



A-Z Directory

Business & Residential Listings

Ilford, Walthamstow and Loughton

2024/25

Product Code: 519

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.

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

If you can't find a number

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

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

Changes

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

1 24 Hour 7 Days Locksmith, 545 Battersea Park Rd E10.....	(0800) 8186542	Newport Road London	(020) 8539 2115	A.A Security, 57 Green La Ilford	(020) 8514 0861
1 24 Hour 7 Days Locksmith, 65 Beak St E10.....	(0800) 8186634	007 Spy Shop, High Rd Chigwell	(0871) 9198240	A A Security, 57 Green Lane Ilford.....	(020) 8478 6251
1 24 Hour 7 Days Locksmith, 84 Lordship La E11	(0800) 8186804	7 Star, 140 High St E17.....	(020) 8503 6164	A.C.H, Burnham House Residential Care Home 401 Cranbrook Road Ilford	(020) 8518 0707
1 Ajafods, Coffee Sandwiches, 133 Cranbrook Road Ilford	(020) 8514 5969	8 Zero Consulting, Ltd, Westside Grove Lane Chigwell	(020) 8500 0038	A D Antiques Loughton, Mr, Guy Michael Tomkins, 30 Church Hl Loughton.....	(020) 8502 2691
1 Call Detectives, Private Investigator, Knowles House Green Lane.....	(07010) 600960	12f Raf Air Cadets, Drill Hall 2b Eatington Road E10.....	(020) 8539 3526	A Hartdrodt(UK), Ltd, Transport, Ely House Ely Road London	(020) 8819 5953
1 Call Detectives, Private Investigator, 4 Shernhall Street.....	(0844) 5898115	14th Walthamstow Scout Group, 205A Wood Street London	(020) 3759 7845	A & J Cars Travel Service, Ltd, Taxi, 413a High Rd Woodford Green	(020) 8504 4444
1 Click Homes, Ltd, 320 High Rd Leyton E10	(020) 8556 1212	24 7 Available Emergency Locksmith, 78 Brindwood Rd E10	(0800) 8186740	A & J Cars Travel Service, Ltd, Taxi, 411 High Rd Woodford Gn	(020) 8505 4444
1 Green Foods, Ltd, 49 Chigwell Road South Woodford London	(020) 3649 8693	24 7 Available Emergency Locksmith, 6 Redburn Indust Est E17	(0800) 8186606	A & J Cars Travel Service, Ltd, Taxi, Hainault Underground Stn New Nth Rd Ilford	(020) 8501 1111
1 Note 2 Notes Music Academy, 130 Hoe Street London	(020) 8521 0261	24 7 Emergency Locksmith, 89 Old Church Rd E4.....	(0800) 8186828	A & J Crowl, 2 Forest Rd E17	(020) 8509 1591
1 Stop Glazing, Ltd, 101 Sunnyside Road Ilford	(020) 3774 9576	24 Hour 7 Day Emergency Locksmith, 78 Fulham Rd E4.....	(0800) 8186741	A J Global Produce, Global, Unit 34 Fairway Business Park Lammas Road E10	(020) 8556 8090
1 The Avenue, Indian Rstnt, 1C The Avenue E4.....	(020) 8531 0404	24 Hour Emergency Locksmith, 55 High St IG6	(0800) 8186558	A J Metal Fabrications, Ltd, Unit 21, Walthamstow Business Centre Clifford Road E17.....	(020) 8527 4860
1 Uk Training, Ltd, Third Floor I C Training Centre 16-20 Clements Road Ilford.....	(020) 8478 2843	24 Hour Emergency Locksmith, 68a Neal St E11.....	(0800) 8186672	FAX	(020) 8527 4870
1aga Foods, Ltd, 133 Cranbrook Road Ilford	(020) 3089 3702	24 Hour Locksmith, 37 Bushey Ave London.....	(0800) 8186313	A Jones Bathrooms, Kitchens Installations Showers, 857 Forest Road E17.....	(020) 8527 7189
1st Call Detectives, Private Detective, 20 High Street Barkingside	(0844) 2478595	24 Hour Locksmith, 308 High Road Leyton London	(0800) 8186183	A J Reid Pianos, 186 Forest Road Loughton	(020) 4539 1816
1st Call Private Investigator, Private Investigator, Freemore House George Lane.....	(0844) 7723770	24 Hours Auto Locksmiths, Locksmiths, 24 Hours, Emergency, Auto Locksmiths, The Ridgeway LONDON	(0844) 4117938	A & J Retail, UK Ltd, 29 Hamilton Av Ilford	(020) 8518 6751
1st Central Heating Repairs, General Enquiries	(0800) 0556170	24-7 Detectives, Private Investigator, Church Ln Chrms 11-12 Church Ln London	(0844) 2478499	A & K Off Licence, Ltd, 8 Lower Queens Road Buckhurst Hill	(020) 8504 9694
1st Choice Chigwell Windows, 98 Fulborne Rd E17	(020) 8527 4442	24hr Emergency Locksmith, Locksmiths, Call Centre London	(0871) 7810962	A L K Direct, Ltd, Vitesse House 6 Estate Way E10.....	(020) 8617 8787
1st City Van Hire, 120A Chigwell Road E18	(020) 8989 3300	24hr Emergency Locksmith, Locksmiths, Call Centre London	(0871) 7810963	A Man With A Van Bridge, 116 Tower Bridge Road Tower Bridge, London.....	(0871) 4253720
1st Containers, (UK) Ltd, 24 Knighton La Buckhurst Hill	(020) 8506 1123	24hr Emergency Locksmith, Locksmiths, Call Centre London	(0871) 7810964	A Man With A Van Chingford, 111 Station Road Chingford, London	(0871) 4253705
1st Emergency Glaziers, Glaziers, Hainault Road Leytonstone, London	(0845) 6656671	24hr Emergency Locksmith, Locksmiths, Call Centre London	(0871) 7810972	A Man With A Van Forest Gate, 670 Romford Road Forest Gate, London.....	(0871) 4253713
1st Emergency Glaziers, Glaziers, High Road Leyton, London	(0845) 6656669	24hr Emergency Locksmith, Locksmiths, Call Centre London	(0871) 7810973	A Man With A Van Leyton, 565 Lea Bdge Road Leyton, London	(0871) 4253711
1st Emergency Glaziers, Glaziers, High Street North Manor Park, London.....	(0845) 6656672	24hrs Detectives, Private Investigator, 144 High Street	(07010) 600476	A Man With A Van Leytonstone, 130 Brading Crescent Leytonstone, London.....	(0871) 4253712
1st Emergency Glaziers, Glaziers, Hoe Street Walthamstow, London	(0845) 6656677	24hrs Investigations & Tracking, Private Detective, 211 High Road Ilford.....	(0844) 2478408	A Man With A Van Walthamstow, 4 Station Road Walthamstow, London	(0871) 4253718
1st Emergency Glaziers, Glaziers, New Road Chingford, London	(0845) 6656683	100percent U, 129 Hoe Street E17	(020) 8520 8808	A Man With A Van Woodford, 38 Grove Hill Woodford, London.....	(0871) 4253719
1st Emergency Glaziers, Glaziers, Woodford Road South Woodford, London	(0845) 6656678	102, Takeway, 102 Chingford Mount Road Chingford London	(020) 8527 4414	A Man With Van, Removals & Storage, 72 Bromley Road Walthamstow	(020) 8185 7251
1st Hainault Scout Group, The Stockade Davids Way Ilford	(020) 8500 9992	127 Solutions, Ltd, Business IT And Cisco Communications Provider, Ilford Sales	(0872) 0858396	286 Francis Road Leyton	(020) 8185 7252
1st International Couriers, Courier Services, Hainault Road Leytonstone, London	(0845) 6602988	FAX	(0872) 0858396	224 Tomswood Hill Ilford	(020) 8185 7255
1st International Couriers, Courier Services, High Road Leyton, London	(0845) 6602986	139 Station, Ltd, 139 Station Road Chingford.....	(020) 8529 6235	A M Panels, 479 Lea Bdge Rd E10	(020) 8556 2227
1st International Couriers, Courier Services, High Street North Manor Park, London	(0845) 6602992	247 Detectives, Private Detective, Cranbrook House Cranbrook Road	(020) 8888 0449	A M Tyres, 940 Eastern Avenue Ilford	(020) 8597 5161
1st International Couriers, Courier Services, Hoe Street Walthamstow, London	(0845) 6603174	247 Investigations, Private Investigators, Venn House Grange Court, High Road Loughton	(0844) 4176541	A.N.D Domestic, Washing Mach Rprs, 530 Chigwell Rd Woodford Green	(020) 8505 5777
1st International Couriers, Courier Services, New Road Chingford, London	(0845) 6602928	247 Investigations and Detectives, Private Investigator, 2 High Street	(0871) 2458749	A Nice Man With A Van, Removals Storage & Domestic, 130 Brading Cres Leytonstone, London	(0844) 2470295
1st International Couriers, Courier Services, Woodford Road South Woodford, London	(0845) 6603176	247 Investigations and Detectives, Private Investigator, 235 Hoe Street Walthamstow London	(020) 3620 6978	A Nice Man With A Van, Removals Storage & Domestic, 9 Church Rd Leytonstone, London	(0844) 2470529
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hainault Road Leytonstone, London	(0845) 6648531	15628012, Ret, 619 High Road Ilford.....	(020) 8599 3893	A Nice Man With A Van, Removals Storage & Domestic, 146A Church Rd Forest Gate, London	(0844) 2470531
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Road Leyton, London	(0845) 6648462	1963, Ltd, Ideas House Eastwood Close E18	(020) 8530 3690	A Nice Man With A Van, Removals Storage & Domestic, 108 Farmer Rd Leyton, London	(0844) 2470528
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Street North Manor Park, London.....	(0845) 6648540	A 2 Z Windows, Ltd, 763-67 Romford Road E12.....	(020) 8911 8333	A Nice Man With A Van, Removals, Fourth Avenue London	(0871) 2217569
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hoe Street Walthamstow, London.....	(0845) 6648643	A A Dream, Ltd, 474 Ilford Lane Ilford	(020) 3325 1461	A Nice Man With A Van, Removals, Fulbourne Road London	(0871) 2217576
1st London Chauffeurs, Car Hire - Chauffeur Driven, New Road Chingford, London	(0845) 6648687	A & A Electrical Distributors, Ltd, 234 Maybank Road E18	(020) 8559 7000	A Nice Man With A Van, Removals Storage & Domestic, 114 George Ln Woodford, London	(0844) 2470539
1st London Chauffeurs, Car Hire - Chauffeur Driven, Woodford Road South Woodford, London	(0845) 6648655	A Ahmed, 13 Argall Av E10.....	(020) 8558 2585	A Nice Man With A Van, Removals, Greenham Crescent London	(0871) 2217561
1st Metropolitan Locksmiths, Ltd, Ilford Area	(020) 8503 8888	A & A Motors, 1 Pole Hill Road E4.....	(020) 8529 4321	A Nice Man With A Van, Removals Storage & Domestic, 38 Grove Hill Woodford, London.....	(0844) 2470316
1st Vauxhall Spares, Ltd, 363 Green Lane Ilford	(020) 8590 6367	A And H Deli, Ltd, Ground Floor Front Left Ilford	(020) 3417 8559	A Nice Man With A Van, Removals, Hermitage Walk London.....	(0871) 2217577
Or	(020) 8597 3993			A Nice Man With A Van, Removals Storage & Domestic, 565 Lea Bdge Rd Leyton, London	(0844) 2470252
ZPROCALC, Ltd, Bristol	(0845) 6026726			A Nice Man With A Van, Removals Storage & Domestic, 44 Mansfield Rd Walthamstow	(0844) 2470538
3 T Networks, Ltd, Olympic Ho Clements Rd Ilford	(020) 8553 5577			A Nice Man With A Van, Removals, Poppleton Road London	(0871) 2217568
4 Corner Retail, Ltd, 627f High Road Ilford	(020) 3876 6835			A Nice Man With A Van, Removals Storage & Domestic, 670 Romford Rd Forest Gate, London	(0844) 2470296
4 Wheel Services, Demolished Premise/97 Lea Bd Lea Bdge Rd E10.....	(020) 8539 5376			A Nice Man With A Van, Removals, Sherrin Road London	(0871) 2217567
5 Star Network, Ltd, 62 Station Rd E4	(020) 3243 1001			A Nice Man With A Van, Removals Storage & Domestic, 4 Station Rd Walthamstow, London	(0844) 2470315
Or	(020) 3243 1002			A Nice Man With A Van, Removals Storage & Domestic, 111 Station Rd Chingford, London	(0844) 2470285
5E, Ltd, 16 Clements Rd Ilford.....	(020) 8911 8003			A One Building Merchant Essex, 62a Felbridge Road Ilford	(020) 3638 0267
Or	(020) 8911 8004			A P Antiques, 3 Hatch La E4	(020) 8529 6549
6 Kumars Silk House, 285 High Street North E12	(020) 8471 5742			A P News Ltd, Goodmayes Road Ilford	(020) 8590 3986
7 In One Super Market, Newport Road London	(020) 8539 2115				

