA, Mr Gopal, 8 Parkway, Ilford.....	(020) 8599 6195	KHALIQ, U, 371A Ripple Road, Barking.....	(020) 8594 8772	K, R, 31 Warwall, LONDON.....	(020) 7476 7970
KALIM, Mr A, 71 The Shaftesburys, Barking.....	(020) 8141 7505	KHALIQU, M, 179A Ilford La, Ilford.....	(020) 8514 0027	KITSAKIS, Mr C, 171 Lodge Avenue, Dagenham.....	(020) 8177 2608
KALLAH, H, 62 Broadhurst Avenue, Ilford.....	(020) 8597 0888	KHAMIS, Mr, 155/95 Wheelers Cross, Barking.....	(020) 8591 6564	KIWANUKA, C, 44 Heathway, Dagenham.....	(020) 8984 7641
KALOMBO, M, 37 Pedley Rd, Dagenham.....	(020) 8548 3801	K, S, 42 St. Anns, Barking.....	(020) 8591 5196	KIYANI, M, 71 Bushgrove Road, Dagenham.....	(020) 8592 0092
KALLUE, F, 74 Cooke Street, Barking.....	(020) 8507 7150	KHAN, A, Flat 1402, Mill Point, 86 Abbey Road, Barking.....	(020) 3380 2714	KIZITO, Miss N, 33 West House Loxford Rd, Barking.....	(020) 8553 0784
KAMALESVARAN, M, 45 Victoria Road, Barking.....	(020) 3535 0905	K, A, 2 Cecil Road, Ilford.....	(020) 8553 4438	KLAP, T, 261 Downing Road, Dagenham.....	(020) 3632 7011
KAMALI, J, 107 Whiting Avenue, Barking.....	(020) 8591 4036	K, A, 51 Dorset Road, E7.....	(020) 8141 1461	KLATT, J, 87 Bennetts Castle Lane, Dagenham.....	(020) 8984 8596
KAMALRAJ, M, 70 Thornton Road, Ilford.....	(020) 8514 6616	K, A, Sudbury Court Flat 4 Glandford Way, Romford.....	(020) 3612 7928	KLINGBEIL, T, 5 Milvern Street, Barking.....	(020) 8591 9029
KAMALU, J, 66 Hameway, LONDON.....	(020) 8586 7076	K, A, 154 Glenny Road, Barking.....	(020) 8591 8656	KLUNKER, D, 71 Lazenby Drive, Ilford.....	(020) 8491 6785
KANAGAMPARAN, B, 25a High Street South, London.....	(020) 8472 7853	K, A, 132 Green Street, E7.....	(020) 8503 4111	KLOKA-OKOUNGKMOO, S, Jf Care Services Ltd 42 Ripple Road, Barking.....	(020) 8507 1693
KANDAMFUNU, Madalena, Flat 79 Dukes Court Barking Road, E6.....	(020) 8470 0788	K, Mr A, 61 Heigham Rd, London.....	(020) 8141 1464	KNIGHT, D.R, 13 Simpson Road, Rainham.....	(01708) 555811
KANDASAMY, S, 604 Bath House 5 Arboretum Place, Barking.....	(020) 8594 6604	K, A, 1 Hicking Rd, Ilford.....	(020) 8478 1398	K, H.V, 118 Mungo Pk Rd, Rainham.....	(01708) 558707
KANDINSKY, T, 37 Atlantis Close, Barking.....	(020) 8591 7756	K, A, 194A High Street Nth, East Ham.....	(020) 8552 8384	K, Peter, 11 Baxter Road, Ilford.....	(020) 8478 8464
KANE, D, 6 Bentry Road, Dagenham.....	(020) 8270 8959	K, A, 41 Margery Road, Dagenham.....	(020) 3198 9325	K, R, 22 LONG REACH COURT King Edwards Road, Barking.....	(020) 8507 8100
KANESALINGAM, C, 82 Eton Road, Ilford.....	(020) 8478 0966	K, A, 443 Porters Avenue, Dagenham.....	(020) 3560 6968	KNOWLES, J, 107 LEMONADE BUILDING 3 Arboretum Place, Barking.....	(020) 8591 7622
KANKU, Mr J, 184 Dawlish Vd, Ilford.....	(020) 8586 1759	K, A, Flat 38, The Lumiere Building, 544 Romford Road, London.....	(020) 8091 7642	KNOWLES, N.T, 13 Bridgeway, Barking.....	(020) 8591 0532
KANSAGRA, S, 168 Caledon Road, E6.....	(020) 8552 2268	K, Mr Aa, 8 Royal Parade Church Street, Dagenham.....	(020) 8592 6044	KO KO LATT, A, 2 102, 102 Oxford House Dean Path, DAGENHAM.....	(020) 3172 9256
KANTHIAH, D, 9 Kemp Road, Dagenham.....	(020) 3538 3710	K, Mr A, 70 Thornton Road, Ilford.....	(020) 3132 8397	KOBI, R, Flat 53 Arbor Court Mizzen Street, Barking.....	(020) 8117 0477
KANUGANTH, S, 26 Lymington Road, Dagenham.....	(020) 3592 9156	K, B, 3 Harlow Mansions Whiting Avenue, Barking.....	(020) 8594 2165	KOCKI, M, 101 Ivyhouse Road, Dagenham.....	(020) 8593 6898
KANYNDA, Mr M, 92 Axe Street, Barking.....	(020) 8507 9854	K, E, Flat 6 1 Woodstock Road, LONDON.....	(020) 3560 0957	KOFI, S, 163 Lichfield Road, Dagenham.....	(020) 3524 6257
KAPADIA, H.S, 43 Mill Lane, Romford.....	(020) 8590 4187	K, Mr F, 32 Alexandra Rd, London.....	(020) 3138 1986	KOLAWOLE, O, 4 St Anns, BARKING.....	(020) 8591 1513
KAPAR, S, 59 Roberts Place, Dagenham.....	(020) 3844 8946	K, Mr F, 27 Cecil Road, Ilford.....	(020) 3132 8388	KOULENYKO, S, Flat 27 Rhodes Mansions 33 Fielders Crescent, Barking.....	(020) 8517 5392
KAPINGGA, G, 16 Goresbrook Road, Dagenham.....	(020) 3581 3155	K, F, 7 Chadway, Dagenham.....	(020) 3715 5715	KOLLARA, S, Flat 16 Cricket Court 13 Elderberry Way, E6.....	(020) 8470 4869
KAPOOR, A, Bambay Fashion 206 Green Street, London.....	(020) 8470 2713	K, H, 4 Blunden Close, Dagenham.....	(020) 8014 5355	KOLEWE TCHENGWE, M, 41 Crouch Avenue, Barking.....	(020) 8507 1848
KAPPALAR PITCHI, M, 53 Latimer Avenue, E6.....	(020) 8552 2946	K, H, Flat 43 Dalton House 7 Handley Page Road, Barking.....	(020) 3874 9555	KOMMAREDDY, H, 49 St. Anns, Barking.....	(020) 3561 3576
KAPUMPA, M, 32 Cotesmore Gardens, Dagenham.....	(020) 8595 5451	K, H, 170 Market Street, E6.....	(020) 8548 0152	KOMMUGURI, S, 89 Ranelagh Road, London.....	(020) 3620 4573
KARAPINAR, Nk, 225 Westrow Drive, Barking.....	(020) 8507 2781	K, H, 81 Roman Rd, Ilford.....	(020) 8514 1085	KOMTRIMAS, Mr L, 92 Babington Road, Dagenham.....	(020) 8177 6610
KARATAS, N, 1 Budoch Court Budoch Drive, Ilford.....	(020) 3659 8992	K, Mr I, 8 Langton Avenue, E6.....	(020) 8471 0634	KOMIUR, F, 3 Blaney Crescent, E6.....	(020) 8470 4844
KARIM, A, 4 Dettingen Place, Barking.....	(020) 3712 9962	K, J, 531 Katherine Road, E7.....	(020) 8177 8984	K, S, 30 Park Avenue, E6.....	(020) 8472 1253
K, A, 5 Lancaster Avenue, BARKING.....	(020) 8014 5290	K, J, 44 Netherfield Gardens, Barking.....	(020) 3612 4373	KONG, S, 68 Birch Court Sherman Gardens, Chadwell Heath.....	(020) 8590 6067
KARUKU, B, Mobile, 26 Sherman Gardens, Chadwell Heath, Romford.....	(07961) 167717	K, Mr Mutham, 99 Bentry Road, Dagenham.....	(020) 3609 3137	KONSTANTYNOVA, K, Little Lotus House Little Heath, Chadwell Heath.....	(020) 8597 7701
KARUN, Mrs B, 14 Butler Road, Dagenham.....	(020) 3371 3539	K, M, 2 Cassandra Close, Rainham.....	(01708) 524644	KONTENG, Mr J, Flat 37 Neale Court Berengers Place, Dagenham.....	(020) 8177 9099
KARUNAKARAN, Nanthinie, 51 St Olaves Road, London.....	(020) 8470 1306	K, M, 7 Griffith Close, Dagenham.....	(020) 8599 6919	KOROLIUK, A, Flat 8 1 Ferndale Street, London.....	(020) 7511 6793
KASHEM, A, 31 Johnstone Road, London.....	(020) 3609 3119	K, M, 174A Harts Lane, Barking.....	(020) 3732 5441	KOSTA, E.M, Flat 10 Cromwell Lodge Longbridge Road, Barking.....	(020) 8594 2431
KASHIF, Mr M, 20 Hamilton Rd, Ilford.....	(020) 3132 0640	K, M, Mohammed, 12 Hobbs Mews, Ilford.....	(020) 8597 2184	KOSTADINOVA, B, 4 Campus Avenue, Dagenham.....	(020) 8599 3918
KASITHARAN, D, 116 Clements Road, London.....	(020) 3016 8890	K, M, 334 Ilford Lane, Ilford.....	(020) 3592 9243	K, Miss Mariela, 70 Bromhall Road, Dagenham.....	(020) 8127 7147
KASONOGO, D, 93 Millhaven Close, Romford.....	(020) 3354 6349	K, M, 334 Ilford Lane, Ilford.....	(020) 3592 9243	KOSTINSKIL, V, 112A Fanshawe Avenue, Barking.....	(020) 8117 3252
KASPARAVICIUS, R, 29 Bainbridge Road, Dagenham.....	(020) 3674 6948	K, M, 82 Nelson Street, E6.....	(020) 8177 2519	KOSTOV, N, Flat 6 Goldfinch Way 789 Rainham Road South, Dagenham.....	(020) 8592 8493
KASTRATI, S, Flat 11, St. Aidans Court Blessing Way, Barking.....	(020) 7998 7558	K, Mr M, 124 London Road, Barking.....	(020) 8177 5964	KOSTOVA, A, 55 Honey Close, Dagenham.....	(020) 7671 7016
KATAORA, Adhu S, 83 Clements Road, E6.....	(020) 8552 0675	K, Mr M, 82 Nelson Street, E6.....	(020) 8177 2519	KOTAGA, A, 301 Fifeshire Court Tide Street, Barking.....	(020) 3673 5704
KATARIA, S, 488 Campden Crescent, Dagenham.....	(020) 3654 9829	K, Mr M, 99 Salisbury Avenue, Barking.....	(020) 8514 7091	KOTHARI, P, 27 Ashley Road, Forest Gate.....	(020) 8470 5833
KATARZYNA, Katarzyna, 45 Park Avenue, Park Avenue.....	(020) 3802 6602	K, Mr M, 99 Salisbury Avenue, Barking.....	(020) 8514 7091	K, S, 1 Eva Road, Romford.....	(020) 8599 6447
KATEHANGWA, Mrs B, 239 Crouch Avenue, Barking.....	(020) 8177 4928	K, N, 205 Cavendish Gardens, Barking.....	(020) 3649 6154	KOTHIA, S, 26 Egerton Gardens, Ilford.....	(020) 4541 8564
KATHEJIAN, C, 11 Leigh Road, London.....	(020) 3566 7228	K, R, 79 Wellington Drive, Dagenham.....	(020) 8984 9595	KOUKAS, Mr A, 133 Charlemont Road, London.....	(020) 8141 1414
KAUL, S, 15 Suffolk Road, Dagenham.....	(020) 8517 9842	K, Mrs S, 415 Flat 3 Barking Road, London.....	(020) 8177 8332	KOUR, N, 13 Norwich Crescent, Romford.....	(020) 3524 3624
KAUR, A, 105 Tinsley Road, Dagenham.....	(020) 3337 0395	K, M, S, 2 Horse Leaze, E6.....	(020) 7366 9796	KOVALEVSKA, S, 97 Grosvenor Road, E7.....	(020) 8472 8769
K, D, 52 Thurlstone Avenue, Ilford.....	(020) 8599 8551	K, S, 94 Ilford Lane, Ilford.....	(020) 3784 9902	KOWALSKA, Mr D, 2C Vicarage Lane, London.....	(020) 8552 3828
K, J, 319 Becontree Av, Dagenham.....	(020) 8590 3871	K, Ms Shama, 36, Long Reach Court King Edwards Road, Barking.....	(020) 8594 8173	KOYES, P, 16 Tremelo Green, Dagenham.....	(020) 8599 7268
K, J, 50 Dawlish Drive, ILFORD.....	(020) 8599 6498	K, S, 399 Ripple Road, BARKING.....	(020) 8617 0630	KOYUN, S, 7 Station Parade Heathway, Dagenham.....	(020) 8593 8429
K, J, 389 Longbridge Road, Barking.....	(020) 3726 1495	K, U, 557 Wood Lane, Dagenham.....	(020) 8595 6573	KPANAAMAH, T, 9 Ketch Street, Barking.....	(020) 8594 9544
K, J, 10 South Road, Romford.....	(020) 3669 9655	K, Mr W, 26 Madras Road, Ilford.....	(020) 8177 8551	KPORHA, S, 27 Roberts Place, Dagenham.....	(020) 3732 8492
K, J, 44 Tenderden Road, Dagenham.....	(020) 3380 3683	K, Z, 22 Tavistock Gardens, Ilford.....	(020) 3380 3551	KRASNICQI, A, 146 Downing Road, Dagenham.....	(020) 3561 0505
K, K, 78 Mortlake Road, Ilford.....	(020) 8227 0823	K, Zia, 6 Vale Road, E7.....	(020) 8471 5879	K, Mr A, 67 Ingrave House Goresbrook Rd, Dagenham.....	(020) 8177 5644
K, N, 86 East Road, Romford.....	(020) 3754 7816	KHANAM, A, First Floor Flat 577 Green Lane, Ilford.....	(020) 3652 5890	KRASTEVA, J, 49 Marine Drive, Barking.....	(020) 3015 9881
K, P, 94 Marston Avenue, Dagenham.....	(020) 3726 5705	K, S, 119 Dorset Road, London.....	(020) 8586 2492	KRATKE, C, 27A Dane Rd, Ilford.....	(020) 8911 9784
K, R, 49 Castleton Road, Ilford.....	(020) 3556 4065	K, S, 47 Newark Knob, E6.....	(020) 7473 2049	KREGER, A, 93 Beccles Drive, Barking.....	(020) 8594 4204
K, R, 50 Halley Road, London.....	(020) 8471 2944	KHANDAKAR, A, Flat 5 653 Rainham Road South, Dagenham.....	(020) 3305 6815	KREY, H, 8 Stephen Avenue, Rainham.....	(01708) 557956
K, R, 28 Park Avenue, London.....	(020) 3685 0648	KHANOM, R, 37 Hayes Drive, Rainham.....	(01708) 931308	KRIKELIS, Mr A, 119 Maxey Rd, Dagenham.....	(020) 8177 5631
K, R, 74 Rosedale Road, Dagenham.....	(020) 3612 8127	K, R, 16 St. Francis Way, Ilford.....	(020) 8553 4805	KRISHNA'S CONVENIENCE STORE, 32 Church Street, Dagenham.....	(020) 8592 9719
K, S, 18C Ashgrove Road, Ilford.....	(020) 3720 0390	K, R, 29 Scholars Way, DAGENHAM.....	(020) 3605 5479	KRISHNASAMY, Mr J, 33 Tilbury St, London.....	(020) 8552 3759
K, S, 65 Devon Road, Barking.....	(020) 3737 1359	K, S, Driberg Court Flat 20 Bromhall Road, Dagenham.....	(020) 3509 8907	KROG, G, 323a Rainham Road, Rainham.....	(01708) 525633
K, S, 35 Tremelo Green, Dagenham.....	(020) 3737 1359	K, S, 170 Goresbrook Road, Dagenham.....	(020) 3891 3232	KRUSZELNICKI, K, 23 Dane Road, Ilford.....	(020) 8514 8688
K, T, 50 Breamore Road, Ilford.....	(020) 8599 8328	KHANZADA, M, 125 Gainsborough Road, Dagenham.....	(020) 3352 7873	KRYEJU, Mr E, 42 Valence Wood Road, Dagenham.....	(020) 8177 6600
K, V, 110 Dagenham Road, Rainham.....	(01708) 552635	KHARAL, H, 58 Marlborough Road, LONDON.....	(020) 8472 0932	KRZYSLAK, Mr D, 27 Cooke Street, Barking.....	(020) 3132 8331
KAUSAR SATTAR, M, 45 Northfield Road, E6 London.....	(020) 8470 2979	KHARUL, B, 403 Sailor Court St Pauls Road, Barking.....	(020) 3712 0969	KRZYSTOFK, K, Flat 1 118 Victoria Road, Barking.....	(020) 4568 4244
KAVALIAUSKIENE, J, 262A Wood Lane, Dagenham.....	(020) 3560 9995	KHATRI, P, 3 Parsloes Avenue, Dagenham.....	(020) 8994 1899	KRZYWICKI, J, 162 Park Avenue, Barking.....	(020) 8177 1687
KAVALIUMA, C, Mobile, 41 Maybury Road, Barking, Essex.....	(07949) 496869	KHATUN, A, 70 Norman Road, Ilford.....	(020) 3624 1787	KUBILUTE, U, FLAT 115 WARWICK HOUSE 2 Chancellor Way, Dagenham.....	(020) 8590 7237
KAVA, E, Unit 15 The IO Centre 59 River Rd, Barking.....	(020) 8594 7071	K, H, 401 Nabel Avenue, 16-30 Waking Road, Barking.....	(020) 3158 9227	KUCINSKAS, L, 6 Talbot Road, Dagenham.....	(020) 8984 8063
K, E, Unit 15 The IO Centre 59-71 River Road, Barking.....	(020) 8594 7071	K, M, 70 Armstead Walk, DAGENHAM.....	(020) 3380 4505	KUCIUNAS, E, 9 Weymouth Close, London.....	(020) 8013 6936
KAZI, A.M, 16 Bell Farm Avenue, Dagenham.....	(020) 8595 0953	K, N, 106 Fenman Gardens, Ilford.....	(020) 8062 1909	KULASEGARAM, R, 321 Burges Road, London.....	(020) 8552 3532
KAZIMI, S, 336 Longbridge Road, Barking.....	(020) 8594 0552	K, S, 57 Derby Road, E7.....	(020) 8470 0561	KUMAR, D, 18 Gurney Close, Barking.....	(020) 3489 8833
K, Miss U, 34 Roman Road, Ilford.....	(020) 3132 8396	KHAWAIA, A, 5 Southend Road, London London.....	(020) 8470 0369	K, Mr D, 25 Lupin Crs, Ilford.....	(020) 3138 2126
KEANE, P, 211 Eton Road, Ilford.....	(020) 8478 3474	KHOCHAVA, L, Flat 1, Iris House, 5 Iris Close, Ilford.....	(020) 3556 3434	K, P, Flat 140 39, Icon Building Ilford Hill, Ilford.....	(020) 3718 9790
KEARLEY, S, 104 Shirley Gardens, Barking.....	(020) 8594 2504	KHOKHAR, J, 32 Cobham Road, Ilford.....	(020) 3731 8053	K, R, 106a Ilford Lane, Ilford.....	(020) 3132 7343
KEARNEY, A, 30 Langton Avenue, E6.....	(020) 8552 6332	K, N, 119 Ford Road, Dagenham.....	(020) 8517 5513	K, R, 12 Lansford Road, London.....	(020) 3532 3692
KEATES, N.D, 55 South Park Drive, Ilford.....	(020) 8590 7890	KHONDOKAR AKHI, A, 650 Rainham Road South, Dagenham.....	(020) 3592 5102	KUMOR, Mr R, 156 Clements Road, London.....	(020) 8177 8597
KEATING, P, 357 Heathway, Dagenham.....	(020) 8220 0838	KHOREVA, M, 295 Longbridge Rd, Barking.....	(020) 8507 7988	KUNASINGA, Nagamuthu, 227 South Park Dv, Ilford.....	(020) 8597 0577
KEBBIE, Dr M, 72 Clemence Road, Dagenham.....	(020) 8517 5341	KIANOKO, Suasisa, 31 Norman Road, Ilford.....	(020) 8514 7033	KUNJUSANKARAN, M, 68 Stratfield Avenue, E6.....	(020) 8470 1742
KEDEY, S, 2 Ballard's Close, Dagenham.....	(020) 8593 0744	KIARIE, F, 157 Third Avenue, DAGENHAM.....			



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LAINING, J, 30 Auriel Avenue, Dagenham.....	(020) 8984 7907	L, J, 84 Goodmayes Lane, Ilford.....	(020) 8598 8548	MACKIN, S, 22 Trenance Gardens, Ilford.....	(020) 3490 6769
LAKATOS, M, 68 Tasker House, 62 Dovehouse Mead, Barking.....	(020) 8177 1719	LING, M, 171 Latham Road, London.....	(020) 8472 1942	MCKOY, C, 2 Fanshawe Crescent, Dagenham.....	(020) 8595 8408
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LAKHANI, J, 54 Parkway, Ilford.....	(020) 8590 1003	LINNAE, J, 170 Morley Road, Barking.....	(020) 8924 5804	MCLEOD, N, 57 Harls Lane, Barking.....	(020) 3686 8339
LAL, Mr A, 36 Dorset Rd, London.....	(020) 8548 4363	LINTWORTH, Frances, 6 Edith Road, Romford.....	(020) 8599 5319	MCCNALLY, Deanna, 21 Colston Road, E7.....	(020) 8552 7945
L, Mr A, 15 Monteagle Avenue, Barking.....	(020) 3132 6208	LIPMAN, R, Flat 23, Rosewood Court Chadwell Heath Lane, Romford.....	(020) 8550 6308	MCNAMEE, J.F, 28 Reeds Road, Dagenham.....	(020) 8596 4849
L, L, 129 Bennetts Castle Lane, Dagenham.....	(020) 3565 0496	LISTER, S, 294 Wood Lane, Dagenham.....	(020) 8593 1650	MCSHEFFREY, S.S, 160A Rainham Road, Rainham.....	(01708) 523206
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LALJI, Mr, 67 Stone Road, London.....	(020) 3556 0764	LIVORI, J, Flat 54 Breacher House 3 Handley Page Road, Barking.....	(020) 8507 8799	MCWHINNEY, H, 139 Winsor Terrace, London.....	(020) 7476 4182
LALL, Mr B, 691A Green Lane, Dagenham.....	(020) 8141 3398	LIZA NAHAR, N, 4 Cherry Walk, Rainham.....	(020) 8597 8799	MADALIA, M, 54 Tyron Road, East Ham.....	(020) 8472 7899
LAIM, S, 83 Ashgrove Road, Ilford.....	(020) 8590 4934	LLORENTE-ALONSO, Y, 244A Wood Lane, Dagenham.....	(020) 8592 8662	MADDOX, V, 55 Christie Gardens, Romford.....	(020) 8599 3731
LAMB-BENTLEY, V, 5 Lynett Road, Dagenham.....	(020) 3759 0259	LLOYD, F, 14 Hampstead Gardens, Chadwell Heath Romford.....	(020) 8220 6832	MADHU, R, 107 Staines Road, Ilford.....	(020) 8478 5857
LAMBERT, W, 32 Ellerton Road, Dagenham.....	(020) 8596 9565	L, K.A.R, 147 Mortlake Road, Ilford.....	(020) 8478 4681	MADUEME, F, Flat 37 Ted Hennem House Jacobs Close, Dagenham.....	(020) 3565 6456
LAMMIN, D, 168 Marston Avenue, Dagenham.....	(020) 8270 7874	L, K.C, 440A Becontree Av, Dagenham.....	(07956) 825767	MADUKWE, Ms 18 Church Road, Barking.....	(020) 3754 4779
L, G.W, 199 Marston Avenue, Dagenham.....	(020) 8595 4690	L, P, 69 Roosevelt Way, Dagenham.....	(020) 3536 6735	MAFA, J, Mobile, 8 Champness Road, Barking, Essex.....	(07957) 996199
LANCASTER, M, 23 Sussex Road, E6.....	(020) 8471 1272	LOADER, G, 46 Cunningsham Close, Romford.....	(020) 8599 8793	MAFUTA, Mr A, 19 Ingrave House Goresbrook Rd, Dagenham.....	(020) 8595 8786
LANDMAN, P.E, 23 Poulett Road, E6.....	(020) 8472 9302	LOAIC, P, 42 Upton Park Road, E7.....	(020) 8471 2768	MAGALONG, R, 50 Rothwell Road, Dagenham.....	(020) 8593 6722
LANDY, John V, 161 Henley Road, Ilford.....	(020) 8478 4368	LOCKB, B, Flat 1 Cromwell Lodge Longbridge Road, Barking.....	(020) 8594 9607	MAGARON, E, 55 Rosedale Road, E7.....	(020) 8472 9119
L, S, 73 Lambourne Road, Barking.....	(020) 8220 8325	L, Y, 108 Beverley Road, Dagenham.....	(020) 8592 8383	MAGUIRE, E, 61 Rothwell Road, DAGENHAM.....	(020) 3016 3673
LANE, C, 74 Woodward Road, DAGENHAM.....	(020) 8014 9425	LOCKE, E.E, 75 Sandhurst Drive, Ilford.....	(020) 8599 3129	M, G.M, 118 Ramsey Road, Dagenham.....	(020) 8595 0707
L, O, Flat 3 Hayhill Mansions 15 Fielders Crescent, Barking.....	(020) 8595 6602	L, K, 28 Ford Close, Rainham.....	(01708) 556028	MAHAD, M, 91 Third Avenue, Dagenham.....	(020) 3623 1500
L, P, 34 Reede Road, Dagenham.....	(020) 8595 3559	LO, KHART AD, 41 Sherman Gardens, Romford.....	(020) 3304 6136	MAHAJAN, Mr Y, 3 Craven Gardens, Barking.....	(020) 8177 3163
LANG, E, 1 Alleyndale Road, Dagenham.....	(020) 8270 3540	LOFUM, L, 165 Blackthorn Road, Ilford.....	(020) 8141 1355	MAHAMOOD, Nouradiin, 204 Dagenham Avenue, Dagenham.....	(020) 8177 3163
LANGDALE, L, 38 Guffyield Drive, Rainham.....	(01708) 530800	LOGAN, A, 19 Hornbeam Close, Ilford.....	(020) 8177 9484	MAHATRA, C, 8 Guffyield Drive, Rainham.....	(01708) 913951
LANGRISH, T, 2 Jennings Close, Dagenham.....	(020) 8593 8840	LOJA, J, Flat 8 Ralph Jackson House 331 Romford Road, E7.....	(020) 8519 2673	MAHDI, K, 159 Richmond Rd, Ilford.....	(020) 8514 5809
LANGSWORTHY, F, 56 Thurlstone Avenue, Ilford.....	(020) 8599 9808	LOKAMANI, A, 121 Verney Road, Dagenham.....	(020) 8013 8777	MAHAZ, M.D, 77 Heathway, Dagenham.....	(020) 3844 1452
LANIYAN, Mrs Adeboyin, 68 Orchard Road, Dagenham.....	(020) 8595 0863	LOMBA, Mr E, 23 Honey Close, Dagenham.....	(020) 8177 9164	MAHENDRA, Rajeev, 49 Holmwood Road, Ilford.....	(020) 8590 8586
LAPAGE-PHILLIPS, M, 76 St. Albans Avenue, E6.....	(020) 8472 1681	LONG, D.J, 105 Stamford Road, Dagenham.....	(020) 8593 8074	MAHENDRARAIAH, Jeevarani, 89 Gainsborough Road, Dagenham.....	(020) 8590 9896
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L, T, 22 Mungo Park Road, Rainham.....	(01708) 559836	LOOSELY-SAUL, A, 67 Lincoln Road, London.....	(020) 8472 9711	MAHETA, A, 9 Prestbury Road, London.....	(020) 3624 9392
LAPSLEY, Barbara, 5 Stapleton Crescent, Rainham.....	(01708) 552553	LOWES, E, 6a Station Parade, Heathway, Dagenham.....	(020) 3689 5902	MAHEY, S, Mill Point Flat 305 86, Abbey Road, Barking.....	(020) 3726 6491
LAREF, Miss N, Flat 12 Butterfly Court / 1 Elderberry Way, London.....	(020) 8177 8589	L, Ms J, 11 Sutton Road, Barking.....	(020) 8177 4927	MAHMUDUL HASAN, M, 20 Harrow Road, Ilford, Ilford.....	(020) 3652 7851
LARION, A, 6 Ridley Close, Barking.....	(020) 3674 0818	L, Miss N, 51/135 Earlsdown House Wheelers Cross, Barking.....	(020) 8177 4176	MAHMOOD, A, 40 Tenbury Close, E7 Forest Gate, London.....	(020) 3720 9595
LARKEY, I, 195 Cavendish Gardens, Barking.....	(020) 8594 6561	LOTAY, B, 53 Lincoln Road, E7.....	(020) 8472 6518	M, Dr I, 455 Green Lane, Ilford.....	(020) 8227 0307
LARNER, J, 44 Rainham Road, Rainham.....	(01708) 526017	LOUGHTON, C, 10 Bull Lane, Dagenham.....	(020) 8220 3628	M, M, Flat 45 Lumiere Building 54 Romford Road, London.....	(020) 8586 8463
LARONDE, C, 29 Park Avenue, E6.....	(020) 8552 4401	LOWELL, Ann, 30 Lansbury Avenue, Romford.....	(020) 8598 9257	M, M, 56 White Horse Road, London.....	(020) 3605 7286
LAROUSSI, M, 65 Gooseley Lane, East Ham.....	(020) 8389 3173	LOVE, J, 49 Bentry Road, Dagenham.....	(020) 8593 6806	M, N, Mobile, 211 Burges Road.....	(07904) 184400
LASCCELLES, Mr M, Flat 2 Neale Ct Berengers Pl, Dagenham.....	(020) 8517 4496	L, P, Mobile, 94 Wellington Drive, Dagenham.....	(07956) 515493	M, R, 87 Stafford Road, Forest Gate.....	(020) 8471 8454