A P News Ltd, Goodmayes Road Ilford.....	(020) 8597 7156	Abbeyfield (Wanstead & Woodford) Society Ltd,The 10-12 Selworthy Close E11	(020) 8989 3293	Action Duchenne, Ltd, FAX	(020) 8556 9272
A P News Ltd, Goodmayes Road Ilford	(020) 8598 9350	Abbots South, 149 High Rd Loughton	(020) 8508 2204	Active Recruitment, Ltd, Caxton Ho Old Stn Rd Loughton	(020) 8508 7108
A P R Business Management, Ltd, 855 High Road Ilford	(020) 3149 0484	Abbotts Estate Agents, Branches 70 High St Barkingside	(020) 8551 0117	AD Photo Studio, Ltd, 26 Cranbrook Road Ilford.....	(020) 8478 6454
A P S, Unit 5 The Old Stn Yd 186 Wood Street E17	(020) 8520 3929	ABBOTTS, Travel Agency, 134 George La E18.....	(020) 8989 9445	AD Porta, Security Conslts and Risk Mngmt, 19 Third Av London	(0845) 2603234
A P T Property Management, Ltd, Cctv Lorenzo House Medici Close Ilford.....	(020) 8597 0903	ABC Travel, Unit 6A Fresh Wharf Indust Cntr Barking	(020) 8989 6154	Adam James - Mens Grooming, 74A Queens Rd Buckhurst HI	(020) 8504 7278
A.R Properties, 131 Markhouse Rd E17.....	(020) 8521 7489	Aberdeen House, 14 Argyle Road Ilford	(020) 8478 4466	Adam Kennedy Estate Agents, Ltd, 224 Hoe St E17	(020) 8509 2000
A R S Decorator, Ltd, 38 Audley Gardens Ilford.....	(020) 3649 5587	Abi Developments 3, Ltd, Enable Care Sewardstone Road E4	(020) 8529 0553	Adam Kennedy Estate Agents, Ltd, 224 Hoe St E17	(020) 8521 4242
A S Electrical, 266 Church Rd E10.....	(0843) 5154794	Abiqails Cafe, Cafe, 556 Cranbrook Rd Ilford.....	(020) 8554 5518	Adam Stein, & Co, FAX	(020) 8989 4616
A & S Halal Meat, Ltd, 72 Goodmayes Road Ilford.....	(020) 3976 7590	ABL Investigations Bureau, Private Investigators, 218 Chingford Road Walthamstow, London	(0871) 2501660	Adams, & Sons, 36 Hatch La E4	(020) 8529 5345
A S K Letting, Ltd, 66 Goodmayes Road Ilford.....	(020) 8599 1429	Able Tree Services, Ltd, Smicks Fm Sewardstone Rd E4.....	(020) 8524 2271	36 Hatch Lane E4	(020) 8524 1821
A Smooth Move, Removals Storage & Domestic, 250 Blackhorse Lane Walthamstow	(0844) 4882829	Abode, 380 High Rd Woodford Gn.....	(020) 8506 5850	38 Hatch Lane E4	(020) 8529 2337
233 High Road South Woodford	(0844) 4882830	Abridge Motor Group, Ltd, Volkswagen Dealership, Langston Rd Loughton	(020) 8532 5555	Adamz Chicken, Ltd, 22 Cameron Road Ilford.....	(020) 8590 4250
A Star London, Ltd, Commercial Catering Equipment, 844B Romford Road E12.....	(020) 8514 0144	ABridge Motor Group, Ltd, Volkswagen Dealership, Langston Rd Loughton	(020) 8532 5500	Adas Polish Shop, State Pde High St Ilford	(020) 8550 7421
A Star Training, Ideas House, Station Estate Eastwood Close London	(020) 7998 6181	Absolute Lofts, 18 Lancelot Road Ilford, Essex	(0845) 8908905	Adco London, Ltd, Admin Co, 396-98 High Road Leytonstone E11	(020) 8988 1461
A S Watson, 561 Lea Bdge Rd E10	(020) 8558 0503	Abu Amar'S, Ltd, 779 Romford Road London	(020) 3015 9547	Addax London, Ltd, Unit 42 The Exchange The Exchange High Road Ilford.....	(020) 8514 2595
A Total Kleaning Service, Ltd, Unit 2 Alexander Charles Ho Station Pass E18	(020) 3245 2000	Abu Maahi, Ltd, 151 Wadham Road E17	(020) 8531 2323	Addison Khan Solicitors, Second Floor 325-31 High Road Ilford	(020) 8514 4836
Or	(020) 3245 2001	Or	(020) 8531 2942	Adelaide Beauty Studio, Ltd, 50-52 Hoe Street London.....	(020) 8509 0001
Or	(020) 3245 2012	AC Direct, 65 Albert Rd E18.....	(020) 8989 8989	Adelaide Care, Ltd, 502 Larkshall Road E4	(020) 8531 5885
FAX	(020) 3245 2014	FAX	(020) 8989 8988	Adil Cash & Carry, Ltd, 824 High Road Leyton E10.....	(020) 8558 2862
A V N Granite, Ltd, 948 Eastern Avenue Ilford	(020) 8599 7542	ACA Institute, Unit C Sutherland Ho Sutherland Rd E17	(020) 8527 1627	Aditya Trading, Co, 8 High View Parade,Woodford Avenue Ilford.....	(020) 8551 8448
A.W Cavanagh, (Spitalfields) Ltd, New Spitalfields Mkt 43 New Spitalfields Mkt, Sherrin Rd Leyton ...	(020) 8556 3637	Academics, Ltd, 43 Perth Rd Ilford	(020) 8518 3550	8 High Vw Pde Woodford Av Ilford	(020) 8551 1722
8556 3326	(020) 8556 3637	Academy Heating, Ltd, 104 Palmerston Road Buckhurst Hill.....	(020) 8505 2991	Adm Glass, Ltd, Oakwood HI Indust Est Oakwood HI Loughton	(020) 8418 0725
A World Without Cancer, Ltd, 12 Chapel Rd Ilford.....	(020) 8594 4588	Academy Roofing Supplies, 180 Ley St Ilford.....	(020) 8478 8101	Or	(020) 8508 0020
A1 Express Cars & A Star Cars, 238 High Rd Ilford.....	(020) 8514 6000	ACAM Sisters, Ltd, 398b Cranbrook Road Ilford	(020) 8518 5553	Administration & Commercial Services, Bookkeeping Servs, 370 Cranbrook Rd Ilford	(020) 8518 1136
A1 Motor Stores, 617 Eastern Av Ilford	(020) 8554 2281	Accent Catering Services Limited, Catering Office Valentine School Upper 348-60 Cranbrook Road Ilford.....	(020) 8518 4498	Adnan Cricket Academy, Ltd, 390 Billot Road London	(020) 3771 9444
A1 Veg, Ltd, 70 Market Pavilion New Spitalfields Market Sherrin Road E10	(020) 8988 0111	Access Couriers & Shipping, (Worldwide) Ltd, 28 Leyton Bsns Cntr Etloe Rd E10.....	(020) 8539 0707	Ads Security, 59 Hampton Rd E4	(020) 8529 3106
A1 Window, Office & Exhibition Cleaners, 63A Worcester Rd E17	(020) 8523 1516	Access Garage Doors, Ltd, Chigwell Area	(020) 8500 6001	Adshead Ratcliffe, & Co Ltd, Unit P1,Pegasus Wks Roebuck Rd,Hainault Bsns Pk Ilford.....	(020) 8501 5005
FAX	(020) 8523 2516	Access Lock Company, The Old Bake House Eynsford Road Ilford	(020) 8597 1800	Advance Cars, Taxi Serv, Unit 37 Leyton Indust Village Argall Av E10.....	(020) 8539 7777
A2B REMOVALS, Removals Storage & Domestic, 29 Fieldhouse Close South Woodford	(0844) 4882797	Access Locks, 21 Eynsford Road Ilford.....	(020) 8220 1800	Advance Cars, Taxi Serv, 75 Forest App Woodford Green	(020) 8504 7777
A2Z Consultancy London, Ltd, First Floor Room 2 736-74 Romford Road Manor Park.....	(020) 3093 1742	Access Plant, Unit 9 Orient Industrial Park Simonds Road E10.....	(020) 8518 7400	Advance Cars, Taxi Serv, 182 Hampton Rd E4	(020) 8523 9999
Aanu's Beauty, Ltd, 126 Horns Rd Ilford	(020) 8554 7382	Accident Victims Helpline, Ltd, Claims, 88 Goodmayes Rd Ilford	(020) 8597 8872	Advance Cars, Taxi Serv, 399 High Rd Woodford Green	(020) 8504 8888
Aaron Holmes, Ltd, Sales, Lettings & Mortgages, 595a Cranbrook Rd Gants Hill	(020) 8252 0115	Or	(020) 8599 6136	Advance Cars, 94 Hoe St E17	(020) 8509 2828
595a Cranbrook Rd Liford	(020) 3771 8255	Accord Ops, Ltd, IT Servs, Flat 12 & 57 Pendlestone Road E17	(020) 8904 7900	Advance Cars, Taxi Serv, 261 Old Church Rd E4	(020) 8523 8888
Aashish Motors, Lea Bridge Road 459 Lea Bridge Rd E10.....	(020) 8539 6103	Accountant, C, Valerie Fone, 11 Broad Oak Woodford Green Greater London	(020) 8504 9982	Advance Cars, Taxi Serv, 49 Roma Rd E17	(020) 8527 4444
Aavrus, & Co Ltd, 344-48 High Road Ilford	(020) 8514 4472	Acculegal, 113A High Street Barkingside	(020) 8550 5666	Advance Cars, Taxis, 749A Romford Rd E12	(020) 8478 8888
Abacus, & Co, Chrtld Acctnt, 416 Green Lane Ilford	(020) 8590 0505	Ace 1 Limo's, Ltd, PO Box 1845 Ilford	(0870) 2401708	Advance Investments Management Llp, Prpty Letting, 747 Eastern Av Ilford	(020) 8590 1717
FAX	(020) 8598 8975	Ace Of Sades, 335 Ley Street Ilford	(020) 3730 1134	Advanced Cars, 94 Hoe St E17	(020) 8509 9999
Abacus Fashions, Unit 8 Redbridge Enterprise Centre Thompson Close Ilford.....	(020) 8514 0999	Ace Professionals Uk Ltd, 207 Cranbrook Road Ilford	(020) 3609 1024	Advanced Computer Centre, Ltd, Cmptr Servs, 59 George La E18.....	(020) 8518 8353
Abacus Fashions, Ltd, 222-24 High Road Ilford	(020) 8478 7727	Ace Removals, Removals Storage & Domestic, 2 Southend Road Chingford	(0844) 4882816	Advanced Plants Solutions, 253 Wood St E17	(0870) 2414935
Abacus, Litho Design & Print, Prnters & Strns, 51 New North Rd Ilford.....	(020) 8500 7259	ACE Security & Electrical, Ltd, 32-33 Oakwood Hill Industrial Estate Loughton.....	(020) 8532 0666	Advanced Woodford Glazing, Co, Glazs, Unit 4 109 Maybank Road London	(020) 8559 0900
Abavus, Ltd, 78 Grove HI E18.....	(020) 8530 2505	Unit 32/33 Oakwood HI Indust Est,Oakwood HI	(020) 8506 1421	Advancement Gateway Ltd, Third Floor 7, Kirkdale House Kirkdale Road Leytonstone.....	(020) 3718 8907
ABB Customer Support, (Ilford) Ltd, Ley St Ilford.....	(020) 7465 9525	Ace Security & Electrical, Ltd, Elec, 2 Buckrell Rd E4.....	(0872) 4358650	Or	(020) 3718 8908
Abbas Autos, Garage, 4 The Sidings Hainault Road E11	(020) 8556 8274	Acertax, Ltd, 2 Rixsen Road	(020) 8472 7257	Advantage Consultants Uk Limited, Ltd, Ins Prodivers, 716 High Road Leyton London	(0843) 8162883
Abbe Insurance Brokers, Ltd, 194 Cann Hall Road Leytonstone	(0843) 8162896	Acetrip, Ltd, 30 The Drive E18	(020) 8989 7941	Adventure Experience, Ltd, Fairways Golf Range Southend Rd E4	(020) 8527 3232
Abbey Dental, B, 25 St. James's Street E17	(020) 8521 2816	Acheason Chemist, Ltd, Chemst, 273 High Road Leytonstone	(020) 8534 3154	Advice Wise Solicitors, 322 Olympic Ho 28 Clements Rd Ilford.....	(020) 8553 9795
Abbey Ip Ltd, 212 Larkshall Road Chingford.....	(020) 8529 3729	Achillea, & Co, Solicitors, Markfield Ho 35 Station Rd E4	(020) 8529 8555	City Ho 9 Cranbrook Rd Ilford	(020) 8551 1777
Abbey Plastics, Ltd, The Orbital Cntr Southend Rd Woodford Gn	(020) 8551 8000	ACE Security & Electrical, Ltd, Elec, 2 Buckrell Rd E4.....	(0872) 4358650	Aeon Oncoming Protection Systems, Ltd, Unit 7 York Ho 1-4 Langston Rd Loughton	(020) 8502 4400
Abbey Site & Property Services, Ltd, 4A The Avenue London	(0843) 5154766	Acfl Finishing, Ltd, 14-26 Fowler Road, Hainault Business Park Ilford.....	(020) 8500 7606	FAX	(020) 8502 3366
Abbey Total Care Group Ltd, Forest Place Roebuck Lane Buckhurst Hill	(020) 8504 3864	Acme Catering, 29 Mornington Rd Woodford Green	(020) 8505 0038	Aerzen Machines, Ltd, FAX	(020) 8502 8102
Abbey Total Care Group Ltd, Forest Place Roebuck Lane Buckhurst Hill	(020) 8505 8595	Acorn Hire Centre, Ltd, 291 Chingford Rd E17 FAX	(020) 8531 7201	Unit Britannia Clb Langston Loughton	(020) 8502 8100
Abbeyfield Society,The, Ltd, 6 Seven Ways Pde Woodford A Venue Ilford	(020) 8551 6970	Actar Ellis Brown, & Co (Uk) Ltd, 6 Seven Ways Pde Woodford A Venue Ilford	(020) 8551 6970	Unit 20 80-84 St. Mary Road Walthamstow London	(020) 8520 5608
				AF Travel, 10 Seven Kings Road Ilford	(020) 3089 9573

Affordable Private Investigators, Private Detective, 34-40 High Street Wanstead Leytonstone.....	(0843) 5121105	Al Murad Diy, Ltd, Tiles Sales Co, Unit 4, The Deacon Est Cabinet Wy E4.....	(020) 8527 5309	Ali Catering Decor, Ltd, 647 Romford Road E12.....	(020) 8911 9311
Afrikanan Ifford,		Al Musdafa Spicy Chicken & Kebab, Chicken Shop, 237 Cranbrook Rd Ifford.....	(020) 8518 2131	Ali Curry House, Ali Curry House 303 High Road Ifford.....	(020) 8553 9009
Unit 3 Iscene 92 Clements Road Ifford.....	(020) 3336 7553	Al Rahma Internet Cafe, 259 High Road Leytonstone Leytonstone London.....	(020) 7018 7880	Ali, Mr, 63 High Street London.....	(020) 8520 0621
Afro Caribbean Elders Association, 8 William Morris Community Centr Greenleaf Road London.....	(020) 8509 0067	Al Sharif Store, 705 High Road Leyton London.....	(020) 7998 0072	Ali S Accountax And, Chief, A, Co, Suite 1, First Floor, 81 Old Church Road London.....	(020) 8616 2376
AFRO Cosmetics, 241 High Street E17.....	(020) 8520 1341	Al Taxl.T.D, 70 High Street Ifford.....	(020) 8556 5675	Ali, Dr, S.M, & Partners, 693-695 High Rd Leyton E10.....	(020) 8539 2078
Afro Traders, Ltd, Beauty Prod Shop, 115A High St E17.....	(020) 8520 6478	Al Zarina, Unit 89 Upper Level The Exchange High Road Ifford.....	(020) 8478 0854	Alihsan, Head Office 367 High Rd.....	(020) 8553 3171
Aftab Currency, 141B High Street E17.....	(020) 8520 1581	Aladdin Cars, 78 Markhouse Rd E17.....	(020) 8509 0555	Alito Colour Group, Ltd, 314 Hoe St E17.....	(020) 8520 3430
Afters, 47 Endsleigh Gardens Ifford.....	(01708) 592849	Aladdins, 374-376 High Road Ifford.....	(020) 8911 8101	Alis Food And Wine, Alis Food & Wine 27 Winchester Road London.....	(020) 3489 7942
AGA Accountants, 2 Spurway Pde Woodford Av Ifford.....	(020) 8550 4403	Alagoz, Ltd, 839 Forest Rd E17.....	(020) 8527 6728	Alito Colour Group, Ltd, Alito Ho Argall Av E10.....	(020) 8988 8700
Age Concern, Redbridge 103 Cranbrook rd Ifford.....	(020) 8220 6000	Alam Sweets, Ltd, Kings And Queens Boutique 266 High Road Leytonstone Leytonstone London.....	(020) 3544 1031	Alkas Supermarket, Ltd, 119 Roding Road Loughton.....	(020) 8508 5997
Waltham Forest Zenith Ho Church Rd E10.....	(020) 8558 5512	Alamut, (Uk) Ltd, 165 Cranbrook Road Ifford.....	(020) 8616 9797	All About Gates & Automation, Ltd, Unit 5 Brownings Farm Gravel Lane Chigwell.....	(020) 8500 2453
Age Concern Insurance Services, Essex 112 Springfield Rd Chelmsford.....	(01245) 264499	Alan Harvey, Prpty Servs, 658 High Rd Leytonstone E11.....	(020) 8539 9999	All Aspects Glass & Glazing, Unit 26 Leyton Business Cntr Etloe Rd E10.....	(020) 8558 2211
Aggys Ink, 203 Lea Bridge Road London.....	(020) 3417 0305	Alan Page Installations, The Sidings Hainault Rd E11.....	(020) 8539 4994	All Breakdown Recovery, Co, 24 Hour Road Assistance, Unit 9, Gateway Business Centre Church Road Leyton.....	(0800) 7816742
Agile Computer Technology, Ltd, 59 George Lane E18.....	(020) 8530 5060	Alan Patient, & Co, 1 Shrubberies George La E18.....	(020) 8532 9843	All Cars Workshop, Sartra International Ltd Forest Industrial Park Forest Road Ifford.....	(020) 8501 0000
Agile Security Consultancy, Ltd, Flat 6 Newton House Prospect Hill E17.....	(020) 8521 4435	Alan Wheatley Art, Ltd, 4 Cedar Park High Road Chigwell.....	(020) 3556 8629	All Kinds Of Blinds, 90 George La E18.....	(020) 8989 2600
A&H Commercial Printers, Ltd, Prntg Servs, 153 Ley Street Ifford.....	(0843) 8163743	Alancia Fruit & Vegetable, Ltd, 83 Market Pavilion New Spitalfields Market London.....	(020) 8539 0165	All Locksmiths Needs, Locksmiths, 24 Hour, The Ridgeway London.....	(0844) 4117240
Ah Law, Ltd Ltd, Solrs, Orion Ho Cranbrook Rd Ifford.....	(020) 8554 9670	Alandale Construction, Ltd, Langston Rd Loughton.....	(020) 8418 0083	All Rubbish Cleared, Waste Disposal Services, Fourth Avenue London.....	(0845) 6693629
Ah S Legal Services Limited, 254 Clayhall Avenue Ifford.....	(020) 8550 0835	Alb Tibo, UK Ltd, 298 Hoe Street E17.....	(020) 8520 0857	All Rubbish Cleared, Waste Disposal Services, Fulbourne Road London.....	(0845) 6693634
Aha Global, Ltd, Confectionery, 33 Walthamstow Business Centre Clifford Road E17.....	(020) 8527 1777	Albany Metal Spinners, Ltd, 18 Stirling Close Washington.....	(0191) 4194588	All Rubbish Cleared, Waste Disposal Services, Greenham Crescent London.....	(0845) 6693621
Ahad, M, 704 Romford Road London.....	(020) 8514 7557	Albany Nursing Home, 11-12 Albany Road London.....	(020) 8558 9689	All Rubbish Cleared, Waste Disposal Services, Hermitage Walk London.....	(0845) 6693635
Ahmadiyya Muslim Association, 67 Erskine Road E17.....	(020) 8520 1247	Albarakat, 126 High Rd Leyton E15.....	(020) 8558 2046	All Rubbish Cleared, Waste Disposal Services, Poppleton Road London.....	(0845) 6693628
Ahmed, S, 23 Keswick Gardens Ifford.....	(020) 8550 2331	Alberts Dog Grooming Care, Central Parade 137 Hoe Street Walthamstow London.....	(020) 8520 4070	All Rubbish Cleared, Waste Disposal Services, Sherrin Road London.....	(0845) 6693627
AIG Lettings & Management, Ltd, 352B Green Lane Ifford.....	(020) 3441 1695	Albion Wycliffe House, Ltd, Wycliffe House 245-247 Cranbrook Road Ifford.....	(01995) 676009	All Saints P C C, Inmans Row Woodford Green.....	(020) 8504 0216
Aimsecure, Ltd, 77 Hoe St E17.....	(020) 8520 8778	Albairr Foundation, Charity, 106 Church Road E10.....	(020) 8558 1328	Inmans Rw Woodford Green.....	(020) 8504 0266
Air Training Corps, 241 (Wanstead & Woodford) Sqn 80 Finchingfield Av Woodford Green (020) 8505 4744		Alchemy Associates, Ltd, 54 New Rd Ifford.....	(020) 8597 3316	All Seasons Climate, Unit 2 Prospect Business Park Langston Road Loughton.....	(020) 8502 4540
Airas Intersoft, Ltd, Compter Software, 406 Eastern Av Ifford.....	(020) 8554 0392	Alchemy Investments Uk, Ltd, Alchemy Invests, The Pavilion Elmhurst 98 High Rd London.....	(020) 3643 8659	All Seasons Climate Control Projects, Ltd, Unit 5 Prospect Business Park Langston Road Loughton.....	(020) 8508 9351
Airborn Direct, Whilems Wks Forest Rd Ifford.....	(020) 8498 1200	Aldeen Associates, Structl Eng, FAX 16 Castle Av E4.....	(020) 8523 1538	All Seasons Lettings & Management, Ltd, 538 High St Nth E12.....	(020) 8478 9992
Airborne Travel, Whilems Wks Forest Rd Ifford.....	(020) 8500 7220	Aldersbrook Bowls Club, Ltd, 34 Aldersbrook Road Manor Park.....	(020) 8989 8282	All Star Car, 168 Church Rd E10.....	(020) 8558 1000
Airport King, 1 Bemsted Rd E17.....	(020) 8529 3343	Alderton Infant School, Infant Sch, Alderton County Junior & Infant School Alderton Hall Lane Loughton.....	(020) 8508 7168	All Tyres Trading, (Wholesale), Unit 9 Woodford Trading Estate Southend Road Woodford Green.....	(020) 8551 0033
Airports & Vip Cars, Ltd, 39 Colombo Rd Ifford.....	(020) 8554 2550	Alderton Junior School, Jun Sch, Alderton County Junior & Infant School Alderton Hall Lane Loughton.....	(020) 8508 2521	Allaaddin Sweets, Sweet Shop, 418 High Street North Manor Park London.....	(020) 3556 8703
Aitch Group, 88 Snakes La East Woodford Gn.....	(020) 8504 4500	Aldgate Chambers Solicitors, Whsle Ret, Suite 6 Excelsior House 3-5 Balfour Road Ifford.....	(020) 8553 3046	Allen Briggs Motors, Ltd, 47 Chingford Mt Rd E4 (Sales).....	(020) 8527 5004
AJ Bed & Furniture, 439 Hoe St E17.....	(020) 8521 6463	Ale Gratka, 142 High Street E17.....	(020) 8520 1048	Allen Davies, & Co, 342 High Rd Leyton E10.....	(020) 8539 2121
AJ Legal Consultants, Ltd, 128 Cranbrook Road Ifford.....	(020) 3089 5200	Aler Toxicology, Unit 8 Prospect Business Park Langston Road Loughton.....	(020) 8418 9329	Allens Pharmacy, 19 Electric Parade George Lane E18.....	(020) 8989 3353
Aj Pizza, Takeaway, 221 Ley Street Ifford.....	(020) 8553 1125	Alex Barbers, Barber Shop, Alex's Barbers 168 Longwood Gardens Ifford.....	(020) 8220 5352	Aligard Engineering, Ltd, Unit D Acorn Centre Roebuck Road Hainault Business Park Ifford.....	(020) 8501 1235
AJ Tech Services, Ltd, 815a High Road Leytonstone Leytonstone.....	(020) 3621 8660	Alexander, & Co Estates Ltd, 455 High Road Leyton London.....	(020) 8037 0732	Allied Law Chambers Solicitors, 547-549 Green Lane Ifford.....	(020) 3774 6841
Ajas, 251 High Road Ifford.....	(020) 8911 7428	Alexander Fox, Ltd, 3 The Shrubberies George Lane London.....	(020) 8530 6999	Allied Organic Foods, 47C Kings Rd E4.....	(020) 8523 7785
Ajaz, & Co, 339 High Rd Ifford.....	(020) 8514 8855	Alexander Jlo, Solrs, 7A The Broadway E4.....	(020) 8527 3401	Allied Security Systems, 41 Dover Rd London.....	(0843) 5156767
Aj Az, Omar, & Ptnrs, 339 High Rd Ifford.....	(020) 8514 5566	Alexander Kennedy, & Sons Ltd, 218 High Road Loughton.....	(020) 8418 9435	Allsorts Agency, Marlborough Business Cntr George La E18.....	(020) 8989 0500
AJM International, Ltd, 251 High Rd Ifford.....	(020) 8553 2075	Alexander Moore Couriers, Unit 1B,4 Raven Rd E18.....	(020) 8539 1500	Allum Medical Centre, Allum Medical Centre Fairlop Road E11.....	(020) 8539 2513
AJS Blinds, 181 High Rd Chigwell.....	(020) 8500 7999	Alexander Ward, Ltd, Heraldic Ho 160 Cranbrook Rd Ifford.....	(020) 8518 1138	Allum Practice,The, The Medical Cntr Fairlop Rd E11 FAX.....	(020) 8558 0525
Ajwa Sweets, 470 Cranbrook Road Ifford.....	(020) 8518 5386	Aleyna, Ltd, 7-13 Goodmayes Road Ifford.....	(020) 8599 0407	Alluring Smiles, Ltd, 2A Station Road E4.....	(020) 8529 2504
Ak Educare, Educational Conclutancy, 843a Romford Road Manor Park London.....	(020) 3609 8069	Al-Falah The Sunflower Nursery, 57 Empress Av Ifford.....	(020) 8554 6556	Al-Mousawi, Dr, A.H, 40 Perrymans Fm Rd Ifford.....	(020) 8554 1094
Aka IT Consulting, Ltd, 171 South Park Drive Ifford.....	(020) 3560 2024	Al-Fath Trust, Wadham Bowling Club Kitchener Road E17.....	(020) 8527 4602	Or.....	(020) 8554 3944
Akal Solicitors, 344-348 High Rd Ifford.....	(020) 8477 0280	Alfirdos Guest House, 50 Mansfield Rd Ifford.....	(020) 8554 7351	Alpam Homes, Ifford 70 Aldborough Rd Sth.....	(020) 8590 7076
Akilan Enterprises, Ltd, 274 High St Nth E12.....	(020) 8548 0033	Algoos, Ltd, 40 Wood Street E17.....	(020) 8509 0245	Alpha 2000, 394 Cranbrook Road Ifford.....	(020) 8518 1900
Alkshai, Ltd, 109 Belgrave Road Ifford.....	(020) 8554 1145	Ali, Money Exchange, 26 Goodmayes Road Ifford.....	(020) 8597 3878	Alpha Business Centre, Unit 1 Alpha Business Centre 60 South Grove E17.....	(020) 8503 6360
Al Kareem Sweets & Bakers, 731 Romford Road Manor Park London.....	(020) 8478 4433				
Al Madaar, 443 High Road Leyton London.....	(020) 3971 0289				

Alpha Embroidery Service, Ltd, 168 Railway Arches, Midland Rd E10.....	(020) 8539 2468	116 Ilford Lane Ilford Essex	(0843) 8160132	Antonopoulos, Andreas, (Office) 26 Frith Rd E11	(07050) 028988
Alpha Properties, 625 High Road Ilford	(020) 8590 3333	Anand Travel, Anand Travel / 344 High Street North London	(020) 3602 8718	FAX	(07050) 028987
Alpha Security Installations, Cromwell Indust Est Staffa Rd E10	(020) 8559 8010	Anand Travel & Communciation, 344 High St Nth E12	(020) 8548 4897	Anujas House Of Beauty, 972 Eastern Avenue Ilford.....	(020) 8598 8777
Alphaworld, Ltd, 416 Green Lane Ilford	(020) 8590 0404	Ananda Bhavan, Ltd, 240 High Street North Manor Park London.....	(020) 3714 9548	Anwar, HtlS, 7 Arlington Gdns Ilford.....	(020) 8518 2108
Alpine Air, Ltd, Riggs Retreat Brook Road Buckhurst Hill	(020) 8505 8822	Anatolian Centre, 2 Truro Road The Muse	(020) 8509 3069	Anwars Halal Meat, Co, 370 Ilford La Ilford	(020) 8478 9900
Al-Qassab, Dr, Hisham, 68 Bressay Grove E18.....	(020) 8989 7678	Anderson Sinclair Design, Ltd, Fitted Kitchs & Bedrooms, Unit 13a Oakwood Hl Indust Est, Oakwood Hl		Any Removals, Removals Storage & Domestic, 67 Browning Road Manor Park.....	(0844) 4882824
Alsaeed Academy, Cargo Services, 381 High Rd Ilford.....	(020) 3645 4098	Loughton FAX	(020) 8508 1946	108 Cann Hall Road Leytonstone	(0844) 4882823
Altered Images, Hdrsr, 716 High Rd E11	(020) 8558 8237	Oakwood Hl Indust Est Oakwood Hl Loughton.....	(020) 8508 1941	617 Lea Bridge Road Leyton	(0844) 4882822
Aluminium & Wood Frame Supplies, Ltd, Unit 3 Station Estate Eastwood Close E18	(020) 8530 5555	Andmarc Holding, Ltd, Suite 16 Marlborough Business Centre 96 George Lane		Any Time Auto Locksmiths, Locksmiths, 24 Hour, Eastern Avenue Ilford	(0844) 4117276
Always Locksmiths, 24 Hour Locksmith, Aldborough Rd North Ilford	(0844) 4117638	E18	(020) 8530 5888	ANZ Money Exchange, Ltd, 743 High Rd Ilford.....	(020) 8599 5588
Always Locksmiths, Locksmiths, 24 Hour, James Lane London	(0844) 4117231	Andrew Howard Scaffolding, Ltd, 14a Hickman Avenue Chingford.....	(020) 8523 0444	Apasen, 344-48 High Road Ilford	(020) 8553 2156
Alwaysmax Tradings Ta The Lucky Inn, Ltd, St. Georges Road London	(020) 8507 3888	Andrews Office Equipment, Ltd, Unit 5 Chingford Indust Cntr Hall La E4.....	(020) 8529 8129	Apasenth Lodge, 90 Hermon Hill London	(020) 3441 4515
Alwyns, Lp, Crown House 151 High Road Loughton.....	(020) 8418 9005	Andrews Office Furniture, 16-18 Fowler Rd Hainault Bsns Pk IG6.....	(020) 8558 2364	Apex Exports, 35 Salcombe Rd London	(0845) 2637259
ALX Jewellers, 16 George Lane E18	(020) 8530 3510	Andrews, Peter, 114 George La E18.....	(020) 8530 4646	Apex Insurance, 59 Hoe St Walthamstow	(0871) 9719630
16 George Lane South Woodford London.....	(020) 8530 4136	Anduff Car Wash, Ltd, 1 Leyton Mills Marshall Road E10.....	(020) 8988 3882	Apna, Takeway, 105 Ilford Lane Ilford	(020) 8553 3343
Alyaz, Ltd, Rear Of 15 To 17 Old Church Road Chingford.....	(020) 8529 1212	Andy Catering Equipment, Ltd, Whsle China,Glasswear, 376 High Rd Leyton E10.....	(020) 8556 0736	Apni Rosoi, Wholesale Retail, 155 Cranbrook Road Ilford	(020) 8616 4622
Alytus, Ltd, High Road Leyton London	(020) 8556 5448	Or	(020) 8556 5405	Apolline House Practice, Ltd, 2A Buxton Road E4	(020) 8529 1422
Am Authors, 79-81 Cobbold Road London.....	(020) 3302 1323	Or	(020) 8556 9060	Apollo Dental Services, Ltd, 620 ROMFORD ROAD LONDON	(020) 8478 1531
AM Garden Machinery, Ltd, The Old Forge 36 Lambourne Road Chigwell	(020) 8500 3578	Anees Blossoms, Salon, 244B High Road Loughton	(020) 8508 1081	Apollo Electrical Services, Ltd, 31 Ashley Avenue Ilford	(020) 8220 8518
Amadeal, Ltd, Bsns, Unit 20 The Sidings Hainault Road Leytonstone	(020) 8558 4615	Angel Peter, & Co Ltd, 77 Queens Rd Buckhurst Hl	(020) 8504 6611	Appiatse & Associates, 191 Waltham Way London	(020) 8524 4288
Aman Fashions, Ltd, 205 Ilford La Ilford	(020) 8553 5357	Angel Supported Homes, Ltd, 19a Primrose Road London	(020) 8558 8082	Apple And Way, Ltd, 683 Romford Road London.....	(020) 8553 4622
Amana Direct, Ltd, 606 Romford Road Manor Park London.....	(020) 4541 3900	Angelian Construction, Ltd, 593 Lea Bridge Road Leyton	(020) 3544 1285	Appletree Housing Accommodation, Ltd, 17 Balfour Road Ilford	(020) 7585 5151
Amana Photo For U, Photo Studio, 287 High Road Leyton Leyton London	(020) 8127 8636	Angelica Fabrics, Fabrics, 136 High Street Walthamstow London	(020) 3538 6767	Appliance Giants, 721 Romford Road Manor Park London.....	(020) 8514 2300
Amanda Roberts Estate Agents, 118 Station Rd E4	(020) 8529 6868	Angel's Hair & Nails, 43 High St Wanstead E11.....	(020) 8530 7790	Appliance Giants, UK Ltd, 721 Romford Rd E12	(020) 8514 2302
Amar Windows And Construction, 119 Woodlands Road Ilford.....	(020) 8514 4999	Angel'S Touch Hair & Beauty, Ltd, 788 High Road Leyton E1	(020) 8558 0738	AQ Archers Solicitors, 432 Hoe Street London	(020) 8521 2605
Amazing Woman, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8508 2900	Anglo American Sewing Machines, Lp, Sewing Mach Dlrs, Unit 3, 14a Burwell Rd E10	(020) 8539 2220	AQT Home Care Services, 198 Chingford Mount Road Chingford.....	(020) 8531 5239
Ambal Cash & Carry, UK Ltd, 333 High Street North E12.....	(020) 8471 8488	Or	(020) 8539 2222	Ara Aquila, Ltd, 10 Church Lane E11	(020) 3161 3807
Ambassador Contracts, Ltd, Unit 7 97-101 Peregrine Road Hainault Business Park		Angus Doner And Ribs Ltd, 55 Goodmayes Road Ilford	(020) 3524 2873	Arabella House Of Beauty And Hair, 114 High Street Ilford	(020) 8551 9351
Ilford	(020) 8500 8855	anicemanwithavan.com, Removals & Domestic, Redbridge Ln East IIFORD	(0844) 2458993	Arbeit Studios, Ltd, Unit 41 Uplands Business Park Blackhorse Lane	
Ambe International, 110 Palmerston Road E17.....	(020) 8223 0438	anicemanwithavan.com, Removals & Domestic, 6 Beech Av Buckhurst Hill	(0844) 2458998	E17.....	(020) 8527 1871
Ambitions Employment Agency, Ltd, 3 Chapel Road Ilford	(020) 8478 4446	anicemanwithavan.com, Removals & Domestic, 646A Chigwell Rd Woodford Green, Essex	(0844) 2458997	Arber Duka, Flat 14 Honeysuckle Court Hyacinth Close Ilford.....	(020) 3732 6469
Ambrosia Supermarkets, 155 High Street E17.....	(020) 8520 3828	anicemanwithavan.com, Removals & Domestic, Church Hill London	(0844) 3345912	Arbon & Miller, Ltd, 86B High St Barkingside	(020) 8550 6181
AMBULANCE, In Emergency dial 999 and ask the operator for Ambulance		anicemanwithavan.com, Removals & Domestic, 22-24 Coventry Rd Ilford	(0844) 2458990	Arbor Joinery & Furniture, Ltd, Unit 10 Avenue Indust Est,Justin Rd E4	(020) 8533 7335
Amer Superfresh, Stand 108 Market Pavilion New Spitalfiel 1 Sherrin Road		anicemanwithavan.com, Removals & Storage Domestic, George Lane London.....	(0844) 3345913	ARC Car Wash, Ilford High Rd.....	(020) 8597 1656
E10	(020) 8556 0101	anicemanwithavan.com, Removals & Domestic, 139 High Rd Loughton	(0844) 2458999	Arc Design, Associates, 51 Fowler Rd Ilford	(020) 8559 8666
American Appliance Services Ltd,The, 52 Larkshall Rd E4	(020) 8529 9666	anicemanwithavan.com, Removals & Domestic, 774 High Rd Grays, Essex	(0844) 2458992	ARC Energy Assessment, 46 Wickets Way Ilford	(020) 8172 0080
American Appliance Services,The, Ltd, 52 Larkshall Rd E4	(020) 8529 9556	anicemanwithavan.com, Removals & Storage Domestic, High Road Leyton, London	(0844) 3345905	Arc Solutions, Unit 3 Anderson Rd Woodford Green	(020) 8498 8400
American Golf, Top Golf Game Centre Abridge Rd Chigwell	(0844) 4991982	anicemanwithavan.com, Removals & Domestic, 57 High St Barkingside	(0844) 2458995	Archies, 3 Claybury Broadway Ilford	(020) 8550 5002
American Nail, 503 Hale End Road Chingford London	(020) 8531 6633	anicemanwithavan.com, Removals & Domestic, 149 Lampbourne Rd Chigwell	(0844) 2458996	Architectural Roofing, Ltd, 57 Handsworth Avenue London	(020) 8531 4031
Amex Associates, Ltd, 190 Forest Rd E17	(020) 8520 4273	anicemanwithavan.com, Removals & Storage Domestic, Manor Park Road London	(0844) 3345907	Aress Cash & Carry, Ltd, 253 High Rd E11	(020) 8534 1230
Amir Boutiques, Cloth Boutique, 110 Ilford Lane Ilford	(020) 8616 8764	anicemanwithavan.com, Removals & Storage Domestic, Station Road Chingford, London	(0844) 3345916	Argall Properties, Ltd, FAX	(020) 8539 3377
Amirose London, Ltd, Unit N 34-44 Peregrine Road Ilford	(020) 8559 8244	anicemanwithavan.com, Removals & Storage Domestic, Wallwood Road London	(0844) 3345906	Argos Stores, Walthamstow 2	
Amoroso, Emamm N, Dent Surg, 624 Green La Ilford.....	(020) 8599 4966	Anika Fruit & Veg, Ltd, STAND 10 MARKET PAVILION Sherrin Road London	(020) 8988 0681	Branch 0867 203-207 High Street Walthamstow	(0845) 1657867
Amplifon, Ilford 247 High Rd.....	(0845) 6045780	Animal Ark Veterinary Centre, Ltd, 54 Goodmayes Av Ilford	(020) 8599 8544	Argos Stores, Ltd, Ilford	
Walthamstow 375 Hoe St.....	(0845) 6045844	Anjuman-e-Islamia, Newham, 266 High Street North London	(020) 8472 5663	Branch 462 187-191 High Road Ilford, London	(0845) 1657462
Amplifon, Ltd, 375 Hoe Street Walthamstow	(020) 8090 1279	Anna Nails & Beauty, 468 Cranbrook Road Ilford	(020) 8518 1912	Walthamstow 50 High Street Walthamstow, Greater London	(0845) 1657037
Amplivox & Ultratone Hearing Aid Centre, Walthamstow 375 Hoe St E17.....	(020) 8520 7756	Annex Investigations, Private Investigator, 121 Harrow Road	(020) 7175 9918	Argus Lighting, Co Ltd, Ltg Rets, 55 George La E18	(020) 8989 6226
AMR Heating Maintenance, 126 Church Rd E12	(020) 8553 2700	Annex Investigations, Locksmiths, 244 High Street North	(0871) 2451923	Aria Systems, Sterling Ho Langston Rd Loughton	(020) 8502 5553
Amsprop Estates, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 3225 5100	Annie's Healthcare Services, CIC, 245A Beehive Lane Ilford.....	(020) 8551 4242	Ariana Enterprise, Fast Food, Subway 403 Larkshall Road Chingford London	(020) 3417 7036
Amurg, Ltd, 579 High Road Leytonstone E11	(020) 8556 9602	Another Dye Mention In Hair, 654 Green La Ilford.....	(020) 8597 3555	Arin London Ltd, 126 George Lane London	(020) 8989 3083
Anacomp, Ltd, Information Technology, Ely House Ely Road London	(020) 7100 6748	Anthony, Ltd, 23 The Drive London	(020) 8529 2000	Arin Mini Market, Ltd, 85 Grove Road London.....	(020) 3343 9832
Anand Pan Centre, Ltd, Ticket Agencies, 116 Ilford Lane Ilford Essex	(0843) 8160132	Anti-Ageing Clinic, Ltd,The, 18 Chigwell Road London	(020) 8989 9391	Arina Cars, Ltd, Sec Hd Car,	