LASHARI, M, 35 Woodstock Road, LONDON.....	(020) 8548 8477	LOWIN, A, 43 Alexandra Drive, E6.....	(020) 8552 1502	M, Mr S, 32 Marlborough Road, Dagenham.....	(020) 8177 9172
LATCHFORD, I, 7 Sidney Eton Way, E6.....	(020) 8471 7140	LUBEGA, T, Flat 24 Bevan House Bevan Avenue, Barking.....	(020) 3161 9451	M, T, 16 Eccleston Crescent, Romford.....	(020) 8590 1260
LATEEF, R, Unit 6C V House Selinas Lane, Dagenham.....	(020) 8593 2163	LUCA, D, Walnut Tree Road, Dagenham.....	(020) 3380 3882	M, Y, 9 Parkway, ILFORD.....	(020) 3623 5680
LATIE, N, 32 Broadhurst Avenue, Ilford.....	(020) 8597 5654	L, N, 1 Hatfield Mews, Dagenham.....	(020) 3715 8046	MAHMOUD, I, 69 Fanshawe Crescent, Dagenham.....	(020) 8593 1887
LATOUICHE, H, 46 Joydon Drive, Romford.....	(020) 8924 3300	LUCAS, Miss D, 11 Hardwick Street, Barking.....	(020) 8141 0540	M, M, 12 Kilmartin Rd, Ilford.....	(020) 8597 5932
LAW, A, 134 Whitebarn Lane, Dagenham.....	(020) 8595 7288	L, G, 148 Staines Road, Ilford.....	(020) 8553 2461	MAHMUD, A, Flat 145 39, Icon Building Ilford Hill, Ilford.....	(020) 3015 1840
L, K, 5 Terry Gardens, Dagenham.....	(020) 8215 1051	L, J, 77 Mayfield Road, DAGENHAM.....	(020) 8597 1511	M, Omar, 6 St. Georges Square, E7.....	(020) 8057 7315
LAWAL, A, Flat 23 Orion House Danforth Way, Dagenham.....	(020) 3668 7777	LUCY, Mrs Nadia, 242a Longbridge Road, Barking.....	(020) 8591 4063	MAHONEY, D, 90 Cartwright Road, Dagenham.....	(020) 8595 6271
L, A, 84 Trafalgar Road, Dagenham.....	(020) 3662 3750	LUCK, S, 115 Gainsborough Road, Dagenham.....	(020) 8597 9928	MAHOVE, T, 34 Avenue Road, Chadwell Heath.....	(020) 8597 4711
L, B, 19 Millard Ter, Dagenham.....	(020) 8141 5547	LUGGAR, A, 9 Canbera Close, DAGENHAM.....	(020) 8014 9388	MAHWIEA, M, 11 Sheldon Road, Dagenham.....	(020) 3302 4064
L, J, 13 Thicket Grove, Dagenham.....	(020) 8595 0124	LUKASENKA, Ms S, 1A Woodstock Gardens, Ilford.....	(020) 8141 1264	MAIE, Mrs A, 127 Heigham Road, E6.....	(020) 8177 5894
L, M, 30 Arnold Road, Dagenham Essex.....	(020) 8984 7284	LULAS, E, 5 Rosalind Court Meadow Road, Barking.....	(020) 8014 9256	MAIETTA, V, Flat 1 7 Ferndale Street, E6.....	(020) 7055 0975
L, M, 34 Crouch Avenue, Barking.....	(020) 3441 6814	LUMSDEN, D, 236 Bevan Avenue, Dagenham.....	(020) 8595 8062	MALITAT, E, 69 Ilchester Road, Dagenham.....	(020) 3731 6654
L, Ms S, 19 Elderberry Wy, London.....	(020) 8471 0261	LUNGU, J, 106B Upton Park Road, London.....	(020) 3673 9133	MAIN, P.F, 50 Walsey Avenue, E6.....	(020) 8470 4152
LAWARI, Florence, 15 Parsloes Avenue, Dagenham.....	(020) 8593 8581	LUNN, Christopher, 98 Pittman Gardens, Ilford.....	(020) 8911 4990	MAITLAND, E, 138 Longbridge Road, Barking.....	(020) 8594 3695
LAWLESS, J, 19 Studley Road, Dagenham.....	(020) 3105 2053	LUPU, G, 552 Gale Street, Dagenham.....	(020) 8593 9582	MAJAIUSKAS, Mr M, 126 Hunters Sq, Dagenham.....	(020) 3132 4079
LAWRENCE, Mr A, 243 Downing Road, Dagenham.....	(020) 8141 5538	L, R, 217 Bonham Road, Dagenham.....	(020) 3624 0674	MAJED, Mr J, 13 Staines Road, Ilford.....	(020) 8514 6762
L, A, 22 Markyate Road, Dagenham.....	(020) 8177 9095	LUMQMAN, G, 27 Lawes Way, Barking.....	(020) 8594 9008	MAJEVADIA, M, 589 Romford Road, LONDON.....	(020) 8471 7439
L, J, 152 Valence Wood Road, Dagenham.....	(020) 8177 9118	LUSAJKENO, K, 7 Caledonian Close, Ilford.....	(020) 8598 8692	MAKERE, J, 6 Dawson Avenue, Barking.....	(020) 3536 2956
L, J, 123 Holland Road, E6.....	(020) 8552 7167	LUTHMAN, R, 77 Salisbury Avenue, Barking.....	(020) 8177 6669	MAKINDE, O, 57 Eastbourne Road, London.....	(020) 8821 9897
L, M, 475 Longbridge Road, Barking.....	(020) 8594 4506	UWANGA, Mr J, 53 Finnymore Road, Dagenham.....	(020) 8141 5556	MAKSIMOVIC, D, 65 Sussex Road, London.....	(020) 8586 2987
LAYIWOLA, O, 54 Fenman Gardens, Ilford.....	(020) 8013 3250	LYLUS, H, 13 Vale Road, London.....	(020) 8470 9982	MALIB, B, 22 St. Lukes Avenue, Ilford.....	(020) 8555 4447
LAYLA, D, Ravensing Parade 2 Goodmayes Road, Ilford.....	(020) 8599 8322	LYNCH, A, 3 Gresham Drive, ROMFORD.....	(020) 8598 2436	M, M, 156 Goodmayes Lane, Ilford.....	(020) 8983 8656
LE, H, 56 Lindsey Road, Dagenham.....	(020) 8598 9052	L, G, 49 Rugby Gardens, Dagenham.....	(020) 8517 4422	MALIK, A, 19 Poles Court Goodmayes Lane, Ilford.....	(020) 3715 8342
L, Mr V, Flat 4 9 Ripple Road, Dagenham.....	(020) 8519 5237	LYNN, J, 113 Primrose Avenue, Romford.....	(020) 8599 7738	M, A, 37 Stangate Road, Dagenham.....	(020) 8595 2595
LEACH, Mr R, Mr 49 Ilfracombe Gardens, Romford.....	(020) 8599 1115	LYPCHUK, N, 130 Western Avenue, Dagenham.....	(020) 3380 2194	M, K, 98 Burns Avenue, Romford.....	(020) 3623 0444
LEACHMAN, Mr M, 92 Lindsey Rd, Dagenham.....	(020) 3132 2046	"MAC"		M, K, 16 Gartmore Road, ILFORD.....	(020) 3652 0837
LEAHY, R, 2 Farm Close, Dagenham.....	(020) 8595 3367	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 their position.		M, M, 188 Clements Road, London.....	(020) 3662 7793
LEARY, I.E, 13 Radleys Mead, Dagenham.....	(020) 8595 8005	MACAIA, P, 54A Woodshire Road, DAGENHAM.....	(020) 3016 2398	M, Munira, 132 Heigham Road, E6.....	(020) 8472 6193
LEAVER, A, 130 Grafton Road, Dagenham.....	(020) 8517 9363	MCCALLISTER, W, 25 St. Leonards Gdns, Ilford.....	(020) 8553 0526	M, M, 22 Prestbury Road, London.....	(020) 3669 3767
LECKENBY, J, Dominion Works Freshwater Road, Dagenham.....	(020) 8598 2421	MCCANNEY, J, 24 Standfield Road, Dagenham.....	(020) 8592 7006	M, M, 3 Ravensing Parade, Goodmayes Road, Ilford.....	(020) 3092 4826
LEDDRA, R, 97 Roycroft Avenue, Barking.....	(020) 8262 2138	MACATANGAY, M, 44 Ilchester Road, Dagenham.....	(020) 8592 2989	M, M, 5 Vauxhall Street, Dagenham.....	(020) 8599 4409
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L, K, 36 Lawrence Crescent, Dagenham.....	(020) 4531 4092	MCCABE, A, 122 Wood Lane, Dagenham.....	(020) 8593 5346	MALIK RAMZAN, A, 15 Lawson Close, Ilford.....	(020) 3592 9364
L, L, 70 Treswell Road, Dagenham.....	(020) 3561 6713	M, G, 2 Harris Road, Dagenham.....	(020) 8924 5347	MALIK, S, Mobile, 11 Lincoln Road.....	(07960) 611459
L, M, 543 Ripple Road, Dagenham.....	(020) 8984 7911	MCCALL, J, 21 Rockwell Road, Dagenham.....	(020) 8262 3166	M, Mr S, 186 B 184 Ripple Rd, Barking.....	(020) 8177 9841
L, R, 86 Stanley Avenue, Barking.....	(020) 8507 1932	MCCALLUM, A, 510 Rainham Road South, Dagenham.....	(020) 8595 0544	M, W, 258 Rainham Rd Sth, Dagenham.....	(020) 8593 5353
L, S, 11 Rowlands Road, Dagenham.....	(020) 8822 1951	MCCARTHUR, C, 97 Lambourne Road, Barking.....	(020) 8594 4144	MALIKULA, A, 198 Chadwell Heath Lane, Romford.....	(020) 3732 8743
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LEITCH, W, 24 Sterry Road, Barking.....	(020) 8924 3644	MCCLELLAND, K, 23 Woodshire Road, DAGENHAM.....	(020) 8252 1331	MALUILO, Mr M, 105 Grove Road, Romford.....	(020) 3132 7571
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L, G, 12 Holgate Gardens, Dagenham.....	(020) 8595 6894	MCCUSKER, L, 8 Paul Robeson Close, London.....	(020) 3722 8519	MAMUM, M, 22 Vicarage Lane, London.....	(020) 8503 4930
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LETCHUMIKANTHAN, Mr S, 51 Harts Lane, Barking.....	(020) 3609 5079	M, P.L, 11 Rusholme Avenue, Dagenham.....	(020) 8595 3953	MANDAZA, Mr W, 57 Daffodil Gardens, Ilford.....	(020) 8141 2438
LEU, C, 256a Rainham Road South, Dagenham.....	(020) 3632 1142	MCDOUGHALL, F, Wall End Court Flat 12 Wall End Road, London.....	(020) 3561 6949	MANDOZAI, M, 15 Feltham Crescent, Dagenham.....	(020) 3686 9598
LEVENE, I, 48 Mount Pleasant Ilford Lane, Ilford.....	(020) 8553 2022	MACE, S, Battery Court Flat 508, 98 Abbey Road, Barking.....	(020) 8117 7008	MANGER, C.S, 1 St. Georges Square, E7.....	(020) 8471 5930
LEVER, E.D, 9 Hayes Drive, Rainham.....	(01708) 551781	MACEFARLANE, A, 281 Westrow Drive, Barking.....	(020) 3726 6837	MANHOOD, S, 11 Naseby Road, Dagenham.....	(020) 8220 5159
LEVIN, Ms Larisa, 265 Downing Road, Dagenham.....	(020) 3638 4118	MCGEE, I, 109 Park Avenue, London.....	(020) 8594 5702	MANIANGA, L, 49 Stern Close, Barking.....	(020) 3722 7262
LEWALLY, F, 37 Dorothy Gardens, Dagenham.....	(020) 3648 7507	MCGINLEY, P, 12 Stratfield Gardens, Barking.....	(020) 8594 3504	MANIKANDHAN, A, 25 Hunters Hall Road, Dagenham.....	(020) 8595 0980
LEWANIKKA, G, 41 Clemence Road, Dagenham.....	(020) 8595 5586	MCGIVERN, H, 10 Hainault Road, Chadwell Heath.....	(020) 8599 3592	MANJRA, Y, 18 Tilbury Rd, E6.....	(020) 8503 4914
LEWIS, Christine, 107 Ranelagh Road, E6.....</					



Residential Listings

MANTE, M, Mobile, 22 Linseld Road, Barking, Essex.....	(07930) 860998	MEEKS, R, 24 Sunningdale Road, Rainham.....	(01708) 555870	M, S, 14 Veysey Gardens, Dagenham .....	(020) 3509 3943
MANTON, P, 20 Wykeham Green, Dagenham .....	(020) 8595 9493	MEGNATHAN, P, 12 7, Rayhouse Court Clockhouse Avenue, Barking.....	(020) 8117 7853	M, S.H, 121 St. Anns, Barking .....	(020) 8594 1522
MANUWA, Mr Enivwenaye D, 31 Kitchener Road, London.....	(020) 3302 0418	MEHARI, M, Flat 108 Samuel Garside House 2 De Pass Gardens, Barking.....	(020) 3968 2017	MOHAN, Ms B, 40 Fieldway, Dagenham.....	(020) 3326 9482
MANZAR, M, 606A Green Lane, Ilford.....	(020) 7411 7394	MEHBOOB, Z, 6 Folkestone Road, E6.....	(020) 8821 9646	M, Mrs S, 29 Vine Gdns, Ilford.....	(020) 3132 9178
MAQSOD, Mr J, 318 Goodmayes Rd, Ilford.....	(020) 8590 7559	MEHDI, Masroor, 20 Cromwell Road, E7.....	(020) 3524 5457	MOHIUDDIN, A, 1 Langham Drive, Romford.....	(020) 3490 5334
MARAVALA, Rupy, 3 Asbaston Terrace Alder Walk, Ilford.....	(020) 8478 9689	MEHDINEJAD, D, (Mobile), Flat 11 Westbury Court Westbury Rd, Barking, Essex.....	(07939) 913164	M, A, Flat 23 Beach House 3 Sackett Road, Barking.....	(020) 8594 0763
MARCHANT, J, 4 Gilroy Close, Rainham.....	(01708) 559093	MEHEGAN, M, 12 Sutton Road, Barking.....	(020) 8591 3464	M, K, 555 Wood Lane, Dagenham.....	(020) 8593 4467
MARCULIAITIS, Mr E, 116a Caulfield Road, E6.....	(020) 8821 0209	MEHMEDOV SMIALOV, M, 490 Romford Road, London.....	(020) 3015 5469	M, Z, 96 Clements Road, London.....	(020) 8471 1735
MARCULIONIENE, N, 21 Founder Close, E6.....	(020) 7474 8771	MEHMOOD RAJA, A, 7 Madras Road, Ilford.....	(020) 3652 8992	MOHMED, Iqbal, 454 Green Lane, Ilford.....	(020) 8599 8516
MARDAD, M, L, 632 Green Lane, Ilford.....	(020) 8177 1018	MEHTA, A, 117 Kitchener Road, London.....	(020) 8471 0770	MOHSIN, M, 561 Wood Lane, Dagenham.....	(020) 8596 5722