814 Romford Road E12.....	(020) 8514 4331	46 Mount Pleasant Ilford Lane Ilford	(020) 8553 1111	AUSTRALIAN HIGH COMMISSION, Australia Ho Strand WC2	(020) 7379 4334
Aristo Travels & Tours, Tour & Travels, 346 High St Nth E12	(020) 8472 1212	Ashley White Estates, Ltd, 46 Ilford La Ilford	(020) 8478 1222	Auto Body Services, 82 Farnan Av E17.....	(020) 8527 6855
Aristo T & T, Ltd, Consultant, 346 High Street North E12	(020) 8552 5061	Ashlins Natural Health Clinic, Ltd, 181 Hoe Street E17	(020) 8520 5268	Auto Emergency Locksmith, 24 Hour Locksmith, Wannock Gardens Ilford	(0844) 4117639
Ariya Halal Food, Ltd, 343 Ilford.....	(020) 8553 9376	Ashton Hart David Lee, Sterling Ho Langston Rd Loughton	(020) 8502 2383	Auto Emergency Locksmiths, Locksmiths, 24 Hour, High St London	(0844) 4117232
Ark Homes Solutions, 298 Cann Hall Road London	(020) 8555 1440	Ashurst Drive Baptist Church, Ashurst Drive Baptist Church Ashurst Drive Ilford	(020) 8554 9716	Auto Mot Centre Ltd, 4 Rectory Road London	(020) 8553 9112
Armstrong Hi-Fi & Video Service, Ltd, 32A Blackhorse Lane E17	(020) 8523 0051	Ashwin Stores, Stores, 9 High View Parade 9 High View Parade ,Woodford Avenue Ilford	(020) 8550 0065	Autolak, Vhcle Electncs, 361 High Road Ilford.....	(020) 8911 8048
Army, Regular Army Army Careers Information Office Ilford 180 Cranbrook Rd Ilford	(020) 8518 4565	Ashwood House, Ltd, Daywear Ltd 18 Church Road E10	(020) 8558 5879	Autolak, Ltd, 363 High Road Ilford.....	(020) 8514 3637
Army Cadet Force, Cadet Training Centre,Forest Lodge,Lea Bridge Road E17	(020) 8556 2616	Or	(020) 8558 5896	Avenue Dental, 180 The Avenue E4.....	(020) 8527 6400
Army - Territorial, Redbridge Ilford T.A Cntr 36 Eastern Signal Regiment Gordon Flds,Gordon Rd Ilford.....	(020) 8478 1941	Ashwood House, Ltd, 21 Mansfield Road Ilford	(020) 8478 8459	Avenue Primary School, Meanley Rd E12	(020) 8553 5682
TA Centres Ilford 36 Eastern Signal Regiment Gordon Flds, Gordon Rd Ilford.....	(020) 8478 1941	Asian Grocery Point Limited, 430 High Street North London	(020) 3624 2231	Or	(020) 8478 5172
Arnold George, & Co, Solrs, 102 Cranbrook Rd Ilford.....	(020) 8554 5484	Asianet Communications Europe, Ltd, Radio & Tv, 344 High Street North, Manor Park London	(0843) 8164398	Avery Emerson Solicitors, 335 Green La Ilford	(020) 8215 0884
Aroma (Chingford), Sandwich Bar, Lazza Aroma Limited 8-9 Albert Crescent Chingford London.....	(020) 8524 8888	Asianet Europe, Ltd, Flat Above Shop 344 High Street North E12.....	(020) 8586 6511	Avis Europe, Plc, Avis Ho Park Road Bracknell	(01344) 426644
Arran Guest House, 7 Argyle Rd Ilford	(020) 8478 3796	Asiatic Kitchen, 45 Green Lane Ilford.....	(020) 8478 0342	Aviva, Main Switchboard 8 Surrey St Norwich	(01603) 622200
Arsan Supermarket, D/377a Hoe St E17	(020) 8509 2653	Asiq Fruit Basket, Ltd, Ley Street Ilford	(020) 3759 4288	Avon - Copperworks, Lift Line Copper Works Apartments 57 Blackhorse Road E17.....	(020) 8520 5905
Arshad, Dr, Arslan, 59 Gladstone Avenue E12.....	(020) 8471 4764	Ask Care, Ltd, 40 Argyle Road Ilford.....	(020) 8554 7766	Awal, Dr, Mohammad, 48 Madras Road Ilford.....	(020) 8553 4098
Arso, Offlicence, 83 Belgrave Road Ilford.....	(020) 3490 4366	ASK Forever, Roj Supermarket, 271 Markhouse Road E17.....	(020) 8539 7549	Away With Tax, Payroll, 341A Chigwell Rd Woodford Gn.....	(020) 8559 2703
Art & Film Fabrication, Ltd, Unit 14 Lea Park Trading Estate Warley Close E10.....	(020) 8988 1414	Asn Partnership Llp, Acctcy Servs, 47 York Rd Ilford	(020) 8911 8000	AXA PPP healthcare, Personal healthcare Are you looking to join	(0800) 567686
Artful Blend, Ltd, 8 Roding Lane South Ilford	(020) 3149 8727	Asonbury Ltd T/A Skyjet, Astonbury Ltd 24 Cameron Rd Ilford.....	(020) 8548 7600	Axis Windows, Ltd, 149 Tilbury Road London.....	(020) 3509 6120
Arthouse Gallery, 114 Station Rd E4	(020) 8529 4406	Aspire Islamic School, 9 City House Elsa Rd Welling	(020) 8177 0574	Ayah Eateries, Ltd, 241 Hoe Street E17.....	(020) 8509 8220
Arthur Hutchinson, Ltd, 94 New Spitalfields Mkt Sherrin Rd E10	(020) 8558 8000	Aston Court Estates, Ltd, 15 Aston Court Broomhill Road Woodford Green	(020) 8506 1655	Ayesha's Hair & Beauty, Ltd, 61 Palmerston Road London	(020) 8521 9576
Artistry Loyal, Ltd, Hair & Spa Sal, 9 Church Lane E11	(020) 8556 4348	Aston Storage & Recovery, Ltd, Claims, Spurway Pde Woodford Av Ilford.....	(020) 8550 3710	Aytac, Unit 4 Forest Business Park Argall Avenue London	(020) 8520 7111
Arun Estates, 25 Caernarvon Drive Ilford	(020) 8550 2978	Astro Developments Ltd, 587 Forest Road London	(020) 3652 0505	A-Z Furniture, Wholesale Retail, 721 High Road Ilford.....	(020) 8598 9528
Arun Estates, 21 Newton Road Chigwell	(020) 8501 3385	Or	(020) 7998 8110	Azalea Bar, Ltd, 90 Belgrave Road Ilford	(020) 3340 9222
Arwaco Traders, Wtch Impt Whslr, 185-87 Wood Street London	(020) 8520 6475	Astro Developments Ltd, 19 Hoe Street London	(020) 3302 1415	Azhar Academy Azhar Academy, 470 High Road Leytonstone E11.....	(020) 8558 2277
Arwin Cleaning Services, Crpt,Uphol Cng, 2 The Meadway Loughton	(020) 8508 8471	Astrology Corner, 416 Cranbrook Rd Ilford.....	(020) 8518 5500	Azhar Academy, Ltd, Islamic Booksellers & Perfumery, 68 Little Ilford La E12	(020) 8911 9797
A's Nursery & Soft Play Centre, Ltd, 25-27 Horns Road Ilford.....	(020) 8554 7676	At Rasoi, 200 Winchester Road E4.....	(020) 8527 8222	FAX	(020) 8911 8999
Asbestos Risk Assessment, 3 Kings Mews Chigwell	(0845) 3006300	At Your Service Agency, Ltd, 2 Faversham Close Chigwell	(020) 8500 4427	Azura Travel, Ltd, Loughton.....	(020) 8505 0261
Asbestos Safety Training, Ltd, Flat 342 Elizabeth Court Navestock Crescent Woodford Green	(020) 8252 8906	Atco Estates, 360 Green La Ilford	(020) 8599 4557	B I Tyres, 694 Lea Bdge Rd E10	(020) 8539 7444
Asda Stores, Ltd, 19 Selborne Walk London	(020) 3645 5493	Athia Building Solutions, A, 94 Matcham Road E11.....	(020) 8177 4855	B A T S Ilford, Ltd, 1a Mansfield Road Ilford.....	(020) 7062 2775
Asda Stores Ltd, 1 Leyton Mills Marshall Road London	(020) 3754 5771	Atkins Electrical, Ltd, Unit A3 Langston Road Loughton.....	(020) 8508 4772	B Bailey Property Management, Prpty Mngmt, Regency Court 89 111 High Road London.....	(020) 3305 6517
ASDA Superstores, Walthamstowe Selborne Walk Shopping Centre Selborne Rd E17	(020) 8509 7700	Atkins Physiotherapy Consultants, Ltd, 154 High Rd Woodford Gn.....	(020) 8504 0478	B B Cafe, 314 Lea Bdge Rd E10	(020) 8558 9888
FAX	(020) 8509 7749	Atlantic Fish Bar, 405 Lea Bdge Rd E10	(020) 8558 8887	B & B Cash And Carry Limited, Wines & Spirits, 195 ILFORD LANE ILFORD	(020) 8514 7840
Ash Autoparts & Cycles, Car & Cycle Parts, 94 Station Road E4	(020) 8524 0063	Atlantic Lodge, (Housing)ltd, 4 The Bull On The Green 1a The Green E4.....	(020) 8501 7770	B B L Construction London, Ltd, 500 High Rd Woodford Gn.....	(020) 8506 2121
Ash Smile Design, Ltd, 6 Chigwell Rse Chigwell	(020) 8500 0868	Atlantic Lodge, Ltd, Property Management, 454 Larkshall Rd Chingford	(0871) 2711133	B & B Sealed Units, Unit 1 Beaver Road Ilford.....	(020) 8501 5222
Ash Tyres & Wheels, 731-73 EASTERN AVENUE ILFORD	(020) 8597 0011	Atlantis Travel of London, Ltd, 16 Brook Pde High Rd Chigwell	(020) 8501 0917	B J F Services, FAX	(020) 8501 1865
Ashbrook Ct Care Home, Sewardstone Road E4	(020) 8524 7860	Or	(020) 8559 9007	B J Minicars, 383 Manford Wy Chigwell	(020) 8501 3333
Ashcrofts, 601 High Road Leytonstone E11.....	(020) 8556 2888	FAX	(020) 8500 2593	B J Tyres & Exhausts, 662 Green Lane Ilford.....	(020) 8599 2746
Ashfords Partnership, Llp, 114-116 Goodmayes Road Ilford.....	(020) 8599 7263	Atlas Cars, Atlas Radio Cars Ilford Hl Ilford.....	(020) 8478 1010	B & K Builders Merchants, 410 Ilford Lane Ilford	(020) 8911 9187
Ashiana, Iqra Ct 750a High Rd Leytonstone E11.....	(020) 8530 4217	Or	(020) 8478 4888	B & K Building Merchants, 410 Ilford La Ilford	(020) 8553 1481
Or	(020) 8530 8744	Atlas Radio Cars, Ltd, 71 Ilford Hl Ilford.....	(020) 3771 8374	B L Lettings, 124 The Ridgeway E4	(020) 8501 7444
Ashiana, 16 St. Mary Road E17.....	(020) 8520 9036	ATM Law, 18 Goodmayes Road Ilford	(020) 3091 2835	B Luban Hair Ltd, 74 Chigwell Road London	(020) 3685 8843
Ashleigh's Florist, 43 Linden Crescent Woodford Green.....	(020) 8505 5848	Or	(020) 3091 2836	B N W Auto Specialists, Gar Servs, 498 High Rd Ilford	(020) 8478 4903
Ashley Smith Furniture, Fairways Business Park Unit 15-17 Lammas Road London.....	(020) 8556 6722	Or	(020) 8262 5256	B Patient Tiling, Ltd, 90 Forest Rd Loughton	(020) 8502 1811
Ashley Spivack Physiotherapy, Ltd, 97 Netley Road Ilford	(020) 8554 0999	Or	(020) 8262 9616	B & P Furnishings, 623 Romford Rd E12	(020) 8553 5334
Ashley White Estate, Est, Crown Ho 151 High Rd Loughton	(020) 3225 5060	ATS Euromaster, Ltd, Tyres,Batteries,Exhausts, Centres Leyton 28 Church Rd E10	(020) 8539 7063	Or	(020) 8553 5282
		Leytonstone 238 Church Rd E10.....	(020) 8539 5602	Supercentre London Waltham Forest Store 18 Heybridge Wy E10	(020) 8558 4817
		Atscontracts, 50 Byron Road London	(020) 8503 6851	B.T., Please see under BT	
		Audio Vision, Wholesale Retail, 691 Cranbrook Road Ilford.....	(020) 8550 6220	B T C, (London East), 146 Roding Lane South Ilford	(020) 8551 9666
		Augustus, & Co, Acctnt, FAX	(020) 8518 4018	B Tech Solutions Pty, Retail,	
		Aurlmathy Motors, Car Servs, 275A Ley St Ilford	(020) 8911 8307		
		Aurora Associates, Ltd, 98 High Rd E18.....	(020) 8505 1109		
		Austin Office Furniture, Ltd, Furn, 19 Millicent Rd E10.....	(020) 8558 6499		
		Austin Rose, Crown Ho 151 High Rd Loughton	(020) 3225 5060		

169A High Road Ilford.....	(020) 8553 3434	Bancroft's School,Woodford Green,		55 High Street Barkingside	(020) 8550 1818
B T P DREWITT, Ltd,		Bursary	(020) 8505 4824	Barkingside Post Office,	
15 Palace View Road London	(020) 8529 2310	CCF	(020) 8505 4859	Barkingside Post Office 115-23 High Street	
B & W, Darts & Trophies Ltd,		Head of Maintenance	(020) 8504 2132	Barkingside	(020) 8551 9550
Unit 1 Walthamstow Business Centre Clifford Road		West Grove Sports Ground	(020) 8504 2132	Barley Lane Periodontal Practice,	
Walthamstow	(020) 8527 0019			34a Barley La Ilford.....	(020) 8590 9900
FAX	(020) 8527 0108	Banerji, P, FAX,		Barley Wine Supermarkets, Ltd,	
B1 Tyres Online, Ltd,		44 Tryfan Close Ilford	(020) 8550 0871	169 Barley La Ilford	(020) 8599 8392
Unit B 43-49 Fowler Road Ilford.....	(020) 3875 3525	Bangla Car Parts, Uk,		Barleymont Fairlop Montessori Nursery,	
B2B Lounge, Ltd,		UNIT 6 LEY STREET PLAZA 153-155 Ley Street		Redbridge Sports Centre Forest Road Ilford	(020) 8501 2673
759 Romford Road Manor Park London.....	(020) 8514 7300	Ilford.....	(020) 3609 2147	Barn Croft Primary School,	
Bababoom, Ltd,		Bank Machine, Ltd,		Brunel Road E17.....	(020) 8521 1145
265 High Rd Loughton	(020) 3174 0418	742 Eastern Avenue Ilford	(020) 8518 4299	Barnado's,	
Babsons, Bathroom & Plumbing Supps,		Bank Of England,		59 The Broadway Loughton	(0843) 5151320
2 Carlton Dv Ilford	(020) 8550 6771	Printing Works Langston Road Loughton	(020) 3022 2100	Barnardo's,	
Bacchus, Y, & Co Solicitors,		Or	(020) 8532 5070	Head Office & General Enquiries Tanners Lane Barkingside	(020) 8550 8822
226 Chingford Mount Road E4.....	(020) 8524 9111	Bank of Scotland,		Head Office & General Enquires Tanners Lane Barkingside	(020) 8550 8822
Back 2 Balance Physiotherapy & Pilates Studio,		Personal Customers The Mound EH1	(03457) 213141	Jigsaw Project	
609 Forest Road London.....	(020) 8531 5662	Banks Hotel,		Church HI E17	(020) 8521 0033
Back Pain Centre,The,		7 Park Av Ilford	(020) 8554 2515	Barnardo's Garden Village Management, Co Ltd,	
South Woodford		Or	(020) 8554 1333	Block 4-19 Door Entry System Thomas Court New Mossford Way	
50 Chigwell Rd E18.....	(020) 8989 3330	Bannatynes Health Club,		Barkingside	(020) 8550 5425
Bagel Town,		Chingford 2 Morrison Av E4	(020) 8503 2266	Door Entry System Syrie Court New Mossford Way	
556 Romford Road London	(020) 3602 2997	Bansal Garage, Ltd,		Barkingside	(020) 8550 2092
Bagurskas, V,		2A Millais Rd E11.....	(020) 8556 7064	Barnards Jewellers, Serv,	
6 Chandler Road Loughton.....	(020) 8508 4013	FAX	(020) 8539 2362	29 The Broadway Loughton	(020) 8508 8889
Bailey, Dr, J,		Bansal, Ltd, Builiding Supps,		Barnes Roffe, Chrt'd Acctnts,	
The Surgery 107 Shernhall St E17	(020) 8520 5138	Leytonstone		Leystone Ho High Rd E11	(020) 8539 5033
FAX	(020) 8509 0532	FAX	(020) 8556 7959	Barnes Roffe,	
Bailey Nicholson Grayson,		357 High St Nth E12	(020) 8552 1145	Leytonstone House 3 Hanbury Drive E11.....	(020) 8530 2316
Unit 15 Bourne Ct Southend Rd IG8	(020) 8418 2900	Baptist Housing Association, Ltd,		Barnett, M.N. Dent Surg,	
Bailey Watts, Ltd,		32A Cameron Rd Seven Kings	(020) 8599 8017	21 Station Rd Loughton	(020) 8508 2793
28 Queens Grove Road London	(020) 8529 0672	Bar 21 Ilford, Ltd, Wholesale Retail,		Barnett Richards, Est Agts,	
Bairstow Eves, Ltd, Est Agt,		19-21 Chapel Road Ilford	(020) 8553 5114	Mortgages, Lettings & Management	
Barkingside 31 High St	(020) 8550 2257	Baraka Halal Butcher,		Ivy Ter Ley St Ilford	(020) 8554 4400
Chigwell		267 High Road E11	(020) 8534 5767	Barney Bear's Nursery,	
King William IV Cotts High Rd Chigwell	(020) 8500 0995	Barakah Healthcare, Ltd,		The Learning Centre St. Lukes Courtyard Baxter Road	
Goodmayes 837 High Rd Ilford	(020) 8599 5136	80 Chingford Mount Road E4	(020) 8531 3522	Ilford.....	(020) 8514 1771
Leyton 224 High Rd Leyton E10.....	(020) 8556 8777	Barber 26,		406 Manford Way Chigwell	(020) 8500 0980
Loughton 252 High Rd	(020) 8508 3871	271 High Road Leytonstone London.....	(020) 3304 7055	Barnfield Riding School,	
Walthamstow 171 Hoe St E17.....	(020) 8520 8966	Barber Station,		Sewardstone Road E4	(020) 8529 5200
Wanstead		4 Station Approach Station Road E4	(020) 8529 7700	Baronworth Investment Services, Ltd,	
68 High St Wanstead E11.....	(020) 8530 7156	Barbosa, Maria,		Independent Financial Services,	
Woodford Green 411 High Rd	(020) 8505 7721	108 Lambourne Road Chigwell	(020) 3719 6443	Ilford.....	(0800) 5878666
Bake Brothers, Mtr Vhcle Engs,		Barclays Bank,		Barrett, C,	
Unit A1 Seedbed Centre Langston Road Loughton.....	(020) 8502 5159	Personal Customers	(03456) 052345	Unit 2, Mentmore Studios, 11 Argall Avenue	
Baker Estates,		Business Customers	(03456) 052345	London	(020) 8556 9501
223 New North Road Ilford	(020) 8501 6360	Barclays Bank, PLC,		Barrington Lettings,	
Baker Ross, Ltd, Fundraising Services,		Branches		26 High Rd Buckhurst HI	(020) 8559 7485
2-3 Forest Works Forest Road Walthamstow	(0844) 5768911	Barkingside		Barrow, & Co, Chrt'd Acctnts,	
Baker Self Adhesive Label, Co. Ltd,		Personal Customers	(03456) 052345	FAX	(020) 8524 2131
37 Sutherland Rd E17	(020) 8523 2174	Business Customers	(03457) 345345	Barrow Management Services, Ltd,	
Baker Self Adhesive Label, Co. Ltd,		Chingford		Jackson House 95a Station Road E4.....	(020) 8524 8134
FAX	(020) 8527 6556	Personal Customers	(03456) 052345	Barry Middleton, Ltd,	
Bakers Arms Fast Food, Ltd, Takeaway,		Business Customers	(03457) 345345	Clubhouse, 156 High Road Chigwell	(020) 8500 2384
411 Hoe St E17	(020) 8521 9090	Forest Road		Barts Health NHS Trust,	
Bakers Court Care, Ltd,		Personal Customers	(03456) 052345	Whipps Cross Hospital Whipps Cross Road E11	(020) 8535 6900
138-140 Little Ilford Lane Manor Park London.....	(020) 8143 0216	Business Customers	(03457) 345345	Barwaqo, A, Mobile,	
Bakers Court Nursing Home,		Hainault		63b Sherringham Avenue London	(07930) 332763
Switchboard 138 Little Ilford La E12.....	(020) 8514 3638	Personal Customers	(03456) 052345	Barwaqo Cafe,	
Bala Impex, Fruit Veg Wholesale,		Business Customers	(03457) 345345	356 High Road Leyton Leyton London	(020) 3876 4274
Market Pavilion New Spitalfiel 1 Sherrin Road		Ilford		Base,	
E10	(020) 8988 1915	Personal Customers	(03456) 052345	Buckingham Court Rectory Lane Loughton	(020) 8532 5400
Bala Impex, Ltd,		Business Customers	(03457) 345345	Base London, Ltd,	
Market Pavilion New Spitalfiel 1 Sherrin Road		Lea Bridge Road		Unit 4-5 Buckingham Court Rectory Lane Loughton.....	(020) 8532 0000
E10	(020) 8558 5874	Personal Customers	(03456) 052345	Basi, S.S, & Co, Solrs,	
Baldwin, L T, Transport Ltd,		Business Customers	(03457) 345345	153 Cranbrook Rd	(020) 8518 1236
Unit 18 Cromwell Indust Est,Staffa Rd E10.....	(020) 8556 2535	Leytonstone		FAX	(020) 8518 1131
Balfour Autos, Motor Garage,		Personal Customers	(03456) 052345	Basset And Hair Tattoo, The,	
1 Sansom Road E11.....	(020) 8539 4509	Business Customers	(03457) 345345	Chigwell Road Woodford Green	(020) 8504 1744
Balfour Hotel,		Loughton		Bassons Ltd,	
31 Balfour Road Ilford.....	(020) 8514 3238	Personal Customers	(03456) 052345	131 Gordon Road Ilford	(020) 8514 2949
Balfour Medical Centre,		Business Customers	(03457) 345345	Or	(020) 8514 8284
92 Balfour Road Ilford.....	(020) 8514 3299	South Chingford		Bates Investment Services,	
Balfour Nursery,		Personal Customers	(03456) 052345	235 Cranbrook Rd Ilford.....	(020) 8554 4433
7 Balfour Road Ilford	(020) 8553 1886	Business Customers	(03457) 345345	Bates Millfield, Financial Advice,	
Balfour Sanson, Chrt'd Acctnts,		South Woodford		548 Ley Street Ilford	(0845) 5008500
Unit 17 Bourne Ct Unity Trading Est, Southend Rd		Personal Customers	(03456) 052345	Bathstore,	
Woodford Gn.....	(020) 8551 8844	Business Customers	(03457) 345345	Ilford 514 - 518 High Rd Ilford.....	(020) 8599 7111
FAX	(020) 8551 9944	Walthamstow		Bavish & Brother, Uk Ltd,	
Bambach Saddle Seat Europe, Ltd,		Personal Customers	(03456) 052345	110-12 Aldborough Rd 5th Ilford.....	(020) 8599 8906
Seedbed Cntr Langston Rd Loughton	(0800) 581108	Business Customers	(03457) 345345	Bawa Jee, Ltd,	
Bambach Saddle Seat,The,		Wanstead		1 Grange Road Ilford	(020) 3621 3977
Prospect Bsns Pk Langston Rd Loughton	(020) 8532 5100	Personal Customers	(03456) 052345	Baxter Homes, Ltd,	
Bambini, Oillyly Stksts,		Business Customers	(03457) 345345	561 High Road Ilford	(020) 8503 8174
15 Woodbine Place London	(020) 8530 1060	Woodford Green		Baxy, Ltd,	
Banana Leaf Restaurant, South Asain Rstnt,		Personal Customers	(03456) 052345	3 Cambridge Park E1	(020) 8530 3305
4 Central Parade ,Ley Street Ilford.....	(020) 8554 4120	Business Customers	(03456) 052345	Baylis Food & Wine, Ltd,	
Bancroft, Ltd,		Bark Studios Recording Services,		159 High Road Loughton	(020) 8508 6348
43 Perth Rd Ilford.....	(020) 8709 2500	1A Blenheim Road E17	(020) 8523 0110	BB Biz Dev, Ltd,	
Bancroft Rugby Club,		Barkat Catering,		72 Trelawney Road Lfford	(020) 8500 6777
The Club House Old Bancroftians F C Buckhurst Way		65B Palmerston Road London.....	(020) 8509 9540	BB Telecom, Ltd,	
Buckhurst Hill	(020) 8504 0429	Barling Dagenham & Ilford Methodist Circuit,		39 Mannock Drive Loughton	(020) 3089 3341
Bancrofts School,		7 Hastings Avenue Ilford.....	(020) 8550 3822	BBL Recruitment,	
Bancrofts School 611-27 High Road		Barkingside Dental Care.....	(020) 8550 4433	Clements Ct Clements La Ilford	(020) 8514 8866
Woodford Green	(020) 8505 4821	47A High St Barkingside.....		Unit 1 Clements Ct Clements La Ilford	(020) 8911 1070
Bancroft's School,		Barkingside Dental Care, Ltd,			
Bancroft's School,		47A High Street Barkingside.....	(020) 8550 3893		
Bancrofts School 611-27 High Road		47a High Street Ilford.....	(0843) 4878764		
Woodford Green	(020) 8559 0032	Barkingside Kababish, Eating & Takeaway,			

BCC Business Gifts, Ltd, 13 Rutland Road E11.....	(020) 8530 6169	113 Belgrave Road Ilford.....	(020) 8554 1344	1 Cameron Road Ilford.....	(020) 3302 5301
Be Smart, Dry Cng, 18 Hoe St E17.....	(020) 8509 1298	Bell's College, Ltd, 38 Goodmayes Rd Ilford.....	(020) 8599 2211	Betfred, 6 Hall Lane Chingford.....	(020) 3602 7388
Be Smart Dry Cleaners, Dry Clnrs, 147 Station Road London.....	(020) 8524 7340	FAX.....	(020) 8599 9964	Better Lettings, 445 Cranbrook Rd Ilford.....	(020) 8554 8749
Beacon Scaffolding, Ltd, UNIT D 120 CHIGWELL ROAD SOUTH WOODFORD LONDON.....	(020) 8530 1103	Belmont Day Nursery, Ltd, 69 Belmont Road Ilford.....	(020) 8553 2020	Better Pest Control, 32 Fairlight Avenue London.....	(020) 8524 2160
Beal Guest House, 31 Argyle Road Ilford.....	(020) 8252 6191	Belmont Lodge, (Home for the Elderly), (Payphone).....	(020) 8559 8110	Bevan, A, & Son Ltd, Unit 6-7 Forest Industrial Park Forest Road Ilford.....	(020) 8501 4900
Beales, Bottled Gases, New Spitalfields Market 17 Sherrin Road E10.....	(020) 8539 8882	Belmont Road Dental Surgery, 26 BELMONT ROAD ILFORD.....	(020) 8478 6596	Bew Electrical Distributors, 623 Ley St Ilford.....	(020) 8518 5511
Beales Gas, New Spitalfields Market 17 Sherrin Road E10.....	(020) 8988 9999	Belvedere Private Clinic, The, 24 Seymour Gardens Ilford.....	(020) 3719 2847	Bexford Ltd, 53A York Road Ilford.....	(020) 8514 3030
Bearfields, Ltd, The Sidings Hainault Rd E11.....	(020) 8988 5050	Benchmark, Kitchens & Joinery, Walthamstow Unit 9 Waltham Parkway, Billet Rd E17 FAX.....	(020) 8531 3816	Beyaz Kosk, Ltd, 85 Old Church Rd E4.....	(020) 8529 8333
69 Hainault Road E11.....	(020) 8518 7559	Beneficial Finance, Branches Gants Hill		Beydili, Takeaway, 232 Chingford Road Walthamstow London.....	(020) 8062 6647
Unit 1 The Sidings Hainault Road E11.....	(020) 8558 3514	FAX.....	(0845) 6030844	Bfc Distribution, Forest Business Park Unit 17 Argall Avenue London.....	(020) 3302 7702
Unit 2 The Sidings Hainault Road E11.....	(020) 8556 1745	Ilford		Bfc Distribution, Forest Business Park Unit 17 Argall Avenue London.....	(020) 7998 3902
Unit 28 The Sidings Hainault Road E11.....	(020) 8558 9718	FAX.....	(0845) 6030844	BG Cargo Minimarket, Ltd, 37 High Street London.....	(020) 8520 1748
Beaumont News, Shop 13a Beaumont Road E10.....	(020) 8988 1064	Benefit Cosmetics, Ltd, 222 High Rd Loughton.....	(020) 8502 4983	Bgs Music, 365 High Rd Ilford.....	(020) 8514 5650
Beaute Parfaite, Salon, 12 Station Parade High Street Wanstead Leytonstone London.....	(020) 3602 4735	Bengal, Curry House, Rstnt, 24 St. James St E17.....	(020) 8520 0385	Bhalp, Ltd, 428 Hale End Road Chingford London.....	(020) 3887 9958
Beaute Parfait, Ltd, Beauty Salon, 12 Station Parade High St Wanstead London.....	(020) 8530 4678	Or.....	(020) 8520 4434	Bhangra Beat, Bhangra, 156 George Lane E18.....	(020) 8989 8909
Beautex Beauty, 71 Old Church Road London.....	(020) 3731 7858	Benjamin Pharmacy, 263 Chingford Mount Road E4.....	(020) 8529 8263	Bhangra Beat, Ltd, The, 156 George Lane E18.....	(020) 8989 3833
Beauty By ss, Beauty Plr, 682 Cranbrook Road Ilford.....	(020) 8554 1679	Benjamin Pharmacy, Ltd, 30 Hatch Lane E4.....	(020) 8529 0696	Bharat Mahal, Ltd, 392 High Street North Manor Park London.....	(020) 3343 8339
Beauty On The Mill, 14-22 Mill Lane Woodford Green.....	(020) 8505 6671	Bennett, A, & Sons Ltd, Undtkrs, Monmtl Masns, 61 Queens Rd Buckhurst HI.....	(020) 8504 1674	Bhogals Auto Spares, Romford Road London.....	(020) 8478 4781
Beauty Shop, 45 Chigwell Road London.....	(020) 8530 3000	Bennett, A, & Sons Ltd, Undtkrs, Monmtl Masns, 386 High Rd E10.....	(020) 8539 3508	BI Signs, Unit 2, 100 Roseberry Avenue Manor Park, London.....	(0845) 3880329
Beauty Spot (Ilford), High Road Ilford.....	(020) 8590 5741	Bennett & Hawes, Ltd, New Spitalfields Mkt Ruckholt Rd E10.....	(020) 8558 9794	Bidaai London, Ltd, 97 Ilford Lane Ilford.....	(020) 8514 4906
Beauty Suite Salon, Ltd, 222 Redbridge Lane East Ilford.....	(020) 8550 8892	Bennett Phillips, (Luton) Ltd, The Coach House 201 High Road Chigwell.....	(020) 8501 3000	Biddle & Mumford, (Gears) Ltd, 14-18 Kings Place Buckhurst Hill.....	(020) 8505 4615
Beauty Trendz, Ltd, 5 Brooks Parade, Green Lane Ilford.....	(01708) 761746	Benning Construction, Ltd, 944 Eastern Av Ilford.....	(020) 8590 1599	Big Creative Academy, Arts & Academy, 38 Clifton Avenue E17.....	(020) 8527 2244
Becker Tree Contracts, Ltd, 32 Wellfields Loughton.....	(020) 8508 3832	Benstead, W.C, & Son Ltd, 10 Snakes Lane Jubilee Parade Woodford Green.....	(020) 8506 1155	Or.....	(020) 8527 5800
Bedford House Community Association, Bedford House 4 Westbury Road Buckhurst Hill.....	(020) 8504 6668	Bentleys Solicitors, 182 Hoe St E17.....	(020) 8521 8751	Or.....	(020) 8527 8111
Bedrock Radio, Sunflower Court Goodmayes Hospital 157 Barley Lane Ilford.....	(020) 8599 2891	Benzy, Ltd, 157 Wood Street Walthamstow London.....	(020) 8520 4006	Or.....	(020) 8527 8553
Beech Oak Farm, Montessori Pre School, Church Road High Beech.....	(020) 8502 0006	Berdan Supermarket, 838 High Road Leyton London.....	(020) 8558 3145	Big Mama Burger, Ltd, 117 Belgrave Road Ilford.....	(020) 8554 1212
Beechside Nursery, Ltd, Lira Mott Street E4.....	(01992) 761743	Bernard Group, 52 Peregrine Rd Ilford.....	(020) 8501 5408	Big Yellow, Ilford 374 Eastern Av Ilford.....	(020) 8518 4552
Beehive Foot Clinic Limited, 27 Beehive Lane Ilford.....	(020) 8554 5412	Bernard's Jewellers, Jewellers Repairer Piercer, 63A Station Road E4.....	(020) 8529 1227	FAX.....	(020) 8518 9439
Beehive Pharmacy, 8 Beehive La Ilford.....	(020) 8554 3560	Bernicia Boateng Studios, Ltd, 732 Lea Bridge Road E10.....	(020) 3601 1010	Bigbe Foodie, Ltd, Unit T 8 Leyton Industrial Village Argall Avenue Leyton.....	(020) 8556 2927
Beehive Seed Specialists, Ltd, 175A Beehive Lane Ilford.....	(020) 3151 0848	Bernie Builders, & Sons Ltd, 2 Carlton Dv Barkingside.....	(020) 8551 0230	Bijou Beauty, 74 St. Mary Rd E17.....	(020) 8520 4283
Beehive Wine Store, Beer Wholesaler & Retailer, 243 Beehive La Ilford.....	(020) 8551 9364	BERNIS BRETT, & Co. Ltd, Ins Broks, 177 High Road E18.....	(020) 8559 2111	Bill Bean, 23 Sherrin Rd E10.....	(020) 8539 3636
Beehive Wine Store, 243 Beehive Lane Ilford.....	(020) 8550 4308	FAX.....	(020) 8502 9900	Billet Dry Cleaners, 280 Chingford Rd E17.....	(020) 8527 3235
Bees, Maj, D, 112 Kings Head HI E4.....	(020) 8524 0318	Berns Brett Insurance Brokers, Ltd, 191 High Road South Woodford.....	(0843) 8162990	Billets Corner Nursery, 11 Walthamstow Avenue Chingford.....	(0843) 5154925
Belgique, (Chingford) Ltd, 52-54 Station Rd E4.....	(020) 8524 9840	Bespoke Joinery, (London) Ltd, The Old Forge Station Passage, London, E18.....	(0845) 6040566	Billiards Club, Gants Hill Billiard Club Rear Of 347 Eastern Avenue Ilford.....	(020) 8551 0007
Belgique, (Wanstead) Ltd, 29 Cambridge Pk E11.....	(020) 8532 2255	Best 72 Uk, Meat Shop, 360 High Road Leyton Leyton London.....	(020) 3759 0582	Billy Graham Evangelistic Association, Victoria Ho Victoria Rd Buckhurst HI.....	(020) 8559 0342
Belgrave Motor Services, 10 Gants Hill Crescent Ilford.....	(020) 8551 5988	Best 79 Uk, Ltd, 718 Eastern Avenue Ilford.....	(020) 8091 8813	Bim's Restaurants, Ltd, Ilford Lane Ilford.....	(020) 4512 1102
Belgrave News, Nwsagt, 113 Belgrave Road Ilford.....	(020) 8554 0427	Best Bargain Furniture, Furn, 706 Romford Rd E12.....	(020) 8911 8133	Biovic Atlantic, Ltd, Mortgage Broker, Excelsior House, 3-5 Balfour Road Ilford, Essex.....	(0845) 1701881
Bell, Cars, 66 Chingford Mt Rd E4 (Radio Controlled).....	(020) 8527 1066	Best Buy Furniture, 418 Hoe St E17.....	(020) 8521 9390	Birashwarys, Indian Tandori Rstnt, 4 Fencepiece Rd Ilford.....	(020) 8500 5430
Bell Contracts, UK Ltd, Maybank Est Maybank Rd E18.....	(020) 8505 6644	Best Chinese Food & Takeaway, The, 115 Old Church Road E4.....	(020) 8524 1811	Bird & Fairley, Ltd, Dispng Optcns, 269 High Rd Loughton.....	(020) 8508 4070
Bell ICT, Ltd, 956 Eastern Av Ilford.....	(020) 8599 5285	Best Copiers Ltd, 208 Forest Road London.....	(020) 8509 8898	Birk Video Productions, Ltd, 15 Highlands Gdns Ilford.....	(0843) 5157201
Or.....	(020) 8599 0647	Best Food, Romford Road 670 ROMFORD ROAD LONDON.....	(020) 8478 3956	Birkbeck Tavern, The, Birkbeck Tavern P H 45 Langthorne Road Leytonstone.....	(020) 8539 2584
Bell Locks & Locksmiths, Locksmiths, 24 Hour Emergency, Auto Locksmiths, Eynsford Rd Essex.....	(0844) 4117952	Best Friends Holbeach Vet Surgery, 97 Oak HI Woodford Green.....	(020) 8527 0034	Bishop, Ltd, 3 Stanmore Way Loughton.....	(020) 8926 2010
Bell Locks & Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths, Hatton Ter.....	(0844) 4117992	Best Glazing, Ltd, 546 Romford Road London.....	(020) 8514 4553	Bishop of Barking, Barking Episcopal Office, Barking Ldg Verulam Av E17.....	(020) 8509 7377
Bell Pharmacy, Ret Chemst, 995 Romford Road E12.....	(020) 8478 2861	Best Health Protect, Ltd, Insurance Providers, 5 Eastwood Road South Woodford.....	(0843) 8162994	Bites, UK, IT Support Service For The SME, PO Box 2294 Woodford, Essex.....	(0845) 2211000
Bella Capelli, Ladies Hrdrsrs, 164 Queens Road Buckhurst Hill.....	(020) 8506 0800	Best Inn Hotel, Bed & Breakfast, 10 Argyle Road Ilford.....	(020) 8478 3779	Biyouni Hair, Ltd, Haircare, 56 High St Wanstead.....	(020) 8530 1550
Bella Cujina, 288 Hoe Street London.....	(020) 8520 3134	Best Luxury Cars, Ltd, 680 High Road Ilford.....	(020) 4529 1482	Or.....	(020) 8989 5308
Bella Gusto, Bella Gusto, 181 Manford Way Chigwell.....	(020) 8501 5444	Best Moon Shop, Convenience Store, 18 Cameron Road Ilford.....	(020) 8590 5069	Biz In Bloom, Floristcafe, 23 The Broadway Woodford Green.....	(020) 8559 1599
Bella's Beauty, Ltd, 133 Ley Street Ilford.....	(020) 3793 2226	Best Western Greater London Hotel, 60-64 Cranbrook Road Ilford.....	(020) 8514 0444	Bjs Fashion Ltd, 107A Ilford Lane Ilford.....	(020) 8478 2888
Bellas Coffee, Ltd, 86 High Street Barkingside.....	(020) 3859 4549	Beste Hairdresser, 20 High Street E17.....	(020) 8521 1621	Black Deer, The, Pound Field Road Loughton.....	(020) 8508 4440
Belgrave News, Nwsagts,		Bestech Pvt Ltd, Unit 1 City Mews Ilford.....	(020) 8637 5283		
		Bestgrade Education, 435 Cranbrook Road Ilford.....	(020) 3302 8140		
		Bestmoon Off License,			