MARECAR, Mr G, 237 Katherine Road, E7.....	(020) 8472 0186	MEHTAB, S, 2 Gresham Dv, Romford.....	(020) 8598 1619	M, N, 407 Ilford Lane, Ilford.....	(020) 3643 9287
MARFLEET, R.E, 64 Rothwell Road, Dagenham.....	(020) 8517 1542	MELLUS, Tomas, 200 Hedgemans Road, Dagenham.....	(020) 8593 8455	MOHTSHIM, M, A, 82 Longbridge Road, Barking.....	(020) 8141 0296
MARGESCQ, C, 126A Beam Avenue, Dagenham.....	(020) 8593 7309	MEKWUNYE, J, 64 London Road, Barking.....	(020) 3659 2216	MOHY-UD-DIN, G, 10 Sparks Close, Dagenham.....	(020) 3669 1912
MARIA, A, 80 Dovehouse Mead, Barking.....	(020) 3538 0725	MELIA, P, 61 Morley Rd, Romford.....	(020) 8228 4384	MOIR, S, 9 Rock Gardens, Dagenham.....	(020) 3152 4482
M, M, 170 Rainham Road, Rainham.....	(01708) 941765	MEMBERS OF PARLIAMENT		MOK, K.P, 54 Roman Road, Ilford.....	(020) 8514 3822
MARIASOOSAITHASAN, A, 37 Britannia Road, Ilford.....	(020) 8478 1532	See Listing In Business Section		MOLDOVANU, N, 150 Halbutt Street, Dagenham.....	(020) 3152 4586
MARINHO, T, 101 Kempton Rd, E6.....	(020) 8472 2062	MENDONCA, J, 39 Westbury Road, London.....	(020) 3648 1864	MOLLA, N, 104, Nabeel House 16-30 Wakering Road, Barking.....	(020) 3105 1344
MARINOVA, D, 82 Kitchener Road, London.....	(020) 3592 7125	MENDONZORIE, J, 18 Forsters Close, Romford.....	(020) 8597 8732	MOLLOY, K, A 2 Edward Road, Romford.....	(020) 8590 1584
MARIUS, A, Dukas Court Flat 6 Barking Road, London.....	(020) 3673 0053	MENGAL, F, 27 Uphall Road, Ilford.....	(020) 3105 5311	MOLLOKWU, I, 44 Kershaw Road, DAGENHAM.....	(020) 3561 8862
MARIYACHA, Mr M, 33 Harlow Rd, Rainham.....	(01708) 237264	MENGI, M, 9 Holgate Road, Dagenham.....	(020) 8262 8058	MOMIN, A, 306 Wood Lane, Dagenham.....	(020) 8593 0354
MARK, Mr J, 139 Walmington Gardens, Barking.....	(020) 3132 7668	MENSAH, I, Unit 10 Dagenham Business Park 123 Rainham Road North, Dagenham.....	(020) 8593 7281	M, M, 45 Cromwell Road, E7.....	(020) 8472 7555
MARKAJ, L, 13 Rose Gardens, Barking.....	(020) 8591 3292	MERAJ, F, 26 Foxlands Road, Dagenham.....	(020) 8593 8127	MOMOH, O, 7 Robinson Road, Dagenham.....	(020) 8595 3531
MARKHAM, S, 45 Oxlow Lane, Dagenham.....	(020) 3663 6142	MERCER, J, 4 Southend Road, LONDON.....	(020) 8548 0124	MONGWA, A, 110 Pittman Gardens, Ilford.....	(020) 3132 0551
MARKS, Christopher, 66 Malvern Drive, Ilford.....	(020) 8598 9703	MERCHANT, F, 29 Dorset Road, E7.....	(020) 8925 2630	MONIRUZAMMAN, M, 63 Fenman Gardens, Ilford.....	(020) 3662 4605
MAROO, R, 35 Derby Road, E7.....	(020) 8592 9649	M, Mr V, 358 Mortlake Rd, Ilford.....	(020) 8141 0163	MONK, J.L, 19 Forterie Gardens, Ilford.....	(020) 8599 1066
MARQUES, F, 1081 High Road, Romford.....	(020) 8597 0675	MERCINTEVICIUTE, V, 16 St. Erkenwald Road, Barking.....	(020) 3340 9553	MONKS, J, 25 Blacksmiths Lane, Rainham.....	(01708) 558484
MARRI, P, Ground Floor 98 Burges Rd, East Ham, London.....	(020) 8177 8973	MERCYLINK CARE SERVICES, M, 1048 High Road, Romford.....	(020) 8924 7850	MONKSFIELD, I, 69 Meadow Road, Dagenham.....	(020) 8595 7156
MARRIOTT, R.R, 37 Aylmer Road, Dagenham.....	(020) 8595 0832	MEREDITH, S, 9 Burlington Gardens, Romford.....	(020) 8591 5979	MONNOYER, WJ, 29 Harlow Road, Rainham.....	(01708) 507288
MARSDEN, S, 88 Rugby Road, DAGENHAM.....	(020) 3685 8280	MESSUM, E.E, 23 Broadhurst Walk, Rainham.....	(01708) 550955	MONROE, D, 25 Great Galley Close, Barking.....	(020) 8526 7759
MARSH, Mr C, Flat 21, Castle Court Goresbrook Road, Dagenham.....	(020) 8127 9111	METCALF, F, 10 Sowrey Avenue, Rainham.....	(01708) 554613	MONTAGUE, K, 26 Thorogood Way, Rainham.....	(01708) 523081
M, D, 87 Heathway, Dagenham.....	(020) 3380 6092	MIA, S, 120 Staines Road, ILFORD.....	(020) 8478 1166	MOON, S.A, 32 Westminster Gardens, Barking.....	(020) 8594 2367
MARSHALL, V, 91 Altmore Avenue, London.....	(020) 8472 4273	MIAH, Ansar, 210 Sherrard Road, London.....	(020) 8552 6896	MOONEY, R, 602 Green Lane, Ilford.....	(020) 8599 9588
MARTIN, J, 58 Derby Road, London.....	(020) 8471 8738	M, B, 7, Whitebone Ave, Romford.....	(020) 8590 5795	MOORE, A, 141 Collings House Whiting Avenue, Barking.....	(020) 8177 1686
M, L, 106 Beam Av, Dagenham.....	(020) 8595 2161	M, D, 65 Melford Avenue, Barking.....	(020) 8594 5489	M, B, 39 Stophen Avenue, Rainham.....	(01708) 556114
M, M, 23 Kilsby Walk, Dagenham.....	(020) 8595 2160	M, J, 15 Fuller Road, Dagenham.....	(020) 8793 4034	M, David, 47 Foxlands Road, Dagenham.....	(020) 8593 4146
M, M, 24 Morden Road, Romford.....	(020) 8599 0920	M, K, 2 Howard Court Howard Road, Barking.....	(020) 8507 9945	M, D, 27 St. Olaves Road, East Ham.....	(020) 8472 9752
M, P, 77 Rothwell Road, DAGENHAM.....	(020) 8593 7948	M, Khokan, 2 Jarvis Close, Barking.....	(020) 8594 3343	M, D, 284 Westrow Drive, Barking.....	(020) 8924 3968
M, Mr Terrence, 141 Marlborough Road, Dagenham.....	(020) 8595 1521	M, M, 139 Caledon Road, London.....	(020) 3304 6742	M, E, 25 Lichfield Road, Dagenham.....	(020) 8598 9135
M, Mr V, 27 Triumph House Alderman Avenue, Barking.....	(020) 3132 7666	M, M, 35 Manbrugh Avenue, London.....	(020) 8470 0791	M, G, 37 Westfield Road, Dagenham.....	(020) 8262 1819
MARTINELLI, S, 160 Caledon Road, E6.....	(020) 8472 3979	M, Mr M, 78 Rutland Rd, London.....	(020) 8177 1796	M, G, 37 Forsters Close, Romford.....	(020) 3581 6809
MARWAHA, A, 13 Fienes Close, Dagenham.....	(020) 8598 9819	M, M.A, 53 Norfolk Road, London.....	(020) 8552 3225	M, J, 62 Third Avenue, Dagenham.....	(020) 8593 4488
MARYATI, M, Flat 4, Wellington Court, 77 Axe Street, Barking.....	(020) 3302 2453	M, Mr M, 196 Bader Way, Rainham.....	(01708) 937628	M, K, 115 Ballards Road, Dagenham.....	(020) 8592 4984
MARZA, S, 18 Farrance Road, Romford.....	(020) 3730 8266	M, Sm, 10 Hulse Avenue, Barking.....	(020) 8507 7493	M, Miss K, 177 Charlton Crescent, Barking.....	(020) 3132 7907
MASHILANE, N, 204 Cutter Court Tide Street, Barking.....	(020) 3737 3294	M, Sm, 85 Keir Hardie Way, Barking.....	(020) 3172 7302	M, P, 358 Green Lane, Ilford.....	(020) 8590 9552
MASILAMANI, M, 29 Streafield Avenue, London.....	(020) 3620 0392	M, S, 127 Kitchener Road, London.....	(020) 3105 6202	M, P, 593B Green Lane, Ilford.....	(020) 8220 0869
MASINU BOUNGO, E, 247 Morley Road, Barking.....	(020) 3092 6124	M, Mr Z, Mr 185 Sterry Road, Dagenham.....	(020) 3669 2101	M, P, 50 Morrab Gardens, Ilford.....	(020) 8590 0374
MASON, B.D, 12 Norfolk Road, Barking.....	(020) 8591 6799	MICHAEL, Mr J, 33 Norman Road, Ilford.....	(020) 8141 1301	M, S, Mobile, 5 Urswick Road, .....	(07930) 019904
M, Mrs Kelsada, 1 Ratcliff Road, London.....	(020) 8471 1859	M, W, 112 Latham Rd, E6.....	(020) 8548 0933	MOORLEY, C, 51 Angelica Drive, London.....	(020) 7511 8629
M, N, 150A Oval Road North, Dagenham.....	(020) 3337 1664	MICHEAL, Mr J, 15 Stevengate Road, London.....	(020) 8141 1556	MORAHAN, Miss M, 84 John Burnes Srive, Barking.....	(020) 8141 0757
M, P, 29 Riverside Close, Barking.....	(020) 8507 2747	MICHEL, Mr G, 92 Mayesbrook Road, Ilford.....	(020) 3132 6113	MORAIN, A, 291 Henley Road, Ilford.....	(020) 8478 4733
MASOOD, K, 431 Porters Avenue, Dagenham.....	(020) 8593 6655	MICHITICU, L, 28 St. Albans Avenue, London.....	(020) 3715 4643	MORAIAS, Mr M, 8 Grosvenor Road, London.....	(020) 8177 5874
M, Ms M, 41 Castleton Rd, Ilford.....	(020) 8141 7773	MICICI, G, 16 Wadeville Avenue, Romford.....	(020) 7998 9354	MORAR, P, 19 Perryman House, 100 The Shaftesburys, Barking.....	(020) 8924 2741
MASOUD, S, 126 wilmington gardens, barking.....	(020) 3004 4497	MICULIENE, Mrs J, 102 Hurstbourne Gardens, Barking.....	(020) 3132 7310	MORARIU, C, 5 Tynemouth Close, London.....	(020) 7511 0372
MASRAI, Mr M, 41 Keir Hardie Way, Barking.....	(020) 8177 6686	MIDDLETCH, J, 7 Shipton Close, Dagenham.....	(020) 8517 7853	MORGAN, T, 48 Manor Square, Dagenham.....	(020) 3592 6910
MASSALA, J, 249 Incess Close, Dagenham.....	(020) 8592 0983	MIDDLETON, D, 41C Sparsholt Road, Barking.....	(020) 8507 3015	MORETON, K.A, 29 Wall End Road, E6.....	(020) 8471 9349
MASSANKA, M, C, 98 Roxwell Road, Barking.....	(020) 8507 9927	M, S, 63 Highgrove Road, DAGENHAM.....	(020) 8592 5859	M, M, 13 Whiting Avenue, Barking.....	(020) 8591 3719
MASSEIRA, Mr O, 81a Mountfield Road, London.....	(020) 8141 5802	MIHAI, C, 6 Dawson Drive, Rainham.....	(01708) 960760	M, Miss 34 Essex Road, Romford.....	(020) 8586 4883
MASUD, S, 9 Meldrum Road, Ilford.....	(020) 8270 2196	MIHAYLOVA, M, 13B Ripple Road, Barking.....	(020) 8177 4207	M, R, 33 Arundel Gardens, Ilford.....	(020) 8599 6422
MATABABUL, B, 35 Dunkeld Road, Dagenham.....	(020) 8590 1370	MIKE, Mr A, 25 Montague Avenue, Barking.....	(020) 8177 4207	M, Stephen, 126 Salisbury Avenue, Barking.....	(020) 8594 5801
MATABADUL, V, 58 Aberdour Rd, Ilford.....	(020) 8599 7967	MILES, V, 14 Morrison Road, BARKING.....	(020) 8491 3724	M, Zea, 7 Cromer Road, Chadwell Heath Romford.....	(020) 8599 0607
MATEI, C, 67 Flamstead Road, Dagenham.....	(020) 3016 4676	MILLIAUSKAS, Mr R, 20 Becket Ave, London.....	(020) 8177 2491	MORPHEW, V, 17 Avelon Road, Rainham.....	(01708) 531384
MATHAMPATT, R, 706 Cutmore Ropeworks 1 Arboretum Pl, Barking.....	(020) 8591 4443	MILLAR, A, Rounders Court Flat 9 Lewis Way, Dagenham.....	(020) 3715 2945	MORRAD, JR, 124 Dagenham Road, Rainham.....	(01708) 554943
MATHARU, G, 54 Hall Road, Chadwell Heath.....	(020) 8590 5647	M, J, 42 Tanner Street, Barking.....	(020) 3718 9936	MORRALES, C, 170 Caledon Road, E6.....	(020) 8552 5444
M, M, J, 4 Cardigan Gardens, ILFORD.....	(020) 8598 1778	M, Rev S, 568 Beestree Avenue, Dagenham.....	(020) 8593 2782	MORRELL, Mr D, 39 Sandringham Rd, Barking.....	(020) 8177 4180
M, P.S, 113 Upton Park Road, E7.....	(020) 8472 1991	MILLER, Mr Antonio, 446a Romford Road, Forest Gate, London.....	(020) 3719 7914	M, R, 7 Svitler Way, Dagenham.....	(020) 8595 6510
MATHEOU, J, 61 Park Avenue, Barking.....	(020) 8591 2876	M, Ms D, 147 Valence Wood Road, Dagenham.....	(020) 8177 5634	MORRIS, C, 10 Tenbury Close, London.....	(020) 8552 8067
MATHEW, L, Mobile, 16 Ellerton Gardens, Dagenham, Essex.....	(07951) 611120	MILLS, C, 16 Durell Gardens, Dagenham.....	(020) 8593 6741	M, E, 129 Styrce Park, Dagenham.....	(020) 8595 5078
MATHOMPAT, R, Flat 704 Ropeworks 1 Arboretum Place, Barking.....	(020) 8507 3437	M, C, 68 Hunters Hall Road, Dagenham.....	(020) 8517 0648	M, L, 20 Princes Park, Rainham.....	(01708) 559045
MATHUR, A, 7A The Pinnacle 156-162 High Road, Romford.....	(020) 8505 0427	M, C.F, 18 Rothsay Road, E7.....	(020) 8472 5488	M, M.A, Flat 10 Hertford Court 2b Vicarage Lane, E6.....	(020) 8552 0415