Black Horse Estates, Ltd, 22 Kirkdale Rd E11.....	(020) 8558 5533	Bml, Woodford Self Service Station Woodford New Road London.....	(020) 8505 9920	412 Green Lane Ilford.....	(020) 8590 4890
Blackhorse Domestic Appliances, 1 Blackhorse Road London.....	(020) 8521 7446	Bobo And Wild, Cafe, 127 George Lane South Woodford London.....	(020) 3674 6501	Brandsea, Ret, 70 Ilford Lane Ilford.....	(020) 7018 6766
Blackhorse Food & Wine, 73 Forest Rd E17.....	(020) 8531 0728	Bodrum Kitchen, Ltd, 303 Lea Bridge Road London.....	(020) 8556 9171	Brassington, & Co, 500 High Road Woodford Green.....	(020) 3931 0097
Blackhorse Workshop, C/c, 1-2 Sutherland Road Path E17.....	(020) 8531 1612	Body Bliss At Essentials, 15 Electric Parade George Lane E18.....	(020) 8989 9040	Bray Glass, 704 Cranbrook Rd Ilford.....	(020) 8550 5755
Blackstone Financial Advice, Ltd, 9 The Shrubberies George Lane London.....	(020) 8530 3655	Body Clock Health Care, 108 George La E18.....	(020) 8532 9595	Or.....	(020) 8550 9432
Blackwell's, 273 High Road Leyton E10.....	(020) 8518 7900	FAX.....	(020) 8532 9551	Bread & Oregano, Ltd, 1 High Road Leyton Hainault Buildings Leyton.....	(020) 3859 8791
Bladex Of Doner, Ltd, 748-750 Romford Road London.....	(020) 3941 6962	Body Inc Spas, Ltd, 804 High Rd Ilford.....	(020) 8599 0101	Breamfold Packaging, Ltd, Unit 7 Avenue Indust Est, Justin Rd E4.....	(020) 7249 6735
Blah D Blah Design, Ltd, Marketing, Branding, Print, Web Development, Ilford Sales.....	(0872) 0855973	Boiler & Heating Care, Ltd, Unit 18 Leyton Business Centre Etloe Road Leyton.....	(020) 3225 4071	Or.....	(020) 8527 6060
FAX.....	(0872) 0855973	Bojangles, Ltd, Brasserie Bar, 1 Old Church Road E4.....	(020) 8529 8181	Bremadent Premier, Mr, Kq, (Bristol) Ltd, 25A St. James's Street E17.....	(020) 8521 9456
Blak Diamond Social Care, Ltd, 36 Yellowpine Way Chigwell.....	(020) 3149 9619	Boleyn Car & Van Hire, Ltd, Unit 5-6, Period Wks 1 Lammas Rd E10.....	(020) 8556 0595	Breyer Group, Plc, 22 Albion HI Loughton.....	(020) 8418 9308
Blakesley Arms, The, Pblc Ho Entertainment, 53 Station Road E12.....	(020) 8553 3432	Or.....	(020) 8988 3203	Brian Thomas Financial Services, Ltd, 711 Cranbrook Rd Ilford.....	(020) 8550 0500
Blase Hairdressers, Sal, 185A High Road Loughton.....	(020) 8532 1213	Boleyn Court Management, Ltd, Gleves Ldg Epping New Rd Buckhurst Hill.....	(020) 8505 8470	Brick Lane Estates, Ltd, 16 Grove Wood Place Woodford Green.....	(020) 3971 4942
Bleepers Business Te, Flat 1 241-243 High Road Ilford.....	(020) 8553 7869	Bombay Kebab Original, (UK) Ltd, 465 High Road Leytonstone E11.....	(020) 8556 0993	Bridge Building Supplies, Ltd, Portacabin At 9 Mill Road Ilford.....	(020) 8478 6442
Bleepers Business Te, 241-243 High Road Ilford.....	(020) 8553 7872	Bon Bons Beauty, 351 High Street North E1.....	(020) 8472 1609	Bridge Financial Services, 500 High Rd Woodford Gn.....	(020) 8505 3563
Blitz Gooday, Ltd, 18 Ravenings Pde Goodmayes Rd Goodmayes.....	(020) 8598 2288	Bond Associates, Ltd, 500 Larkshall Road E4.....	(020) 8418 5627	Bridge Flooring, 650 Chigwell Road Woodford Green.....	(020) 8505 5591
Blobar67, Ltd, 87 Queens Road Buckhurst Hill.....	(020) 8505 3736	Bond Lovis Insurance Brokers Limited, 374-376 High Road Ilford.....	(0843) 8163478	Bridge Flooring, Ltd, Unit 14 Brownings Farm Gravel Lane Chigwell.....	(020) 8500 4146
Bloom Of The Block, 148 Hoe Street E17.....	(020) 8520 3307	Bone Dry, 59 Cowley Road Ilford.....	(020) 8554 7284	Bridge Pharmacy, Chemst, 696 Chigwell Rd Woodford Bdge.....	(020) 8504 2307
Bloom Room, The, Chingford Rly Stn Station App Stn Rd E4.....	(020) 8529 8484	Boningtons, Vals & Auctnrs, Ambrose Ho Old Stn Rd Loughton.....	(020) 8508 4800	Bridge Recruitment, 112 Station Rd E4.....	(020) 8529 0548
Bloomfield Leyton RTM Company, Ltd, Marketing Pr Advertising, Bloomfield Court 2 Brisbane Road E10.....	(020) 8558 4195	Boningtons, Ambrose Ho Old Stn Rd Loughton.....	(020) 8508 4800	Bridge Telecoms, Ltd, Unit 3, Oakfield Ho Oakfield Rd Ilford.....	(0800) 2321343
Bloomfield Leyton Rtm Company, Ltd, IT Telecoms Internet, Bloomfield Court 2 Brisbane Road E10.....	(020) 8558 7727	Boojhawon, R, 716 Lea Bridge Road E10.....	(020) 8539 7215	Briggs, Allen, Ltd, Mtr, (Sales) 47 Chingford Mt Rd E4.....	(020) 8527 5004
BLR LT, Ltd, 365 Eastern Avenue Ilford.....	(020) 7018 0259	Book & Go, Ltd, 64 Holmwood Rd Ilford.....	(020) 8503 8333	(Service) 47 Chingford Mt Rd E4.....	(020) 8531 8132
Blue Dwellings, Ltd, Property, 39 Bressey Gro E18.....	(020) 8530 7788	Book Protectors, & Co, Bk Jacket Mfrs, 76 South Gro E17.....	(020) 8520 0012	(Stores) 47 Chingford Mt Rd E4.....	(020) 8531 8131
Blue Line Cars, (Ilford) Ltd, Mini Cab, 363 Ley St Ilford.....	(020) 8478 7263	Book Shop Loughton, The, 150 High Road Loughton.....	(020) 8502 5500	Briggs Motors, 24-26 CHINGFORD MOUNT ROAD LONDON.....	(020) 8531 2004
Blue & White, Car Service, 809 High Rd Ilford.....	(0800) 3895185	Or.....	(020) 8508 9855	Bright As White Cleaners Ltd, 251 Chingford Mount Road London.....	(020) 8529 4363
Blue & White, Taxi, 809 High Road Ilford.....	(020) 8599 5000	Book Shop Loughton, The, 9 Stony Path Loughton.....	(020) 8508 4928	Bright Button Apps, Ltd, 43 Sedley Rise Loughton.....	(020) 8508 5446
Blue & White, Car Service, 809 High Rd Ilford.....	(0800) 3895185	Booker Hart, Ltd, 19 Market Pavilion New Spitalfelf Sherrin Road London.....	(020) 8539 8787	Bright Futures Nursery, 1 Signal Walk London.....	(020) 3719 4562
Bluebell Dental Practice, Dent, 140 Tomswood HI Chigwell.....	(0844) 8542752	Boomer, E.F, Sgn Writing, Gilding, 28 Sunnysdene Av E4.....	(020) 8531 2742	Bright Kids Nursery, 1 The Square High Road Leyton.....	(020) 8558 0666
Bluebell Dental Practice, Ltd, 140 Tomswood HI Ilford.....	(020) 8500 6789	Boonsong, Ltd, Trade, 4 Hoe Street Walthamstow London.....	(020) 8521 0949	BrightHouse, Radio TV & Video, Walthamstow 72 High St E17.....	(020) 8521 7757
Bluebells Day Nursery (London), Nrsry, 283 Hall Lane Chingford London.....	(020) 8529 6058	Boots Ibm, UK Ltd, 169 Manford Way Chigwell.....	(020) 8501 4312	Brill, M.J, Dent Surg, 216 High Road Ilford.....	(020) 8478 0709
Bluebird Care, (Redbridge), 137 George La E18.....	(020) 8989 8444	Boots The Chemists, Branches Chigwell 169 Manford Wy Chigwell.....	(020) 8500 4570	Brit Windows, Ltd, Unit Q2 Pegasus Works Roebuck Road Ilford.....	(020) 8500 9900
Bluecross Locums, Ltd, Bourne Ct Unity Trdg Est Southend Rd Woodford Gn.....	(020) 8551 1001	Chingford 19 Station Rd E4.....	(020) 8529 2628	Britannia Pharmacy, 429-31 High Road Woodford Green.....	(020) 8504 4049
Bluefire, 192b Chingford Mount Road London.....	(020) 8529 5885	Ilford 117 High Rd Ilford.....	(020) 8553 0607	Britannia Pharmacy, 414 Green Lane Ilford.....	(020) 8590 6477
Bluejay Homes, Ltd, 154 High Rd Chigwell.....	(020) 8502 7311	Leytonstone 813 High Rd Leytonstone E11.....	(020) 8539 2550	Ilford 53 Green Lane.....	(020) 8478 0484
Bluestar Print Finishers, Unit 2 Whilms Works Forest Road Ilford.....	(020) 8500 7319	South Woodford 170 George La E18.....	(020) 8989 2274	Head Office Unit 1-4 Uppark Drive.....	(020) 8709 2744
Bluestone FM, Ltd, Suite B4 Balfour House 390-92 High Road Ilford.....	(020) 3149 8734	Wanstead 59 High St E11.....	(020) 8989 0511	The Loxford Polyclinic 417 Ilford Lane Ilford.....	(020) 8911 8567
Blush Beauty, Beauty Sal, 95 Ilford La Ilford.....	(020) 8911 7025	Boots, UK Ltd, 247 High Rd Loughton.....	(020) 8508 7497	Retail 21-23 Horns Road Ilford.....	(020) 8554 1313
Bml, 259 Aldborough Road South Ilford.....	(020) 8590 2829	Boraster Blinds & Shutters, 30 Victoria Rd E17.....	(020) 8527 5599	417 The Loxford Polyclinic Ilford Lane Ilford.....	(020) 8478 4347
Bml, King George Hospital Barley Lane Essex.....	(020) 8599 4265	Borno Chemist, 9 Signal Walk E4.....	(020) 8527 1653	50 Queens Road London.....	(020) 8520 2012
Bml, 8 Cameron Road Ilford.....	(020) 8598 9580	Borno, (Chemists) Ltd, Ret Pharmacy, Broadway Mkt 15 Fencepiece Rd Ilford.....	(020) 8500 6714	Britannia Pharmacy, 265 Aldborough Road South Ilford.....	(020) 8590 2353
Bml, 357 Chigwell Road Woodford Bridge.....	(020) 8505 7163	69 Perrymans Fm Rd Ilford.....	(020) 8554 3428	Britcut2, Elite Vision 230 High Street North London.....	(020) 3092 7643
Bml, 229-231 Chingford Mount Road London.....	(020) 8529 7502	Borough Estates, 700 Lea Bridge Road London.....	(020) 8556 3699	British Environmental Plumbing & Heating, 30 The Shrubbery, Grosvenor Rd E11.....	(0800) 0665558
Bml, Bp Greengate Connect, 709 Eastern Avenue Ilford.....	(020) 8554 2295	Bosworths Family Butchers, 8A Church Hill Loughton.....	(020) 8508 4498	British Gas, All Enquiries.....	(03332) 029802
Bml, 758 Eastern Avenue Ilford.....	(020) 8554 5975	Boundary Surveillance, Ltd, 269 Boundary Road E17.....	(020) 8520 1234	British Heart Foundation, Heart Research Charity, Charity Shops Furniture & Electrical Shops Unit 23, The Mall, 47 Selborne Walk Walthamstow.....	(0844) 2489103
Bml, 619 Forest Road Walthamstow.....	(020) 8527 5461	Boundary Surveillance, Ltd, 269 Boundary Road London.....	(020) 8509 8000	Loughton 2 Centric Pde 200 High Rd.....	(020) 8502 0888
Bml, 55-57 George Lane South Woodford.....	(020) 8989 1132	Boundary Surveillance, Ltd, Office 7 Hillcrest House 49A Vicarage Road London.....	(020) 3609 2110	Walthamstowe 257 High St.....	(020) 8521 9500
Bml, 206 New North Road Ilford.....	(020) 8500 9940	Bow Joinery, 1b Cowslip Road E18.....	(020) 8989 0404	Furniture & Electrical Shops 783-785 High Rd London....	(0844) 4994156
Bml, 53 Sewardstone Road London.....	(020) 8524 9446	Bower Chemist, 340 Grove Green Road E11.....	(020) 8539 1922	Furniture & Electrical Store 100 Cranbrook Road Ilford.....	(0844) 2489156
Bml, 173 Wood Street Walthamstow.....	(020) 8509 1475	BP Service Stations, Leyton Service Station 666 High Rd Leyton.....	(020) 8532 8585	British Heart Foundation, 119C High Street Wanstead E11.....	(020) 8530 0366
		Bradshaw Stairlifts, Ltd, 199 Manford Way Chigwell.....	(020) 8252 8192	BRITISH TELECOMMUNICATIONS PLC, Please see under BT	
		Braeside School, Ltd, 130 High Road Buckhurst Hill.....	(020) 8504 1133	British Tenpin Bowlin Association, 114 Balfour Rd.....	(020) 8478 1745
		Brain Thomas, 412 Green Lane Ilford.....	(020) 8590 4890	Britwise College, Ltd, Cranbrook Ho Cranbrook Rd Ilford.....	(020) 8514 0006
				Broadway Chicken Pizza, Takeaway, 40 The Broadway Loughton.....	(020) 8502 1222
				Broadway Fish House, The, 7 The Broadway Woodford Green.....	(020) 8506 9538
				Broadway Mini Cabs, Booking Hall Debden Stn Loughton.....	(020) 8502 3344
				Broadway Music & Vision, Sales, Serv, TV, Elec Gds, 8 The Broadway Woodford Green.....	(020) 8504 7500