MATTHEWS, A, 9 Buttfild Close, Dagenham.....	(020) 3724 5038	M, G.W, 278 Goresbrook Road, Dagenham.....	(020) 8592 7096	M, R, 17 Craven Gardens, Barking.....	(020) 8220 9979
M, F.M, 129 Aden Crescent, Dagenham.....	(020) 8595 4675	M, T, 6 Lake Gardens, Dagenham.....	(020) 8593 6583	MORRIS-HORNETT, Miss J, Miss 4 Broad Street, Dagenham.....	(020) 3723 4399
M, G, 62 King Edwards Road, Barking.....	(020) 8924 7493	MILTON, P, 40 Southend Road, E6.....	(020) 8548 8953	MORTLOCK, H, 76 Campden Crescent, Dagenham.....	(020) 8599 7141
M, M, 48 Lyngington Rd, Dagenham.....	(020) 8597 2257	MIMMS, J, 55 The Clarksons Boundary Rd, Barking.....	(020) 8594 9121	MOSELO, Mr W, 13, Ingrave House Goresbrook Road, Dagenham.....	(020) 8177 9145
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MATTU, T.S, 14 Brownlea Gdns, Ilford.....	(07956) 489473	MINHAS, Mr A, 23 Faircross Av, Barking.....	(020) 8177 4206	MOSS, A, 36 Birchdale Gardens, Romford.....	(020) 8590 5152
MATYUS, R, 120 Eastbourne Road, London.....	(020) 8552 7939	MINNING, R, 9 Pembroke Gardens, Dagenham.....	(020) 3305 5314	M, M, 41 Mannin Road, Romford.....	(020) 8590 1489
MAUL, P, (Mobile), 9 Ventnor Gdns, Barking.....	(07956) 852399	MIREKU, A, 45 Downings, E6.....	(020) 7511 4057	MOTHILLAL, S, 35A Warwall, E6.....	(020) 3729 4374
M, R.B, 12 Bradford Drive, Barking.....	(020) 8591 4731	MIRZA, A, 21 Westbury Road, Barking.....	(020) 3340 0530	MOTPAN, I, 23 Herbert Gardens, Romford.....	(020) 8590 9101
MAURI, S, 14 Atlantic Close, Barking.....	(020) 8507 8327	M, Mr H, 4 Exeter House Margaret Bondfield Avenue, Barking.....	(020) 8177 5956	MOTURI, V, 116 High St Nth, E6.....	(020) 8472 0988
MAUTHOOR, F, 51 Westrow Gardens, Ilford.....	(020) 8599 1380	M, Mr M, 42 King Edwards Rd, Barking.....	(020) 3132 2988	MOTUDIAD, V, Flat 601 Icehouse Court 56 Abbey Road, Barking.....	(020) 8594 0925
MAUTSI, A, 22 Joan Gardens, DAGENHAM.....	(020) 8517 1053	M, Mr Q, 67a Faircross Av, Barking.....	(020) 8141 0500	MORUGHTON, K, 94 Cavendish Gardens, Barking.....	(020) 8594 4813
MAXEY, A, 5 Greenwood Avenue, Dagenham.....	(020) 8984 9508	M, Dr S, 28 St. Thomas Gardens, Ilford.....	(020) 8478 3755	MOUSAVI, Mr S, 16 Fanshawe Avenue, Barking.....	(020) 8177 6666
MAY, C, Flat 4 Barmead Court Barmead Road, Dagenham.....	(020) 4568 0087	MISAA BOAFO, E, 18 David Road, Dagenham.....	(020) 3015 3233	MOYNIHAN, C, 9A Alloa Road, Ilford.....	(020) 8270 0632
M, Mr Lawrence, 160 Lilechurch Road, Dagenham.....	(020) 3689 6348	MISBAH, F, 3 Wheatfields, East Ham.....	(020) 7474 0044	MISPA, L, 157 Lilechurch Rd, Dagenham.....	(020) 8517 8135
M, R.H, 13 Freeborne Gardens, Rainham.....	(01708) 553277	MISINSKIENE, J, 56 Tallow Close, Dagenham.....	(020) 8595 8099	MTAMIRI, N, 15 Collier Close, London.....	(020) 3673 4245
MAYCEY O.J, 26 Talbot Gardens, Ilford.....	(020) 8597 1279	MISKRY, S, 33 Long Reach Court King Edwards Road, Barking.....	(020) 8389 5028	MUA-AZUBA GARBA, J, 65 Wheelers Cross, Barking.....	(020) 8591 8216
MAYCOCK, S, 61 Sandhurst Drive, Ilford.....	(020) 8590 5462	MISODI, M, 35 Marston Avenue, DAGENHAM.....	(020) 3689 4601	MUBARIK, I, 186 Dawlish Drive, Ilford.....	(020) 8252 5230
MAYFIELD, J, 95 Park Avenue, Barking.....	(020) 8591 0566	MISOMALL, Mrs A, 117 Lavender Pl, Ilford.....	(020) 8478 2757	MUDD, R, 207 Western Avenue, DAGENHAM.....	(020) 3294 9377
MAYHEW, J, 58 Sheppey Road, Dagenham.....	(020) 8595 5507	MISTODI, A, 62 Bradford Drive, Barking.....	(020) 8591 3769	MUDHAR, K.S, 23 Lloyd Road, E6.....	(020) 8472 4540
M, S, 15 Lamberhurst Road, Dagenham.....	(020) 8924 2866	MITCHELL, C.V, 44 Kitchener Road, E7.....	(020) 8548 1305	M, S, 11 Aberdour Road, Ilford.....	(020) 8597 5978
MAYNARD, D, 38 Warley Avenue, Dagenham.....	(020) 8593 4046	MITCHELL, C.V, 44 Kitchener Road, E7.....	(020) 3138 1707	MUFTI, E, 14 Natal Road, Ilford.....	(020) 8514 3583
MAYOLO, Admiral M, Flat 15 Napier Court 521 Green Lane, Ilford.....	(020) 3981 2759	MOGA, C, 45 Margery Road, DAGENHAM.....	(020) 3737 5816	MUGABO, J, Flat 22, Laburnum House Bradwell Avenue, Dagenham.....	(020) 3759 523



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MUNDAY, John, 22 Bristol Road, E7.....	(020) 8470 6156	NDU, I, Flat 24 Billington House 15 Northgate Road, Barking.....	(020) 3794 7579	NYARKO, D, 42 Ellerton Road, DAGENHAM.....	(020) 3894 0191
M, M, 29 Boulton Road, Dagenham.....	(020) 8984 1058	NDULAKA-OKWU, D, 221 Woodward Road, Dagenham.....	(020) 3623 0611	N, D, 28 Glenmore Way, Barking.....	(020) 8220 4777
MUNGANEEME, Mr R, 77 Rutland Rd, E7.....	(020) 8548 1715	NEAGLE, U, 6 First Avenue, Dagenham.....	(020) 8592 0641	NZAOU, Mr P, 1618 Monega Rd, London.....	(020) 7470 2292
MUNNA, N, 27 Bushgrove Road, Dagenham.....	(020) 3539 3000	NEAGU, O, 119 Wellington Road, E6.....	(020) 8471 2871	NZEMBE, B, 47 Rushmore Avenue, Dagenham.....	(020) 3665 9714
MUNSAKA, Mr J, 86 Tomlins Orclard, Barking.....	(020) 8141 7574	NEAL, M, 47 Bevan Avenue, Barking.....	(020) 8594 5169	O'CONNELL, K, 31 Melbourne Road, E6.....	(020) 8471 9786
MUONNA, N, 313 Becontree Avenue, Dagenham.....	(020) 8586 4468	NEALE, J, 141 Hunters Hall Road, Dagenham.....	(020) 8595 7363	O, KEEFE, A, 11 Cromer Road, Chadwell Heath, ROMFORD.....	(020) 8597 3772
MUONMWEOKWA-EGBUNIKE, A, 118 Wood Lane, Dagenham.....	(020) 8592 4908	NECHIFOR, M, 20 Alibon Gardens, Dagenham.....	(020) 8517 3254	O SULLIVAN, D, 218 Heathway, Dagenham.....	(020) 8592 0458
MUPAGASI, Ms V, Ms 96 London Road, Barking.....	(020) 3561 2273	NEDEV, P, 19 Sandhill Road, Ilford.....	(020) 8478 8938	OAKLEY, P, 33 Christie Gardens, Romford.....	(020) 8597 3355
MUPPARAJU, Mr B, 31 Latham Rd, London.....	(020) 8475 0012	NEEDHAM, G, Gurdipr, 70B Grove Road, Romford.....	(020) 8590 0589	OANA, N, 39 Lavender Place, Ilford.....	(020) 8014 8100
MURALEETHARAN, V, 17 Altmore Avenue, E6.....	(020) 8586 0312	NEIAZ, S, 561 Goresbrook Road, Dagenham.....	(020) 8507 7420	OATLEY, S, 5 Foundry Close, E6.....	(020) 7473 6016
MURALEETHARAN, Sivaprikasam, 88 Caledon Road, E6.....	(020) 8471 4346	NEILL, Mrs L, 38 Greenwood Avenue, Dagenham.....	(020) 3138 2011	OBABORI, Mr O, 336 Ripple Road, Barking.....	(020) 8177 9833
MURASIRANWA, E, 28A Arundel Gardens, Ilford.....	(020) 3294 2801	NEKRISOVS, S, 20 Brittain Road, Dagenham.....	(020) 8220 4398	OBARIASE, K.O, 561 Romford Rd, E7.....	(07956) 334890
MURASZCZUK, J, 48 Kempton Road, London.....	(020) 8472 9136	NELLAPPAPAH, P, 11 Drakes Walk, E6.....	(020) 8470 3335	OBENG, F, 310 Longbridge Road, Barking.....	(020) 3742 7985
MURISANU, Dan, 62 Ford Road, Dagenham.....	(020) 3686 2375	NELSON, Ms J, 88 Folkestone Road, London.....	(020) 8177 4323	O, Mr 6 Hollidge Way, Dagenham.....	(020) 8596 1001
MURKIN, E, 12 Morley Road, Romford.....	(020) 8597 1712	NEO, M, Flat 43 Erken Plaza Abbey Road, Barking.....	(020) 3015 0703	OBERIA, J, 105 Turnage Road, Dagenham.....	(020) 3673 1497
MURPHY, K, 95 Westrow Drive, Barking.....	(020) 8594 5672	NESAR, M, 93 Mountfield Road, London.....	(020) 3609 2579	O'BRIEN, C, 18 Hazeldene Road, Ilford.....	(020) 8590 2381
MURPHY, K, 9 Aidan Close, Dagenham.....	(020) 3685 3781	NESSAO, O, 43 Western Av, Dagenham.....	(020) 8517 2505	O, J.S, 62 Cranborne Road, Barking.....	(020) 8591 1135
M, S, 68 Mayfield Road, Dagenham.....	(020) 8599 6041	NESHAN, Kumaravel, 51 Heigham Road, E6.....	(020) 8471 5206	O, M.W, 28 Linkway, Dagenham.....	(020) 8592 2208
M, T, Richard Moore Court Flat 28 699, Rainham Road South, Dagenham.....	(020) 3566 1753	NESSA, H, 1097 High Road, Romford.....	(020) 3294 1961	O, P, 64 Hardie Road, DAGENHAM.....	(020) 8593 9112
MURRANT, L, 56 Bevan Avenue, Barking.....	(020) 8594 0610	NESTOROVA, Mrs P, 23 Netherfield Gardens, Barking.....	(020) 8177 4931	O'CONNOR, K, 18 Cornshaw Road, DAGENHAM.....	(020) 3573 3108
MURRAY, D, 68 Outland Cres, Barking.....	(07930) 916825	NETTELINGHAM, M, 75 Geneva Gardens, Romford.....	(020) 8597 0159	O, Miss M, 80 Albion Road, Dagenham.....	(020) 8177 9178
M, Mr Gerald, Flat 15 Springfield Court, Forsythia Close.....	(020) 8227 1342	NEWLAND, M, 30 Norton Road, Dagenham.....	(020) 8593 1033	O, T, 70 Fanshawe Crescent, Dagenham.....	(020) 8593 1932
M, J, Bell House Flat 11 Lewis Way, Dagenham.....	(020) 8592 4300	NEWMAN, E, 1 Tavistock Gardens, Ilford.....	(020) 8220 2283	ODEDE, Mrs Promise Oghenekewe, 20 Chantress Close, Dagenham.....	(020) 3643 0763
M, L.J, 5 Kennedy Road, Barking.....	(020) 8591 2583	N, J, 4 Darcy House Jack Jones Way, Dagenham.....	(020) 8595 1742	ODEDRA, H, Flat 30 Rowan House 15 Rowan Close, Ilford.....	(020) 8478 4882
M, O, 19 St. Giles Close, Dagenham.....	(020) 8595 3631	N, P, 70 Castleton Road, Ilford.....	(020) 8599 8900	ODEDZA, Ms K, 104 Glenny Road, Barking.....	(020) 8141 7514
M, S, 1032 High Road, Romford.....	(020) 8597 2541	NEWTON, J, Flat 45 Cromwell Lodge Longbridge Road, Barking.....	(020) 8507 2978	ODEH, John, 6 Levine Gardens, Barking.....	(020) 3490 7651
MUSAT, L, 206 Hedgemans Road, Dagenham.....	(020) 3652 8531	NGALULA, A, 312 Longbridge Road, Barking.....	(020) 8617 3509	ODEI, E, 12 Mordaunt Gardens, Dagenham.....	(020) 3509 3179
MUSGROVE, WJ, 77 Rugby Road, Dagenham.....	(020) 8595 6973	NGEN, F, 37 Maybury Road, Barking.....	(020) 3665 6547	ODENIYI, O, 45 Forresters Apartments 42 Linton Road, Barking.....	(020) 8594 1834
MUSHARAF, Mrs Bushra, 41 Bromhall Road, Dagenham.....	(020) 8579 9618	NGIECI, Q, 109 Goodmayes Lane, Ilford.....	(020) 3489 2358	ODEUNDE, Mr A, 115 Beam Avenue, Dagenham.....	(020) 8177 5637
MUSHTAQ, Mr S, 14 Monteagle Av, Barking.....	(020) 3177 1714	NGOMA, M, Flat 203 Coniston Avenue, Barking.....	(020) 8177 4912	ODIASE, P, 1 Stonard Road, Dagenham.....	(020) 3552 3904
MUSINGUZI, I, Flat 29 B, Brocklebank Mansions Fielders Crescent, Barking.....	(020) 3592 9703	NGUIMBI, A, 70 Roycroft Avenue, Barking.....	(020) 8594 3906	O'DONNELL, Mr Christopher, 152 Gurney Close, Barking.....	(020) 8592 0771
MUSSAMMOTH, L, 237 Ivyhouse Road, Dagenham.....	(020) 3172 0903	NGUYEN, Tuyet, 106 High Road, Romford.....	(020) 8599 1400	O, S, 14 Parkway, Ilford.....	(020) 8599 4200
MUSSARD, L, Mobile, 86 Heath Road, Dagenham.....	(07957) 767077	NGWU, R, 4 Lawes Way, Barking.....	(020) 3732 7052	ODRISCOLL, E, 91 First Avenue, Dagenham.....	(020) 8593 6467
MUSSENDEN, David, 38 Flamstead Road, Dagenham.....	(020) 8517 0245	NICA, C, 1029 High Road, ROMFORD.....	(020) 3573 1384	ODU, E, 2 Stamford Gardens, Dagenham.....	(020) 8517 0516
MUSTAFA, A, Flat 4, Review Lodge Review Road, Dagenham.....	(020) 8177 8456	NICHTA, A, 8 Chadview Court Chadwell Heath Lane, Chadwell Heath.....	(020) 8586 1598	ODUBAMOWO, A, 41 Canonsleigh Road, Dagenham.....	(020) 3623 1529
M, Shamaila, 439C Katherine Road, E7.....	(020) 3556 9526	NICHOLAS, C, 21 Primrose Avenue, Romford.....	(020) 8252 4319	ODUMOSU, Olumuyiwa, 11 Pickering Road, Barking.....	(020) 8591 2116
M, W, (Mobile), 35 St. Georges Sq, London.....	(07984) 735425	N, M, Flat 203 Bowen Court 9 Mizen Street, Barking.....	(020) 8459 1137	ODUMOYE, S, 73 Burnham Road, Dagenham.....	(020) 3132 3362
MUSY, C, 167 Mungo Park Road, RAINHAM.....	(01708) 552868	N, V, 222 Clements Road, East Ham.....	(020) 8475 0210	ODUNAIYA-ONI, O, 56 Mayesbrook Road, Dagenham.....	(020) 3648 9698
MUTHUSAMY, G, 156 Strone Road, E7 Forest Gate, London.....	(020) 8552 3308	NICHOLS, B, 136 Stratton Dy, Barking.....	(020) 8594 9794	OFFORD, P, 60 Gainsborough Road, Rainham.....	(01708) 552521
MUTHY, A, 60a Grove Road, Romford.....	(020) 8597 1212	N, N, 21 Stanhope Road, Rainham.....	(01708) 557521	OFKELI, E, 12 Whalebone Lane South, Dagenham.....	(020) 8984 8222
MUWANGA, W, 47 Third Avenue, Dagenham.....	(020) 3673 6547	N, V, 58 Dewey Road, Dagenham.....	(020) 8984 4600	OFORI APPIAH, Miss Cornelia, Priors House, 5-7 Loxford Road, Barking.....	(020) 8109 8258
MWANGI, A, 129 Bastable Avenue, Barking.....	(020) 8591 4595	NICHOLS, D, 335 Sheppey Road, Dagenham.....	(020) 8595 8191	OFUSU-OBOOAH, Mr N, 78 Ford Rd, London.....	(020) 8141 5563
M, A, FLAT 61 WESTSIDE APARTMENTS 69 Roden Street, Ilford.....	(020) 8514 7463	N, J, Flat 7 Peter Bradley Court Dagenham Avenue, DAGENHAM.....	(020) 8595 3133	OGBEFUN, S, 17 Bentry Road, Dagenham.....	(020) 3669 3292
MWATHI, J, 63 Gooseley Lane, London.....	(020) 3015 8455	NICKOLS, D, 10 Plumtree Close, Dagenham.....	(020) 8592 7693	OGBEIDE, A, 67 Perryman House, 100 The Shaftesburys, Barking.....	(020) 3352 7429
MWERE, G, 68 The Shaftesburys, Barking.....	(020) 8594 3408	NICOLAE, A, 130 Bastable Avenue, Barking.....	(020) 3686 1541	OGBONNAYA, S, Flat 28 Norfolk Court Glandford Way, Chadwell Heath.....	(020) 8597 6282
MYEARS, M, 7 Barleyfields Close, Romford.....	(020) 8599 8395	NICOLL, A, 7 Woodward Road, Dagenham.....	(020) 8491 3659	OGDEN, M, 2 Thurlstone Av, Ilford.....	(020) 8590 3097
MYERS, B.B, 69B Morley Road, Romford.....	(020) 8599 4101	NICOLOS, Mrs C, 110 King Edwards Road, Barking.....	(020) 8177 3161	OGELEKA, R, 15 Robinson Road, Dagenham.....	(020) 8517 2348
M, K, 24 Buttsbury Road, Ilford.....	(020) 8553 0887	NIELSEN, Mr G, 11 Sherrard Road, London.....	(020) 8470 7797	OGO, Mr E, 4 Grosvenor Rd, Dagenham.....	(020) 8592 4328
MYRTO, V, 21 Waterside Close, Barking.....	(020) 8616 5374	NIGUSE, D, Flat 12 Montgomery Court St. Mark's Place, Dagenham.....	(020) 8517 0041	OGORO, F, Flat 702 Mill Point 86 Abbey Road, Barking.....	(020) 8594 1667
NABI, G, 416 Katherine Rd, E7.....	(07956) 810464	NIL MOI, F, Flat 308, Academy Court, 566 Longbridge Road, Dagenham.....	(020) 3489 0833	OGUYEMI, S, 458 Goresbrook Rd, Dagenham.....	(020) 8984 1976
NABIL, G, 5 Rosemary Gardens, Dagenham.....	(020) 3669 6459	NIJER, F, 27 Gyllyngdune Gardens, Ilford.....	(020) 8590 3343	OGUN, A, Flat 21 Framingham Court Norwich Crescent, Romford.....	(020) 3685 4344
NABUKALU, R, 55 Oval Road South, DAGENHAM.....	(020) 3718 2631	NILSEN, M, 35 Winstead Gardens, Dagenham.....	(020) 8252 0616	OGUNBAJO, B, 20 Wren Road, Dagenham.....	(020) 3659 2158
NABWIRE, R, 4 Forresters Apartments 42 Linton Road, Barking.....	(020) 8507 9001	NIMMAL, Mrs K, 361 Ripple Road, Barking.....	(020) 3326 9480	OGUNBAWO, B, 56 Peverel Ho, Stour Rd, Dagenham.....	(07958) 945568
NACHEVA, E, Upney Court Flat 6 The Drive, Barking.....	(020) 8793 6950	NIMMOH, A, 35A Nelson St, E6.....	(020) 8552 9750	OGUNBUNMI, O, 15 Dettigen Place, Barking.....	(020) 8591 5014
NADEEM, Arwa, 2 Rowney Road, Dagenham.....	(020) 8595 4534	NINSE, M, 250 Sheppey Road, Dagenham.....	(020) 3662 3102	OGUNDARE, E, 116 Sterry Road, Dagenham.....	(020) 3715 4630
N, Mr M, 35 Woodstock Rd, London.....	(020) 8552 2835	NITHYAKUMAR, N, 15 Holland Road, E6.....	(020) 8475 0623	OGUNDE, O.A, 177 Express Drive, Ilford.....	(020) 8598 2484
N, R, 604 Gale Street, Dagenham.....	(020) 8526 6168	NIVEN, L, Flat 1 The Fanshawe Gate Street, DAGENHAM.....	(020) 3715 6777	OGUNDIGIE, S, 29 Ridley Close, Barking.....	(020) 8591 7330
NADEN, M, 21 Chester Road, London.....	(020) 3560 6614	NIZAR, M, 25 Norfolk Road, London.....	(020) 3370 2083	OGUNKOYA, L, 169 Osborne Square, Dagenham.....	(020) 8593 3983
NADESPILLAI, S, 21 Holland Rd, E6.....	(07956) 279472	N, M, H, 25 Norfolk Road, London.....	(020) 3370 2099	OGUNLADE, Miss F, 33 Crispe House 72 Dovehouse Mead, Barking.....	(020) 8177 6688
NAGALINGAM, S, 127 Caulfield Road, LONDON.....	(020) 8552 4819	NJAKA, K, 224 Reece Road, Dagenham.....	(020) 8014 1875	OGUNLANA, Mr A, 25 Stanfield Gardens, Dagenham.....	(020) 8141 0373
NAGAMANY, Mrs S, 365 Ripple Road, Barking.....	(020) 3370 2790	NJERI, T, Flat 5 Orion House Danforth Way, Dagenham.....	(020) 3294 6869	O, J, 118 Wellington Drive, Dagenham.....	(020) 3091 4079
N, Mrs S, 365 Ripple Road, Barking.....	(020) 3370 2791	NJOIDI, M, 236 Maxey Road, Dagenham.....	(020) 8593 2565	OGUNLOWO, O, 8 Charles Road, Dagenham.....	(020) 8014 0990
NAGARAJAN, Mr R, 76 Holland Road, Eastham, London.....	(020) 3370 2670	NJOKU, Stella, Flat 8 Maple House 34 Foxlands Crescent, Dagenham.....	(020) 8595 1785	OGUNSANJA, Mr R, 55 Roycroft Av, Barking.....	(020) 8507 0291
NAIGA, V, 7 Mayfield Road, Dagenham.....	(020) 3602 9979	NKANSAH, Mr, 152 Church Elm Lane Dagenham, Essex.....	(020) 8596 9874	NKATA NZUANI, V, 162 Church Elm Lane Dagenham, Essex.....	(020) 8596 9874
NAIM, A, 388 Ilford Lane, Ilford.....	(020) 8062 8828	NKETA, J, 24 Altmore Avenue, London.....	(020) 8472 3831	NKETIA, K, 24 Altmore Avenue, London.....	(020) 8472 3831
NAIR, K.G, 113 Shrewsbury Road, E7.....	(020) 8552 2914	NKONDE, M, Mobile, 21 Palmerstone Road, London.....	(07984) 174352	NKONDE, M, Mobile, 21 Palmerstone Road, London.....	(07984) 174352
NAKRIJUA, A, 59 Roosevelt Way, Dagenham.....	(020) 3718 7258	NKRUMAH, Mr, B, 142 Green Street, London.....	(020) 8177 6556	NKRUMAH, Mr, B, 142 Green Street, London.....	(020) 8177 6556
NALIN, Mr A, 254 Staines Road, Ilford.....	(020) 3318 8856	N, R, 115 Cornworthy Road, Dagenham.....	(020) 3721 6785	N, R, 115 Cornworthy Road, Dagenham.....	(020) 3721 6785
NALLARAMU, M, 92 Melbourne Road, East Ham.....	(020) 8472 0276	NKUMU, B, 199 Western Avenue, Dagenham.....	(020) 3719 6016	NKUMU, B, 199 Western Avenue, Dagenham.....	(020) 3719 6016
NANBARIORAN, Mr C, 12 Norman Rd, Ilford.....	(020) 3132 4444	NKWANYOU, T, 34A Chadwell Hth La, Romford.....	(020) 8598 1505	NKWANYOU, T, 34A Chadwell Hth La, Romford.....	(020) 8598 1505
NANDHA, D, 207 Valence Wood Road, Dagenham.....	(020) 3532 1741	ONEI, Prince E, 105 Essex Rd, Barking.....	(020) 8507 0805	ONEI, Prince E, 105 Essex Rd, Barking.....	(020) 8507 0805
NANDHRA, Mr S, 122 Sherrard Rd, London.....	(020) 8141 7694	NOGALES GARCIA, M, 38 Fanshawe Avenue, Barking.....	(020) 3538 1481	NOGALES GARCIA, M, 38 Fanshawe Avenue, Barking.....	(020) 3538 1481
NAQVI, M, 146 Lowbrook Road, Ilford.....	(020) 8478 8086	NOLAN, F.J, 8 Durban Gdns, Dagenham.....	(020) 8593 0807	NOLAN, F.J, 8 Durban Gdns, Dagenham.....	(020) 8593 0807
NASCIMENTO, P, 98 Kenneth Road, Romford.....	(020) 3722 2148	NONIAN, Mr N, 8 Norman Road, Ilford.....	(020) 8141 8738	NONIAN, Mr N, 8 Norman Road, Ilford.....	(020) 8141 8738
NASH, A, 59 Westminster Gardens, BARKING.....	(020) 8507 8700	NOIYOUS, A, 145 Rainham Road, Rainham.....	(01708) 526409	NOIYOUS, A, 145 Rainham Road, Rainham.....	(01708) 526409
N, R, 79 Lodge Avenue, Dagenham.....	(020) 8595 6389	NOOR, M, 37 Goring Gardens, Dagenham.....	(020) 8593 0172	NOOR, M, 37 Goring Gardens, Dagenham.....	(020) 8593 0172
N, S, 90 Oxlow Lane, Dagenham.....	(020) 3652 7467	NOORIGAT, M, Flat A 383 Katherine Road, E7.....	(020) 8503 4697	NOORIGAT, M, Flat A 383 Katherine Road, E7.....	(020) 8503 4697
N, W, 9 Waterbeach Road, Dagenham.....	(01608) 682029	NOR, Mrs H, 73 Cobham Rd, Ilford.....	(020) 8598 8939	NOR, Mrs H, 73 Cobham Rd, Ilford.....	(020) 8598 8939
NASIR, H, 41 South End Road, Rainham.....	(01708) 898276	NORONHA, M, Mobile, 305 Shrewsbury Road, London.....	(07957) 910290	NORONHA, M, Mobile, 305 Shrewsbury Road, London.....	(07957) 910290
N, K, 136 Kitchener Rd, E7.....	(020) 8470 0647	NORTEY, B, 3 Dronfield Gdns, Dagenham.....	(020) 8517 6624	NORTEY, B, 3 Dronfield Gdns, Dagenham.....	(020) 8517 6624
NASR, M, FLAT 313 CANTERBURY HOUSE 1 Honour Gardens, Dagenham.....	(020) 8599 2345	NORTON, K, 23 Winstead Gardens, Dagenham.....	(020) 8252 0585	NORTON, K, 23 Winstead Gardens, Dagenham.....	(020) 8252 0585
NASSIR, M, Mill Point Flat 1202, 86 Abbey Road, Barking.....	(020) 3304 7174	N, N, 87 Robinson Road, Dagenham.....	(020) 3685 9021	N, N, 87 Robinson Road, Dagenham.....	(020) 3685 9021
N, Mrs W, 8 Blake Avenue, Barking.....	(020) 8141 1485	NOSAYE, Mr E, 901 Longbridge Road, Dagenham.....	(020) 8595 8958	NOSAYE, Mr E, 901 Longbridge Road, Dagenham.....	(020) 8595 8958
NATHAN, K, 36 Shaw Avenue, BARKING.....	(020) 3663 5381	NOTTAGE, A, 11 Deere Avenue, Rainham.....	(01708) 521967	NOTTAGE, A, 11 Deere Avenue, Rainham.....	(01708) 521967
NATIVIDAD, C, 24 Foxlands Road, Dagenham.....	(020) 8595 8927	N, B, 44 Auriel Avenue, Dagenham.....	(020) 8593 0283	N, B, 44 Auriel Avenue, Dagenham.....	(020) 8593 0283
NAUMAN, H, Flat 2 1, Butterfly Court Elderberry Way, London.....	(020) 3380 4833	NOVAIS, Miss A, 11 Marlborough Road, London.....	(020) 8177 9190	NOVAIS, Miss A, 11 Marlborough Road, London.....	(020) 8177 9190
NAVARATNAM, B, 166 Caledon Road, East Ham, London, London.....	(020) 7998 7668	NOVEMBER, R, 46 Castleton Road, Essex.....	(020) 8590 9154	NOVEMBER, R, 46 Castleton Road, Essex.....	(020) 8590 9154
NAVEED, R, 414 Romford Road, London.....	(020) 7671 1359	NOWAKOWSKI, A, 209 Bath House 5 Arboretum Place, Barking.....	(020) 8594 4601	NOWAKOWSKI, A, 209 Bath House 5 Arboretum Place, Barking.....	(020) 8594 4601
N, S, 50 Mortlake Rd, Ilford.....	(020) 8553 5350	NOWLAN, B, 132 Frizlands Lane, Dagenham.....	(020) 8220 5951	NOWLAN, B, 132 Frizlands Lane, Dagenham.....	(020) 8220 5951



Table of residential listings with columns for address, phone number, and price. Includes entries for OLENCEVICIUS, OLEWUNNE, OLIVER, etc.

Table of residential listings with columns for address, phone number, and price. Includes entries for PATEL, PATTERSON, PATTISON, etc.