31 The Broadway Woodford Green	(0843) 5152409	Buckhurst Hill Convenience Store & Post Office, 167 Queens Road Buckhurst Hill	(020) 8505 5216	Or	(020) 8504 9000
Broadway Saloon, Ltd, 249 High Road Ilford	(020) 8514 5191	Buckhurst Hill County Primary School, Buckhurst HI County Primary Lower Queens Rd Buckhurst HI	(020) 8505 7300	Butt & Co Accountants, Ltd, 161 Ley Street Ilford	(020) 8514 8014
Broadway Surgery,The, 3 Broadway Gardens Monkham Avenue Woodford Green	(020) 8505 3204	Buckhurst Hill Cricket Club, Buckhurst Hill Cricket Club Roding Lane Buckhurst Hill	(020) 8504 5652	Butt, & Co Acctnts Ltd, 161 Ley Street Ilford	(020) 8553 3504
Brocade, Clothg Shop, 201 Ilford La Ilford	(020) 8514 4000	Buckhurst Hill Information Centre, George Ct Queens Rd Buckhurst Hill	(020) 8498 9933	Buy Labels For Less, Ltd, Ret Store, 51 High Street Barkingside.....	(020) 8550 5108
Broda Cycles, 394 Forest Road London	(020) 7062 6709	Buckhurst Hill Parish Council, 50 Loughton Way Buckhurst Hill	(020) 3089 9492	Buytech Ltd, Unit 15 Warley Close London	(020) 8556 4654
Broker House Insurance Services, Ltd, Ins Brok, 18 Station Rd E12	(0872) 4365850	62 Queens Rd Buckhurst HI	(020) 8498 9933	Buzby's Garage, Ltd, 45 Salisbury Road E4	(020) 8524 1700
Broker House Lettings, Ltd, 18 Station Road E12	(020) 8478 8203	FAX	(020) 8498 9966	Bven Logistics, Ltd, 3 Staffa Rd E10	(020) 8539 6661
Brook Buds, Ltd, Flors Cards & Gifts, 12 Brook Parade High Road Chigwell	(020) 8500 2002	Buckhurst Hill Station News Kiosk, Buckhurst HI Stn Station App Buckhurst HI	(020) 8559 0640	By Design, Jwlrs & Pwnbrkrs, 218 High Street E17	(020) 8520 2310
Brook, J, Baytree House 2 Dells Close E4	(020) 8529 0471	Buddies School Of Motoring, Ilford 249 Aldborough Rd Sth	(020) 8598 9743	Bycity, Ltd, 85 Brunner Road E17	(020) 8521 5653
Brook Physiotherapy, Ltd, Virgin Active Health Club Manor Rd Repton Park Woodford Green	(020) 8501 1449	Budget Insurance, Ins, 905 Romford Rd E12	(0872) 4358686	Byron, Gents Barbs, 3A Broadway Market Fencepiece Road Ilford	(020) 8501 2728
Brooks, 2 High Road Chigwell	(020) 8500 3515	Budget Insurance Services, Walthamstow 390 Hoe St E17	(0871) 9719631	C A E Diesel, Ltd, Sewardstone Hall Fm Sewardstone Rd E4	(020) 8524 8432
Brooks Jewellery Services, 45 Atherton Road Ilford	(020) 8551 7999	Budget Windscreens, Mobile Windscreen Replacements, Ilford	(020) 8599 1825	C A E Diesel, Ltd, Sewardstone Hall Fm Sewardstone Rd E4	(020) 8527 8077
Brookside Garage, Brookside Gravel Lane Chigwell	(020) 8500 3136	Budo Store, Ltd, 249 Markhouse Road E17	(020) 8556 8887	C B Distributors, Confrontation Press 240 Church Road E10	(020) 8556 5510
Broom Builders, 24 Westwood Rd Ilford	(0845) 2637993	Buhler And, Co, 8 Chingford Road London	(020) 8527 3652	C & C Accountants, Acctnts, 40 Station Road Manor Park London	(020) 8911 0913
Broomes Newsagents, 34 Queens Rd Buckhurst HI	(020) 8504 4213	Build, Graphic Design, Unit 15,Hiltongrove Bsns Cntr Hatherley Mws E17	(020) 8521 1040	C Electrical Services, Ltd, 1A Melford Rd Ilford	(020) 8911 9101
Brothers Accountants, Ltd, Commercial Personal Accountant, 441 High Street North Manor Park London.....	(020) 8548 1000	Build Station, Ltd, 60 Aldborough Road South Ilford.....	(020) 3794 7820	C & G Computer Supplies, The Shrubberies George La E18.....	(020) 8518 8266
Brothers Cake & Patisserie, Ltd, 861 Romford Road London	(020) 3089 3162	Builders' Warehouse,The, Walthamstow Selco Trade Centre Walthamstow Av E4 .	(020) 8501 8700	CG Metal Spinners, 34 Fairways Bsns Pk E10	(020) 8532 8314
Brothers Fish Bar, The, 7 Cameron Road Ilford	(020) 8597 6873	Buildersmart, Ltd, 104 Manford Wy Chigwell	(020) 8500 8814	CH Domestic, Dom Ret Store, 921 Romford Rd E12	(020) 8514 0241
Brothers Fish Bar, UK Ltd, 122 Wood Street London.....	(020) 8509 2249	Or	(020) 8500 8818	CK Solicitors, 717 Leytonstone Rd E11	(020) 8536 9911
Brothers Foods Store London, Ltd, Wholesale Retail, 424 High Street North E12	(020) 8471 0510	Building Maintain, Ltd, 77 Ilford	(020) 3621 1564	FAX	(020) 8536 9922
Browline Consulting, Ltd, Unit 16 Bourne Court Unity Trading Estate Southend Road Woodford Green	(020) 8141 5888	Built On The Rock International Ministries, 140 Boundary Rd E17	(020) 8503 7006	C & N Plumbing, Ltd, 120 Chingford Mt Road E4	(020) 8524 8006
Brown Eagle Supreme, Ltd, 107 Old Church Road E4	(020) 3245 0060	BUPA, Health Care 42-48 High Rd South Woodford	(020) 8913 2800	C & S Builders Merchants, (Stamford Hill) Ltd, 151 Blackhorse Lane E17	(020) 8498 2000
Brown Eagle Supreme, Ltd, 107 Old Church Road E4	(020) 8529 8874	Nursing Homes Harts House Nursing Home Harts Grove Woodford Green FAX.....	(020) 8502 9444	126 Grove Green Road Leytonstone	(020) 8539 2391
Browning Off Licence, 110 Browning Road E12	(020) 8586 9077	Roding Hospital Roding La South Ilford	(020) 8551 1100	CW Print Group, Loughton Oakwood HI Indust Est Oakwood HI	(020) 8498 6800
Browning Off Licence, Ltd, Wines & Beer, Browning Off Licence, 110 Browning Road London.....	(020) 3689 0216	Buraq Private, Ltd, 9 Hall La E4	(020) 8524 3209	Ca Phe Sang, Ltd, 642 Lea Bridge Road London	(020) 8556 6110
Bruce Bar Ltd William The Fourth, King William Iv P H 816 High Road Leyton E10.....	(020) 8558 2009	Burch Drainage, 40 Bourne Gardens London.....	(020) 3754 3601	Cabsurance, Ltd, 606 High Rd Seven Kings.....	(020) 8597 2622
Bruce Burke & Co. Ltd, Ins Broks, 819 High Rd Ilford.....	(020) 8597 2515	Burch Services, Ltd, Burwell Indust Est Burwell Rd E10	(020) 8556 1222	Cafe 6, 378 Ilford Lane Ilford	(020) 8616 0051
819 High Rd IG3	(0872) 4365733	Burger King, Unit F Marshall Road E10.....	(020) 8988 1478	Cafe 2007 Ltd, 67 Station Road London.....	(020) 8524 3925
819 High Rd Ilford.....	(020) 8597 6669	Burger Wingz, UK Ltd, 249 Chingford Mount Road Chingford.....	(020) 8529 0180	Cafe Bengal, Rstnt, 41 The Broadway Loughton.....	(020) 8508 2526
Brunch Cafe & Grill London, 698 High Road Leyton E10	(020) 8558 0356	Burney Legal, Unit 2A Bourne Court Unity Trading Estate, Southend Road Woodford Green	(020) 8550 1024	Cafe De Vivaldi Restaurant, 236 High Road Loughton.....	(020) 8502 4326
BS Solicitors, Ltd, 602a High Road Ilford	(020) 8503 8615	Burns Chemist, Ltd, 334 High Road Leytonstone E11.....	(020) 8534 3179	Cafe Ila, 121 Fencepiece Road Ilford.....	(020) 8500 6420
Bs10, Ltd, Flat Over 168 Fencepiece Road Ilford	(020) 8500 3838	Burnt Ltd, Railway Arches, 161a Midland Road London	(020) 3648 0401	Cafe Mondial, Cafe, 367 High Road Leyton E10	(020) 7998 3939
BSB Outdoor, Ltd, 1 Railway Ter E17	(020) 8531 8844	Burton News, Nwsagt, 595 Cranbrook Road Ilford.....	(020) 8551 1463	Cafe Royale, 65 George Lane E18.....	(020) 8530 7646
Bsip Walthamstow Foods, Ltd, 290 Hoe Street Walthamstow London	(020) 8509 0301	Burton Performance Centre, Mtr Acces, 629 Eastern Av Ilford	(020) 8554 2281	Cafe Silver, 88 Forest Road London	(020) 3302 5848
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	Burwell Motors, Commercial Vchle Rprs, East 10 Enterprise Pk Argall Wy E10.....	(020) 8558 1455	Cafegullotti, Ltd, Wholesale Retail, 62 Borders Lane Loughton	(020) 8502 3703
Consumer (BT Yahoo) Sales	(03301) 234150	5 Parkland Clo Chigwell.....	(020) 8500 1135	Cafepoint, 13 Highams Lodge Business Centre Blackhorse Lane E17	(020) 8523 3000
Operator Assistance UK Operator 100 International Operator 155 Special Operator Assistance 198 Video Conferencing Services see BT Conferencing		Bury Social Club, Aldborough Rd Sth Newbury Pk Ilford.....	(020) 8590 3571	Cagdas, Offlicence, 461 High Road Leytonstone E11.....	(020) 8558 8433
Bubble And Blend, 42 Goodmayes Road Ilford	(020) 3674 5017	Business, Bsns, Gable House 1 Balfour Road Ilford	(020) 3581 9476	Cagdas, Mr, S, Harrow Green New Agent, 461 High Road Leytonstone Leytonstone London	(020) 8539 7583
Buckhurst Chauffeur Services, Ltd, 82 Station Wy, Buckhurst HI Essex	(0845) 2699127	Business, Bsns, 281 Forest Road Walthamstow London	(020) 3583 5286	Cahit Nuts, Ret, 184 High Street Walthamstow London	(020) 3620 4827
Buckhurst Hill Bowling Club, 72 Epping New Road Buckhurst Hill.....	(020) 8504 0780	Business, Bsns, 143 High Street London	(020) 3719 2605	Cain Motors, Gar Servs, Sansom Road E11	(020) 8539 5026
		Business, Bsns, 5 Station Parade High Street Wanstead Leytonstone London	(020) 3581 4187	Calabash, Restaurant, 12 Chapel Road Ilford	(020) 8911 8350
		Business, Bsns, 86 Westbury Lane Buckhurst Hill	(020) 3556 9275	Calabash Catering Services, 12 Chapel Road Ilford	(020) 8091 7904
		Business International, (GB) Ltd, 3 Oakfield Ho 1 Oakfield Rd Ilford.....	(020) 8553 2503	Call Center Associates, Becketts Ho Ilford HI Ilford	(020) 8514 7400
		Butcher, P, 81 Norfolk Road Ilford.....	(020) 8590 8460	Cambridge Day Nursery Limited, 38 Cambridge Road Ilford	(020) 8598 8059
		Butler, A.G, & Son Ltd, Funrl Dir, 333 Green La Ilford	(020) 8599 7832	Cambridge Nursing Home, Ltd, 61 Cambridge Pk E11	(020) 8989 1175
		Butler & Stag, Estate Agency, Lincoln House 184-86 Queens Road Buckhurst Hill	(020) 8504 8643	Camden Plant, Ltd, Portacabin Pumping Station	(020) 8559 3640
				FAX	(020) 8559 3640
				Camden Town Typesetters, Sutherland Ho Sutherland Rd E17.....	(020) 8523 6700
				Camelot, Ltd, Unit 3 Valentines House 51-69 Ilford Hill IG1.....	(020) 8514 2081
				52 Sewardstone Road E4	(020) 8529 1374
				Camires Hair Lounge, Allure Beauty Care, 420 Green Lane Ilford.....	(020) 8599 8084