PITT, M, 8 Edith Road, Romford ..... (020) 8599 2987  
 PITTS, A, 79 Mersea House, 104 Harts Lane, Barking ..... (020) 8924 1302  
 P, C.A. (Mobile), 11 Burnham Rd, Dagenham, Essex ..... (07931) 863343  
 PIVORIUNAITIS, G, 314 Hedgemans Road, Dagenham ..... (020) 8517 2976  
 PIVOT, D, 50 Shrewsbury Road, E7 ..... (020) 8552 8771  
 PLAMPONT, B, 386 Goresbrook Road, Dagenham ..... (020) 8220 8883  
 PLATT, E, 25 Marston Avenue, Dagenham ..... (020) 8593 4439  
 PLAYLE, M, 227 Burges Road, London ..... (020) 8552 3955  
 PLEASANT, Mrs Albert, 137 Chadwell Heath Lane, Romford ..... (020) 8599 5098  
 PLESUJ, Emanuel, 20 Baynes Crescent, Dagenham ..... (020) 8592 4786  
 PLOTNIKOV, A, 8 Third Avenue, Dagenham ..... (020) 3091 6553  
 PLUMMIER, J, 192 Valence Wood Road, Dagenham ..... (020) 8491 5529  
 PLUNKETT, Maureen, 114 Mungo Park Road, Rainham ..... (01708) 523584  
 PLUSNET PLC, P, 18 Grafton Gardens, Dagenham ..... (020) 3729 6315  
 P, Plusnet Plc, 27 Jasmine Close, Ilford ..... (020) 8514 3817  
 POCKETT, R, 218 Beam Avenue, Dagenham ..... (020) 8593 6413  
 PODDAR, H, Flat 521 Cutmore, Ropeworks, 1 Arboretum Place, Barking ..... (020) 8594 9845  
 POHL, A, 27 Lyndhurst Gardens, Barking ..... (020) 8594 2726  
 POHRIM, A, 102 Salisbury Avenue, Barking, Essex ..... (020) 3602 4986  
 POINTER, M, 139 Wren Road, Dagenham ..... (020) 8593 5641  
 POKU, Mr P, 151 Newark Knok, London ..... (020) 7168 3392  
**POLICE**  
 In Emergency dial 999 and ask the operator for Police  
 See business section for full list of entries  
 POLLUS, N, 1 Arundel Gardens, Ilford ..... (020) 8590 3194  
 POLLARD, Mr A, 39 Robinson Road, Dagenham ..... (020) 8177 9096  
 P, C, 8 Hardie Road, Dagenham ..... (020) 8592 0837  
 P, Mr G, 40 Listowel Road, Dagenham ..... (020) 8141 1081  
 POMFRETT, K.E., 16 Lanaside Avenue, Dagenham ..... (020) 8593 3815  
 PONGO, Mr M, 55 Gurney Close, Barking ..... (020) 3132 8321  
 POOLE, E, 24 Wheel Farm Drive, Dagenham ..... (020) 8220 8622  
 POORE, D, 41 Roxey Avenue, Romford ..... (020) 8590 2657  
 POP, S, 1 Tresham Road, BARKING ..... (020) 3686 3554  
 POPOOLA, O, Flat 171 Caledon Road, E6 ..... (020) 8593 4507  
 PORT, V, 32 Woodlands Avenue, Romford ..... (020) 8590 7137  
 PORTER, Mr K, 11 Macey Gdns, Dagenham ..... (020) 8141 5548  
 POTIN, J, 2 Quaker's Place, Forest Gate ..... (020) 8470 7269  
 POTTER, Jayne, 20 Bartlets House Vicarage Road, Dagenham ..... (020) 8517 1096  
 POULTER, E, 41 Hedgemans Road, Dagenham ..... (020) 8595 0909  
 P, G.W, 25 Princes Park, Rainham ..... (01708) 524362  
 POWELL, J.J., 102 Lodge Avenue, Dagenham ..... (020) 8595 2908  
 P, S, 42 Harvey Road, Ilford ..... (020) 8478 1128  
 P, W, 25 Kendal Av, Barking ..... (07931) 824693  
 POWER, A, 27 Belfairs Drive, Romford ..... (020) 8597 6439  
**POWER CUT**  
 Helpline - Please Call 105 to report or get information about a power cut in your areas  
 POWER, D, 65 Stanley Avenue, Dagenham ..... (020) 8517 5983  
 POWTER, D, 41 Fairway Gardens, Ilford ..... (020) 8478 3746  
 POYNTER, J, 37 Rowdowns Road, Dagenham ..... (020) 8220 5410  
 PRABHAKAR, Mr 3 Levett Gardens, Ilford ..... (020) 8590 9561  
 PRABHU, S, 60 Lowbrook Road, Ilford ..... (020) 8514 6170  
 PRACY, K, 90 Elmer Gardens, Rainham ..... (01708) 559621  
 PRAGER, R, 146 Sterry Road, Dagenham ..... (020) 8984 1576  
 PRAKASH, D, Flat 42, Framlingham Court Norwich Crescent, Chadwell Heath, Romford ..... (020) 8091 2616  
 PRANDVICIUS, Mr V, 40 Heigham Rd, Eastham ..... (020) 8141 5340  
 PRASAD, Mr Rakesh, 80 Avenue Road, Romford ..... (020) 3490 3135  
 P, Mr S, 100 Express Dr, Ilford ..... (020) 3132 3747  
 PRASHER, Gurudutt, 16 Express Drive, Ilford ..... (020) 8590 1780  
 PRATHEES, Mr P, 19 Sunningdale Avenue, Barking ..... (020) 8141 8418  
 PRATT, J, 61 Treigame Road, Dagenham ..... (020) 8220 4843  
 P, J.D, 56 Edgerfield Avenue, Barking ..... (020) 8594 4295  
 P, S, 27 Budoch Drive, Ilford ..... (020) 8599 0386  
 PRATT-AINOOSHI, R, 29 Hatfield Road, Dagenham ..... (020) 8984 8826  
 PRE SCHOOL, C, Chadwell Pre-School, 67 Reynolds Avenue, Chadwell Heath Romford ..... (020) 8220 0390  
 PRECAL, Mr 9b Birdbrook Close, Dagenham ..... (020) 8001 5203  
 PRENDÉGAST, B.T., 24 Cotsemore Gdns, Dagenham ..... (020) 8595 8166  
 PRENTICE, S, 53 Terling Road Dagenham, Essex ..... (020) 8517 9381  
 PREPELITA, S, 256 Mungo Park Road, Rainham ..... (01708) 607316  
 PRESTIGE CARS, Mobile, 15 Westbury Road, London ..... (07957) 329329  
 PRESTON, P, 227 Osborne Square, Dagenham ..... (020) 8491 9277  
 PRETIQUS, R, 706 Longbridge Road, Dagenham ..... (020) 8517 4766  
 PREVOUST, Brian, Flat 2 Turner Court Weston Road, Dagenham ..... (020) 8593 8515  
 PRICE, A, 55 Ashton Gardens, Romford ..... (020) 8599 6932  
 P, K, Flat 8 Orion House Danforth Way, Dagenham ..... (020) 3723 1097  
 P, Mr M, 70 Cranborne Rd, Barking ..... (020) 3132 3779  
 PRIEST, Eileen, 60 Lynett Rd, Dagenham ..... (020) 8597 4962  
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S, Shakeel-Ur-Rehman, 61 Eastbourne Road, E6.....	(020) 8503 5922	SKELTON, E, 9 Tannery Close, DAGENHAM.....	(020) 8517 3766	STANFORD, J, 90 Alderman Avenue, Barking.....	(020) 8591 8454
S, S, 33 Wilmington Gardens, Barking.....	(020) 8591 7181	SKERRITT, M, 53 Wellstead Road, E6.....	(020) 8552 9373	S, M, 9 Arundel Gardens, Ilford.....	(020) 8262 0680
SIDHARTHAN, N, 48 Cranborne Road, Barking.....	(020) 3524 3721	SKINGLE, B, 57 Winterbourne Road, DAGENHAM.....	(020) 3669 3244	STANLEY, E, 45 Newtons Close, Rainham.....	(01708) 557131
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SIGUIREDO, Mr A, 100 Gurney Close, Barking.....	(020) 8591 2464	SKINNER, V, 80 Whalebone Grove, ROMFORD.....	(020) 8599 9316	STANNARD, A, 41 Fyfield Road, Rainham.....	(01708) 523386
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S, M, 404 Valence Avenue, Dagenham.....	(020) 3592 8346	SLASKI, Mr S, 24 Blaney Cres, London.....	(020) 3132 1295	STANOIU, C, 22 Farrance Road, Romford.....	(020) 8637 2741
S, N, 14D Becontree Avenue, Dagenham.....	(020) 3565 4494	SLUGGETT, J, 155 Express Drive, Ilford.....	(020) 8597 5236	STAPLES, J, 123 South End Road, Rainham.....	(01708) 520937
S, S, East Shopping Centre 232-36 Green Street, E7.....	(020) 4599 2899	SMALL, Paul, 33 Mansted Gardens, Romford.....	(020) 8590 4086	STARBUCK, A, 49 Reynolds Avenue, Romford.....	(020) 8597 4919
SILAT, M, Flat 8 6 Didsbury Close, East Ham.....	(020) 4541 6117	SMALLEY, R.J, 7 Monaga Road, E7.....	(020) 8470 2745	STARKE, 101 Thornhill Gardens, Barking.....	(020) 8591 4371
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S, Miss S, 116 Pittman Gardens, Ilford.....	(020) 3132 5981	SMITH, A, 331 Eton Road, Ilford.....	(020) 8553 3736	STEADMAN, D, 31 Greenwood Avenue, Dagenham.....	(020) 8610 1218
S, V, 157 Oval Road North, Dagenham.....	(020) 3722 7609	S, B, 65 Rosedale Road, Dagenham.....	(020) 8220 5629	S, K.J, 11 Conway Crescent, Romford.....	(020) 8597 2671
SILVA-OPE, M, 1 Castle House Castle Road, Dagenham.....	(020) 3097 4070	S, C, 78 Dunkeld Road, Dagenham.....	(020) 3560 9559	STEBBINGS, P, 22 Theydons Gardens, Rainham.....	(01708) 550030
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S, M, 49 Oulton Crescent, Barking.....	(020) 8594 6452	S, Miss G, Flat 4, Yoxford Ct Glandford Wy, Romford.....	(020) 3132 0501	STEPONAITIS, Tomas, 263 Sheppey Road, Dagenham.....	(020) 8595 0124
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S, F.W, 30 Winstead Gardens, Dagenham.....	(020) 8595 3653	S, H, 17 Brendon Road, Dagenham.....	(020) 3536 6829	STEVENS, C, 22 Shortcroft Road, Dagenham.....	(020) 8592 1822
S, S, Thaxted House Flat 31 Switzer Way, Dagenham.....	(020) 3718 7851	S, H, 35 Lowry Road, Dagenham.....	(020) 8517 6608	S, E, 149 Mxeye Road, Dagenham.....	(020) 8592 9800
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S, Is, 72 Covelees Wall, E6.....	(020) 7476 9377	S, J, 120 Rainham Road, Rainham.....	(01708) 510894	STEWART, Dominic, 212B Ripple Road, Barking.....	(020) 8594 7634
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S, P, 12 Valence Wood Road, Dagenham.....	(020) 8270 8918	S, J, 22 Wivenhoe Road, Barking.....	(020) 8594 0669	STIMSON, G, 16 Eleanor Gardens, Dagenham.....	(020) 8984 8585
SINCLEAR, Miss E, 112 Wheelers Cross, Barking.....	(020) 3132 8335	S, J, 107 Woodward Road, Dagenham.....	(020) 8517 0566	STIRLING, B, 249 Downing Road, Dagenham.....	(020) 3649 2291
SINGH, A, Flat 36 Hewetts Quay 26-32 Abbey Rd, Barking.....	(020) 8591 0497	S, K, 39 Edwin Avenue, London.....	(020) 8470 6826	STOIAN, A, 104 Hall Road, E6.....	(020) 8471 5963
S, A, 162 Conansleigh Road, Dagenham.....	(020) 3566 7335	S, K, 24 Groveway, Dagenham.....	(020) 8593 4924	STOICA, D, 68 Church Road, Barking.....	(020) 8793 3293
S, Mr A, 60 Chadwell Heath Lane, Romford.....	(020) 8599 7270	S, L, Mobile, 2 Wellington Drive, Dagenham.....	(07961) 363290	STOKES, D, 10 Rusper Road, Dagenham.....	(020) 8592 6224
S, A, 181 Halley Road, E7.....	(020) 8472 0041	S, Lorraine, 21 Wren Gardens, Dagenham.....	(020) 8593 8975	STONE, Alan T, 77 Bushgrove Road, Dagenham.....	(020) 8595 1070
S, A, 24 Roman Road, Ilford.....	(020) 8262 9469	S, M, 123 Beccles Drive, Barking.....	(020) 8594 8064	S, P, 46 Tilney Road, DAGENHAM.....	(020) 3732 8784
S, A, 62 Roxy Avenue, Romford.....	(020) 3726 6947	S, M, 20 Cambeys Road, Dagenham.....	(020) 8595 0223	S, P, 70 Third Avenue, Dagenham.....	(020) 8595 1891
S, A, 15 Thurlstone Avenue, Ilford.....	(020) 8590 9809	S, M, 65 Harpou Road, Barking.....	(020) 8594 5257	STRINGER, J.S, 10 Japan Road, Romford.....	(020) 8590 3470
S, B, 61 Barking Industrial Park Alfreds Way, Barking.....	(020) 3842 1869	S, M, Apartment 19, Harp House, 16 Helmore Road, Barking.....	(020) 8590 6910	STRONG, M, 55 Simpson Road, Rainham.....	(01708) 551033
S, B, 97 Fanshawe Av, Barking.....	(020) 8507 1271	S, Mr Martin, 394 Longbridge Road, Barking.....	(020) 8591 7516	S, M, 17 Willow Road, Romford.....	(020) 8597 1782
S, B, 189 Goodmayes Lane, Ilford.....	(020) 8470 7738	S, M, 58 Temple Avenue, Dagenham.....	(020) 8595 6785	S, Miss V, Flat 18, Review Lodge Review Road, Dagenham.....	(020) 8177 9133
S, B, 60 Keppel Road, E6.....	(020) 8141 2304	S, Mrs N, 10 Covelees Wall, London.....	(020) 7474 3681	STUART, C, 71 Halley Road, E7.....	(020) 8471 1047
S, Mr B, 32 Langdon Crescent, London.....	(020) 8141 4500	S, P, 12 Faircross Mansions Longbridge Road, Barking.....	(020) 8591 6648	S, Sheila, 26 Talbot Road, Dagenham.....	(020) 8515 0310
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S, G, 31 Dunkeld Road, Dagenham.....	(020) 8014 9778	S, S, Flat 11 Ralph Jackson House, E7 331Romford Road, London.....	(020) 3288 1057	SUKUMARAN, S, 15 Ratcliff Road, E7.....	(020) 8472 2029
S, Mr G, 480 Green Lane, Ilford.....	(020) 3132 8095	S, S, 36 St. Awdrys Road, Barking.....	(020) 8594 3483	SULEA, P, 1738 Broad Street, Dagenham.....	(020) 8592 9127
S, G, 8 Neasham Road, Dagenham.....	(020) 8592 1976	S, S.W, 315 Heathway, Dagenham.....	(020) 8593 8088	SULEIMAN, A, 223D Reede Road, Dagenham.....	(020) 8517 3040
S, G, 42 Nutfield Gardens, Ilford.....	(020) 8599 3012	S, T, 68 Keppel Road, E6.....	(020) 8141 2282	SULEMAN, Amina, 2-4 East Street, Barking.....	(020) 8594 5811
S, G, 6 St. Thomas Gardens, Ilford.....	(020) 8478 5472	S, V, 137 Burns Av, Chadwell Hth.....	(020) 8586 4911	SULLIVAN, B, 1 Winstead Gardens, Dagenham.....	(020) 8592 4430
S, G, 395 Whalebone Lane North, Romford.....	(020) 8590 3242	S, W, 81 Grafton Road, Dagenham.....	(020) 8517 7921	S, Natalie, 14 Gysfield Drive, Rainham.....	(01708) 559545
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S, H, 16 Hawkwell House Gosfield Road, Dagenham.....	(020) 3509 7221	SMITHERS, D, 64 Cranborne Road, Barking.....	(020) 8591 6635	S, T, 17 Tavistock Gardens, Ilford.....	(020) 8262 1432
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S, Jagjit, 479 Longbridge Road, Barking.....	(020) 8591 3006	SNOWDEN, T.P, 23 Colne House 103 Harts Lane, Barking.....</			



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WILD, S, Flat 34 Henderson House Kershaw Road, DAGENHAM..... (020) 8592 3964  
WILDMAN, M, 30 Durham Road, Dagenham ..... (020) 8593 2603  
WILKINS, M.P, 21 Priestley Gardens, Romford ..... (020) 8598 8964  
WILKINSON, B, 24 Neville Road, Dagenham ..... (020) 8593 8770  
W, P, 6 Gerald Road, DAGENHAM ..... (020) 8595 4335  
W, S.H, 15 Edgehill Gardens, Dagenham ..... (020) 8595 4581  
WILKS, G, 20 Mayville Road, Ilford ..... (020) 3632 7536  
W, G, 20 Mayville Road, Ilford ..... (020) 8553 5933  
W, J.E.V, 27 Wells Gardens, Rainham ..... (01708) 551747  
WILLAWGHBY, Ms H, 28 Alexandra Road, E6 ..... (020) 8470 9613  
WILLCOX, S, 16 Fieldway, Dagenham ..... (020) 8598 8722  
WILLIAM, Mr K, 35 Limborne Av, Dageham ..... (020) 8141 5556  
WILLIAMS, A, 9 Beam Avenue, DAGENHAM ..... (020) 3539 2069  
W, A, 56 Coombes Road, Dagenham ..... (020) 8526 6247  
W, D, Flat 205 Beckett Court 13 Mast Street, Barking ..... (020) 8507 3534  
W, D, 16 Simpson Road, Rainham ..... (01708) 522957  
W, G, 456 Goresbrook Road, Dagenham ..... (020) 8592 0757  
W, Karen, 12 Neville Road, Dagenham ..... (020) 8593 0344  
W, K, 11 St. Johns Road, Barking ..... (020) 8591 0808  
W, Magdalene, 110 Fanshawe Crescent, Dagenham ..... (020) 8984 7121  
W, P, B 2 Edward Road, Romford ..... (020) 8599 5483  
W, P, 21 Westminster Gardens, BARKING ..... (020) 8591 0019  
W, R, 6 Jephson Road, E7 ..... (020) 8471 1897  
W, S, 58 Sebastian Ct Meadow Rd, Barking ..... (020) 8924 5464  
W, S, 7 21lney Road, Dagenham ..... (020) 3903 8676  
W, Ted, 47 Marlborough Road, Dagenham ..... (020) 8595 9775  
W, Mrs V, Flat 23 Berberis Ct Hycynth Clo, Ilford ..... (020) 3132 7350  
WILLIAMSON, Ed, 280 280 Shrewsbury Rd, Forest Gate..... (020) 8562 5291  
WILLIS, J.T.R, 4 Vivinohoe Road, Barking ..... (020) 8594 1874  
W, P, 20 Amidas Gardens, Dagenham ..... (020) 8593 7492  
WILLMOTT, Pamela, 97 Turnage Road, Dagenham ..... (020) 8526 7847  
WILLOUGHBY, Mark, 502 Heathway, Dagenham ..... (020) 8517 3720  
WILLSON-FRASER, Mr C, 92 Staines Road, Ilford ..... (020) 8141 0190  
WILLY, T, 39 New Road, Dagenham ..... (020) 8593 6065  
WILSON, A, 30 Holgate Rd, Dagenham ..... (07956) 407931  
W, A.D, 12 Exeter Road, Dagenham ..... (020) 8592 6730  
W, Mr B, 31 Cranborne Rd, Barking ..... (020) 3132 7663  
W, G, 5 Bainbridge Road, Dagenham ..... (020) 8595 2427  
W, G, 60 Hainault Road, Chadwell Heath ..... (020) 8262 2228  
W, K, 8 Hollidge Way, Dagenham ..... (020) 8984 2025  
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 Hedgemoor Road, DAGENHAM ..... (020) 3566 8329  
W, T.M, 126 Wellington Road, E6 ..... (020) 8552 9731  
W, V, 5 Lansbury Avenue, Romford ..... (020) 8252 1534  
WILTON, M, 20 St. Dunstan's Road, London ..... (020) 8472 6455  
WILTSHIRE, P, 18 Julia Gardens, Barking ..... (020) 8595 8985  
WINDRIDGE, G.A, 83 Eton Road, Ilford ..... (020) 8514 8998  
WING, A, 32 Theydon Gardens, Rainham ..... (01708) 524943  
WINGRAD, B, 15 Stratton Drive, Barking ..... (020) 8594 6830  
WINGROVE, T, 62 Reede Road, Dagenham ..... (020) 8270 9725  
WINSLEY, A, 355 Hedgemoor Road, Dagenham ..... (020) 8593 3874  
WINTER, M, 9 Sedgemoor Drive, Dagenham ..... (020) 8593 0941  
WISBEY, J, 48 Mannin Road, Romford ..... (020) 8599 5601  
WISE, H.C, 3 Mannist Gardens, Romford ..... (020) 8599 4405  
W, J, 3 Mayfield Rd, Dagenham ..... (020) 8590 6142  
WISEMAN, D, 33 Blaney Crescent, E6 ..... (020) 8177 8974  
WLODARCZYK, M, 163 Ibscott Close, Dagenham ..... (020) 8595 9885  
WOKA, F, 401 Butterfly Court 22 Mast Street, Barking ..... (020) 4541 8568  
WONG, C, 160 Morley Road, Barking ..... (020) 8507 9689  
W, C, 24 Ross Avenue, Dagenham ..... (020) 8595 7627  
W, C, 49 Winifred Road, Dagenham ..... (020) 8595 3109  
W, W, 46 Bellingham Court Wanderer Drive, Barking ..... (020) 8517 2763  
WOOD, A, 139 Lambourne Rd, Barking ..... (07930) 663763  
W, B, Flat 9 Pearl Court Serpentine Close, Chadwell Heath,  
ROMFORD ..... (020) 3732 0707  
W, E.S, 27 Bell Farm Avenue, Dagenham ..... (020) 8595 7233  
W, Kathleen, 39 Danbury Road, Rainham ..... (01708) 523384  
W, K.R, 39 Ilfracombe Gardens, Romford ..... (020) 8590 3772  
W, Mr L, 111 Armstead Walk, Dagenham ..... (020) 3132 5680

W, Admiral L, 1 Eastfield Gardens, Dagenham ..... (020) 3340 2188  
W, Rita, 78 Vincent Road, Dagenham ..... (020) 8595 7089  
W, T.J, 35 Lambourne Road, Barking ..... (020) 8594 1791  
WOODHALL, J, 94 Alibon Road, DAGENHAM ..... (020) 8984 0571  
WOODHOUSE, M, 175 Ford Lane, Rainham ..... (01708) 556869  
W, P, Flat 43 Hedgerow Court 27 Nelson Street, E6 ..... (020) 8548 0572  
WOODS, R, 123 Chartermoor Road London, London..... (020) 8552 7160  
WOODSIDE, J, 57 Outton Crescent, Barking..... (020) 8591 6416  
WOODWARD, Mr G, 66 Barnes House 220 St Marys, Barking ..... (020) 8177 9839  
WOOLF, V, Flat 22 Rosewood Court Chadwell Heath Lane,  
Romford ..... (020) 3380 2597  
WORTHING, L, 25 Wren Gdns, Dagenham ..... (020) 8517 4989  
WOUNG, S, 156 Felbridge Road, Ilford ..... (020) 8591 4583  
WRAGG, K, 9 Bath Road, London ..... (020) 8471 6456  
WREN, K, 348 Wood Lane, Dagenham ..... (020) 4541 9628  
WRIGHT, D, 30 Hessely Drive, Rainham ..... (01708) 556357  
W, Mr Ian, 4 Abbotsford Rd,  
..... (020) 8590 0322  
W, Mr P, 370 Barking Road, London ..... (020) 8141 6078  
W, P, 101 Campden Crescent, Dagenham ..... (020) 8599 3554  
W, Rachel, 136 Stevens Road, Dagenham ..... (020) 8262 9758  
W, Mrs Sheila, 3 Lee Avenue, Romford ..... (020) 8590 9179  
W, W.P, 30 Stockdale Road, Dagenham ..... (020) 8595 1041  
WROTONIAK, M, Flat H, Hicks Court, 219 Rainham Road North,  
Dagenham ..... (020) 8177 9176  
WYNTER, P, Flat 58 Dukas Court Barking Road, London ..... (020) 3560 5042  
XAMIER, P, Flat 9 Bowery Court St. Mark's Place, Dagenham ..... (020) 8592 3124  
XU, X, 7 8 Rayhouse Court Clockhouse Avenue, Barking..... (020) 3536 2292  
YADAV, R, Flat 7 Dukas Court Barking Road, E6 ..... (020) 8472 3992  
YAHYA, Y, Martin Peters Court Flat 7 Meadow Road, Barking ..... (020) 3726 5676  
YAKOVISHAK, V, Flat 5 36-38 Station Parade, Barking ..... (020) 3304 6520  
YAMUNA DAMAYANTHI, S, 95 Westfield Road, Dagenham ..... (020) 3560 4056  
YANINA VELASBO AROCA, Y, Flat A 488 Katherine Road,  
Forest Gate ..... (020) 8471 8150  
YANKOVA, Miss Ivelina, 98 Rugby Road, Dagenham ..... (020) 3952 0813  
YAQOUB, K, Royal Oak Court Flat 16 Green Lane, Dagenham..... (020) 3732 1494  
YARISON, M, 220 Mungo Park Road, Rainham ..... (01708) 552852  
YASOTHARAN, P, 138 Caledon Road, London ..... (020) 3659 1289  
YATES, Admiral J, 172 Church Elm Lane, Dagenham ..... (020) 3089 9993  
Y, J, 172 Church Elm Lane, Dagenham ..... (020) 8984 1229  
Y, L, 7 Luke Allsopp Square, DAGENHAM ..... (020) 8593 7767  
Y, P, 31 Hooks Hall Road, Dagenham ..... (020) 8595 1271  
Y, S, 21 Darcy House Jack Jones Way, DAGENHAM ..... (020) 3091 7283  
Y, Mr Terence, 62 Roberts Place, Dagenham ..... (020) 8595 6250  
YEATES, A.R, 59 Thurlstone Avenue, Ilford..... (020) 8590 3406  
YEAWOOD, P, 31 Julia Gardens, Barking ..... (020) 8592 2440  
YEOBAH, Benjamin, Flat 34 Framingham Court Norwich Crescent, Chadwell  
Heath ..... (020) 8598 2281  
YECHURI, G.K, 179 Express Dv, Ilford ..... (020) 8597 8413  
YEKINI, O, 116 Rainham Road, Rainham ..... (01708) 564435  
YEMANE, S, 210 South Esk Road, E7 ..... (020) 8472 3467  
YESE, Mr N, 12 Reigate Rd, Ilford ..... (020) 8141 7078  
YIAKOUMI, Mr D, 14 Ilchester Rd, Dagenham ..... (020) 8141 5575  
YIP, B.S, 91 Lincoln Road, E7 ..... (020) 8552 0061  
YOGALINGAM, S, 52 Wingate Road, Ilford ..... (020) 8514 1050  
YONJAN, P, 60 Sandown Avenue, Dagenham ..... (020) 3566 4859  
YORDANOV, I, 63 Causton Square, Dagenham ..... (020) 8252 3529  
YORK, R, 79 Shirley Gardens, Barking ..... (020) 8594 3612  
YOUNG, G, 86 Kinafons Road, Ilford ..... (020) 8525 2892  
Y, G, 51 Sutton Road, Barking ..... (020) 3652 0588  
YOUNIUS, A, 6 Verney Gardens, Dagenham ..... (020) 7320 3009  
YOUSAF, Asim, 143 Becdes Drive, Barking ..... (020) 3662 4222  
YOVCHEV, E, 26 Eva Road Romford, RM16 ..... (020) 8599 4344  
YUEN, Lan, 4 Arundel Gdns, Ilford ..... (020) 8597 4449  
YUSUF, A, 459a Porters Avenue, Dagenham ..... (020) 8617 1468  
Y, Ebrahim, 194 Caulfield Road, E6 ..... (020) 8470 4656  
Y, K, 96 Pretoria Road, Ilford ..... (020) 3417 9831  
YKONNE, M, 26 Heathway, Dagenham ..... (020) 8521 2806  
ZAFAR, R, Zippy Dry Cleaners, 422 Barking Road, London ..... (020) 3620 8279  
ZAFFAR, R, 99 South Park Drive, Ilford ..... (020) 3718 6231  
ZAHEER, K, 147 Express Drive, Ilford ..... (020) 8599 4366  
ZAHID, M, 491 Katherine Road, London ..... (020) 8103 8085  
Z, M, 14 Kings Avenue, Romford ..... (020) 3920 2244  
ZAHNITITSKYI, V, 33 Davington Road, Dagenham ..... (020) 3732 1510  
ZAIDI, S, 151 Oxlow Lane, Dagenham ..... (020) 8503 4816  
ZAKEVICIENE, J, 468 Longbridge Road, Barking ..... (020) 3620 1629  
ZAMAN, M, 70 Dagenham Avenue, DAGENHAM ..... (020) 8595 7800  
Z, Mr K, 72A Cosmo Tech Green Lane, Deganham ..... (020) 8141 3393  
Z, Z, 13 Hobart Road, Dagenham ..... (020) 3732 6324  
ZAMFIR, F, Flat 6 Amber Court 995 High Road, Romford..... (020) 8598 8029  
ZARA, P, 100 Hallbutt Street, Dagenham ..... (020) 8593 6077  
ZARYCHTA, Mr I, 92 Suffolk Rd, Barking ..... (020) 3132 4023  
ZAWROTNIAK, E, The Pinnacle 156-162 4d High Road, Romford ..... (020) 3843 1574  
ZEKA, S, 26 Azalea Close, Ilford ..... (020) 8514 1732  
ZELKAN, R, Mobile, 110 Blackborne Road, Dagenham, Essex ... (07960) 372560  
ZENAITIS, Mr Valerijus, 30 Rothwell Gdns, Dagenham ..... (020) 8091 3152  
ZEPHIR, N, Flat 24 Brook Court Spring Place, Barking ..... (020) 8507 9035  
ZHANG, K, 88 Suffolk Road, Barking ..... (020) 8591 3136  
ZHEYNOVA-TODOROVA, P, 207C Green Street, London ..... (020) 3715 3785  
ZIDAN, H, 418 Valence Avenue, Dagenham ..... (020) 3624 4390  
ZIELINSKA, M, 51D Market Street, London ..... (020) 3669 2735  
ZIELINSKI, A, Flat 8 Vineyard Studios 18 Shaftesbury Road,  
London ..... (020) 8471 8712  
Z, R, 37 Latimer Avenue, London ..... (020) 8109 0772  
ZIGHECHE, Yacine, 1 Portland Terrace, Ilford ..... (020) 8478 8818  
ZILEVICIUTE, A, 76 Albany Road, Romford ..... (020) 8597 5193  
ZLATE, B, Rivington Court Flat 23 St. Mark's Place,  
Dagenham ..... (020) 3652 3594  
ZLOTEA-PLACINTA, V, 75 Tallow Close, Dagenham ..... (020) 3624 5708  
ZUBAIR, M, 17 Betchworth Road, Ilford ..... (020) 8599 1328  
ZUHAIR, M, 25 Norfolk Road, London ..... (020) 8472 8701  
ZULFIUAR, Mrs S, 44 Tyrone Road, London ..... (020) 3674 9823



## Residential Listings

## A-Z listings of local residential numbers.

Information listed within the A-Z section **has been provided by each Communication Provider** (phone line provider) for that individual and is published based on their directory status. If the person 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.



Data is updated annually. Changes made with your service provider will not take effect until the next A-Z Directory is created. Use of the term 'The Phone Book' also pertains to BT.