Cams Nailed It, Unit 10, 49-51, The Village Arcade Station Road London.....	(020) 3731 8455	Caremark, (Red Bridge), Caremark, 19B Mill La Woodford Gn	(020) 8504 0111	797-801 High Road Leyton London	(020) 7998 3381
Cancer Research, UK, Shops Barkingside 3 High St	(020) 8551 8124	Carers Support Group, (Waltham Forest), St. Andrews Cntr Church Rd E17	(020) 8531 9652	Cash Convertors, Walthamstow 12 St. James St E17	(020) 8521 5550
Ilford 36 Little Gearies Cranbrook Road.....	(020) 8553 0903	Carers Trust, Unit 14, Bourne Ct Unity Trading Est, Southend Rd Woodford Green	(0844) 8004361	Cash Dynamics, Ltd, 8-10 Fowler Road Hainault Business Park Ilford	(020) 8500 5462
Ilford 36 Cranbrook Rd IG1.....	(0872) 4358190	Caretech, Ltd, 26 Brisbane Road Ilford	(020) 8518 3216	Cashrite Store.Com, Cash Convertors, 670-672 High Road Leytonstone	(0870) 1021212
Loughton 246 High Rd	(020) 8508 5727	Carewatch, Forest 508 High Rd Woodford Gn.....	(020) 8505 2211	Cassia Contract Manufacturing, Unit 2 Lennox Road E17	(020) 8509 1440
Canil Property Services, Countrywide Ho High St E11	(020) 8530 6644	Caribbean Eatery, (UK) Ltd, Unit 61a Uplands Business Park Blackhorse Lane E17	(020) 8418 5558	Castle Motors, 1 Sansom Road E11.....	(020) 8539 2514
Canimsin Limited, 328 Hoe Street London	(020) 8252 0433	Caribean Foods, Ltd, 235 High Street E17.....	(020) 8509 9880	Castle,The, High Rd Woodford Gn.....	(020) 8505 8615
Canon Business Solutions, Consumables Sales	(0844) 8920844	Carlton Construction, 21 High Street Wanstead London	(0843) 5156990	Castleman, B, Flat 10 Homecherry House, 86 High Road Loughton	(020) 8502 4490
Consumables Sales	(0844) 8920844	Carlton Construction, Ltd, 23 Lancaster Avenue E18.....	(020) 8532 9988	Catalyst Image Solutions, Ltd, 83 Hurst Avenue E4.....	(020) 8524 0791
Canopy Goodmayes, Canopy Goodmayes, 55 Goodmayes Road Ilford.....	(020) 3802 5613	Carlton Financial Services, Financial Servs, 742 Eastern Av Ilford.....	(020) 8554 0000	Caterers Agency,The, 620 High Rd Leytonstone E11.....	(020) 8539 9662
Cantale Tony Designs, Graphic Typographic, 4 Broadmead Rd Woodford Gn.....	(020) 8504 6030	Carlton Grove Developments, Ltd, Boiler Room 80 Ruckholt Rd E10	(020) 8556 1457	Catering By Clarke's, Ltd, 65 Century Rd E17.....	(020) 8503 3033
Capel, C S, Ltd, 638 Cranbrook Rd Ilford.....	(020) 8518 5354	Block A Core 5 80 Ruckholt Rd E10	(020) 8556 0255	Catering Leasing Solutions, Ltd, 15 Beehive Lane Ilford	(020) 8554 1229
Capel Waterproofing, Ltd, Unit 4B The Acorn Centre Roebuck Road,Hainault Business Park Ilford.....	(020) 8500 9574	Carlton Grove Developments, Ltd, 80 Ruckholt Rd E10	(020) 8558 7459	Catholic Church, See under Churches & Other Places of Worship	
Capisco, Ltd, Architectural Metalwork & Patination, Unit 1 Period Wks 1 Lammas Rd E10	(020) 8532 8838	Lift Line Rookery Court 80 Ruckholt Road E10	(020) 8558 6332	Catholic Church Of SS Peter & Paul, 342 High Road Ilford	(020) 8478 0583
Capital Carpets, 68 Chigwell Rd E18.....	(020) 8530 3313	Carlton Leisure, UK Ltd, 742 Eastern Av Ilford.....	(020) 8554 4200	Caton & Partners, Chrt'd Acctnts, 8 George La E18.....	(020) 8989 0077
Capital Carpets & Flooring Contractors, 68 Chigwell Road London	(020) 8530 3401	Carole Langley, Ltd, Flor, 33 Station Rd E4	(020) 8529 4130	Catt, D, (Spitalfields) Ltd, Stand 52 Market Pavilion New Spitalfields Mkt Sherrin Rd E10.....	(020) 8558 9787
Capital Finance, Kirkdale Ho Kirkdale Rd E11	(020) 8539 3322	FAX	(020) 8524 3414	Cattell, Dr, V, 4 Seaford Road E17	(020) 8520 2341
Capital Granite, Ltd, Unit 8 Lockwood Wy E17.....	(020) 8531 2963	Carouse London, Ltd, 151 Forest Road Walthamstow London	(020) 4537 0079	Catwalk Pets & Aquatics, 159 High St Barkingside	(020) 8551 3933
Capital Letting & Estate Agents, Ltd, 316 High Road Leyton London	(020) 8558 3688	Carousel Amusements, 795 High Road Leytonstone London	(020) 8558 2646	CAVE RESCUE, In Emergency dial 999 and ask the operator for Cave Rescue	
FAX	(020) 8558 2155	Carpenters Loughton Ltd, 99 Smarts Lane Loughton	(020) 3712 8740	Cavendish Pharmacy, 281 Forest Road E17.....	(020) 8527 1358
Capital Linen, Ltd, Unit 4 17 Argall Avenue Leyton.....	(020) 8985 7563	Or	(020) 3712 8741	Caxton Development Centre, 2 Caxton Pl Roden St Ilford	(020) 8477 1800
Capital Locums, Ltd, 156 Loughton Way Buckhurst Hill	(020) 8559 1011	Carpet 4 Less, Crpt Wholsalers, Unit 10-11 The Deacon Estate Cabinet Way London	(020) 8531 4190	Cbd Friends Uk, Bengal Parade Bengal Road Ilford	(020) 3715 8018
Capital & Regional Property Management, Upper Level The Exchange High Rd Ilford.....	(020) 8553 3000	Carpet 4 London, 50 St. Albans Crescent Woodford Green	(020) 8505 1432	C&C Planet & Construction, Ltd, 1 Ferndale Av E17.....	(020) 8923 7788
Capital Removal Service, 3 Bowland Rd Woodford Gn	(020) 8505 7287	Carpet & Flooring, Unit E1 Stour Rd E3	(020) 8525 5691	Cf Plant Hire, Unit 9 Orient Industrial Park Simonds Road E10.....	(020) 8518 7004
Capital Security Service, Ltd, 8 Bourne Ct Woodford.....	(020) 8498 8888	Carpet Shop,The, Crpt Shop, 5 Albert Crescent Chingford	(020) 3859 5228	Cedarhyde Properties, The Manor Flat 26 Regents Drive Woodford Green.....	(020) 8500 7489
Capital Stone Renovation, Ltd, Sewardstone Hall Farm Sewardstone Road E4	(020) 8524 5849	Or	(020) 3935 8701	Cedars Dental Practice, 775 High Road Leyton E10	(020) 8558 1122
Capla, Ltd, 81A Station Rd E4.....	(020) 8524 0435	Carpet World London, 1 The Deacon Estate Cabinet Way E4	(020) 8523 5858	Ceejay Maintenance, Ltd, Fairways Bsns Pk Lammas Rd E10.....	(020) 8518 7644
Caplen Estates, Ltd, 12 Queens Road Buckhurst Hill	(020) 8505 6685	Carpet World, Ltd, Ltd, Carpet World, 2 Cabinet Way London	(020) 8527 3475	Celtmark, Ltd, 125 High Street Wanstead E11.....	(020) 8989 1098
Caprinos Pizza, 17 Cranbrook Road Ilford	(020) 8553 9444	CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Ilford 353 Eastern Avenue Ilford	(0843) 5380167	Cannox, Post Office, 481 Hale End Rd London.....	(020) 8617 0543
Car Doctor Mobile Car Body Repairs, Ltd, Car Rprs/Gars, 51 Kings Road London	(0843) 8164129	100 High Rd	(0870) 1682167	Central Accounting Services, 170 Church Road E10	(020) 8539 7599
Car Planet, Ltd, 745 High Road Ilford	(020) 7646 4444	Or	(0870) 7204167	Central Baptist Church, 101a Orford Road London	(020) 8503 7577
Car Sound Security, 2a Cantley Gardens Ilford	(020) 8554 5554	Walthamstow Unit 30 Selbourne Wlk Walthamstow	(0870) 1682242	Central Financial Services, 281 High Street North E12.....	(020) 8471 2828
Car Special Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths, Hoe St LONDON	(0844) 4117993	CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Carrolls Jewellery, M, Mobile, 51 Queens Road Buckhurst Hill.....	(07985) 646636	Central Flowers, Flower Shop, 7 Station Approach Hoe Street London	(020) 8521 2333
Cardcraft, Ltd, 174a George Lane South Woodford London.....	(020) 8530 5978	Cars Hunt, Ltd, 769 High Road Ilford	(020) 8590 5440	Central Properties Estates, Ltd, 179 Hoe St E17	(020) 8520 0033
Care 2 Share, Ltd, 19 St Mary Rd E17	(020) 8520 7762	Cartel Financial & Property Services, 598 Green La Ilford.....	(020) 8599 5935	Central Radio Cars, Taxi, 13 Lukin Cres E4.....	(020) 8524 7000
Care And Repair, 179 Manford Way Chigwell	(020) 8500 5057	Carter Clark, Insolvency Practioners, 64 Station Rd E4	(020) 8524 1447	Central Radio Cars, Taxi, 15 Rolls Pk Rd E4	(020) 8527 7000
Care Avenues, Ltd, Care Agcy, 202 Olympic Ho 28 Clements Rd Ilford	(020) 8514 7755	Carter Devile, Solrs, 592 Green La Ilford.....	(020) 8590 1066	Central Radio Cars, 9 Station App, Hoe St E17.....	(020) 8520 5111
Care Central, Ltd, 76 Markhouse Road London	(020) 3489 0687	82 Queens Rd Buckhurst Hill	(020) 8506 0636	Central Restaurant And Lounge, 271 Green Lane Ilford	(020) 3565 8307
Care Central, Ltd, 76 Markhouse Rd E17.....	(020) 8223 0100	82 Queens Road Buckhurst Hill	(020) 8504 2461	Or	(020) 8599 4181
Care Management Group, Ltd, 1 Cleveland Rd E18.....	(020) 8530 2180	Carter Global, UK Ltd, Unit 1c-1d Maybank Road Industrial Estate 109 Maybank Road E18	(020) 8504 2887	Centurion Staunch Innovative Solutions, 14 Westernville Gardens Ilford.....	(020) 8050 5630
Care Optics, Opticians, 14 The Broadway Woodford Green	(020) 3551 6075	Cartier Estate Agent, Estate Agent, 623 High Road Ilford	(020) 8599 0000	Century 21, Century 21 Primeview Ests, 310-312 High Road Leyton Leyton	(020) 8926 7538
Care UK-Ivy Grove, 71 Hatch Lane E4.....	(020) 3225 4075	Cartwright Cunningham Haselgrove, & Co, Solrs, Chingford 233A Chingford Mt Rd E4	(020) 8524 2878	Century 21 Cameron Adams, 30 Church La E11	(020) 8558 2000
Career Advice London, Careers Advice, Hainault Road London	(0871) 2217688	Walthamstow 282 Hoe St E17	(020) 8520 1021	Century 21 Goodmayes, Est Agt, 102 Goodmayes Road Ilford.....	(020) 8547 2870
Career Advice London, Careers Advice, High Road London.....	(0871) 2217687	Woodford Green 13 The Broadway	(020) 8506 5200	Century 21 Goodmayes, Ltd, Estate Agents, 102 Goodmayes Road Ilford.....	(020) 8597 1900
Career Advice London, Careers Advice, High Street London	(0871) 2217689	FAX	(020) 8506 5202	Century 21 Harris & Martin Sales, Ltd, 87 Hoe St E17	(020) 8923 2121
Career Advice London, Careers Advice, Hoe Street London.....	(0871) 2217694	Carvery, Ltd,The, Unit 3 Lea Park Trading Estate Warley Close E10	(020) 8539 7555	Century 21 Primeview Estates, 312 High Rd Leyton E10	(020) 8923 8884
Career Advice London, Careers Advice, New Road London	(0871) 2217681	Carvery,The, Unit 3 Lea Park Trading Estate Millicent Road E10	(020) 8533 9532	CHA, 347 Higham Hill Road E17	(020) 8527 5535
Career Advice London, Careers Advice, Woodford Road London	(0871) 2217695	Cash Convertors, Leyton 795 High Road Leyton E10.....	(020) 8558 7776	Chabad Lubavitch Centre, 395 Eastern Av Ilford.....	(020) 8554 1624
Career Online, Ltd, Arodene Ho Perth Rd Ilford	(020) 8554 9968	Cash Converters Ilford, 87 Cranbrook Road Ilford	(020) 8514 6010	Chader, Co, Flat 21,Harley Court Blake Hall Road London.....	(020) 3302 1911
Careers Enterprise, (Future) Ltd, 3Rd Floor Bdwy Chmbs 1 Cranbrook Rd Ilford.....	(020) 8514 9560	Cash Converters Recruitment, Ltd,			

Chadwell Travel, (Goodmayes) Ltd, 514 High Rd Ilford.....	(020) 8597 7483	Chewton Rose Of, Chigwell 728 Chigwell Rd Woodford Green.....	(020) 8504 0977	Master of the Junior School	(020) 8501 5721
FAX	(020) 8599 3045	Chicken 4 U, Take Away, 409 Ilford Lane Ilford	(020) 8478 1569	Master of the Junior School Secretary	(020) 8501 5722
Chadwell Travel Ltd, Chadwell Travel Highbury House 516 High Rd Ilford.....	(020) 3759 2430	Chicken Spot E17, Ltd, 392 Hoe Street E17	(020) 8521 1786	Under Mistress Junior School	(020) 8501 5723
Chai Pan, Sushi Rstnt, 167 High Rd Loughton.....	(020) 8508 3443	Chicken Wings Takaway, 19 St James Street Walthamstow	(020) 8127 5820	Junior School Fax Line	(020) 8501 5725
Chaii Club, Ltd, 128 Hoe Street London.....	(020) 3795 1799	Chicks Chicken And Pizza, 497 High Road Leytonstone London	(020) 3208 0019	Resources Room	(020) 8501 5724
Chaii Studio, 106 Ilford Lane Ilford.....	(020) 3532 1080	Chigwell And Hainault Synagogue, Chigwell And Hainault Synagogue Limes Avenue Chigwell	(020) 8500 0215	Staff Room	(020) 8501 5726
Chaman Sweets & Bakers, Ltd, 296 High Street North E12	(020) 3719 2893	Chigwell Carpet Centre, 177 Manor Rd Chigwell	(020) 8500 4545	JS Co-ord (Annex)	(020) 8501 5727
Chambers, T, & Son Ltd, 583 High Road Leyton.....	(020) 8539 6491	Chigwell Cars, Ltd, 191 Manor Rd Chigwell	(020) 8500 7777	Lower Floor Office (Annex)	(020) 8501 5728
Chan, B, Dent Surg, 11 High St E11.....	(020) 8530 4230	Chigwell Catering, Fish Bar, 10a Brook Parade High Rd Chigwell.....	(020) 8500 6127	Upper Floor Office (Annex)	(020) 8501 5770
Chandarana, & Co, 297 High Rd Ilford.....	(020) 8478 2475	Chigwell Construction, (London) Ltd, Aaron House,Unit 8 Forest Road,Hainault Business Park Ilford	(020) 8500 4100	Residential Housemaster's Residence	(020) 8501 5771
Chandra Express, U K Ltd, 30a Woodford Avenue Ilford.....	(020) 3887 9959	Chigwell Day Care, College Nursery Luxborough Lane Chigwell	(020) 8505 2162	Master Junior School's Residence	(020) 8501 5772
Channai Spice Hyderabad Biryani Ltd, 367 High Street North London	(020) 3016 5259	Chigwell Food & Wine, Ltd, 652 Chigwell Road Woodford Green	(020) 8504 6544	Church House Residences	(020) 8501 5773
Chaos Theory, 37 Mill Lane Woodford Green	(020) 8504 3861	Chigwell Golf Club, (Clubhouse) High Rd Chigwell	(020) 8500 2059	Stanmore House Residence	(020) 8501 5773
Charcoal Grill Loughton, Ltd, 166 High Road Loughton	(020) 8532 0961	Chigwell Golf Shop, 56 High Road Chigwell	(0843) 5156020	Chigwell School, High Rd Chigwell	(020) 8501 5700
Charis Christian Centre, 78 CAPWORTH STREET LEYTON LONDON.....	(020) 8988 0000	Chigwell & Hainault Synagogue, Limes Av Chigwell.....	(020) 8500 2451	Chigwell Smile, 188 Manor Road Chigwell	(020) 8501 3905
Charles Letchford, & Sons, 145 Ley St Ilford.....	(020) 8514 2282	Chigwell Medical Centre, 300 Fence Piece Road Ilford.....	(0844) 3878866	Chigwell Spice, Ltd, Takeaway, 181 Manor Road Chigwell	(020) 8500 0303
Charles Letchford & Sons, Ltd, Insurance Providers, 145 Ley Street Ilford	(0843) 8163463	Chigwell Plumbers, 32 Aragon Drive Ilford.....	(020) 8172 0070	Or	(020) 8500 7808
Charles Peter, & Co, 359 Eastern Av Ilford.....	(020) 8550 4455	Chigwell Primary Academy, Mandir Lane Chigwell	(020) 8500 2666	Chigwell Store Mace, Off Lic, 6 Brook Parade High Road Chigwell	(020) 8500 6583
Charles Simmons Immigration Solicitors, 31 York Rd Ilford	(020) 8514 0222	Chigwell Riding Trust For Special Needs, Grange Farm High Road Chigwell.....	(020) 8500 6051	Chigwell Window Centre, Unit 8 Aaron House Hainault Business Park,Forest Road Hainault.....	(020) 8500 4900
Charles Simmons Immigration Solicitors, 31 York Road Ilford	(020) 8514 0000	Chigwell Row Infant School, 43 Lambourne Road Chigwell	(020) 8500 3355	Children's Day, P.O Box 18 Ilford	(020) 8550 8822
Charles Simmons Solicitors, Solrs, 45 Cranbrook Rd Ilford.....	(020) 8911 8841	Chigwell School, Headmaster Admissions Secretary	(020) 8501 5706	Children's Society,The (Church of England Children's Society), Charity Gift Shops Chingford 43 Station Rd E4	(020) 8524 6923
Charles Simmons Solicitors, 45 Cranbrook Road Ilford.....	(020) 7998 1517	Development Manager	(020) 8501 5705	South Woodford 113 George La E18	(020) 8989 0042
Charlesworth, Ltd, 84a Gaysham Avenue Ilford	(020) 3874 2212	Director of Studies	(020) 8501 5706	Childsplay, Chldns Desrn Clothg, 11-13 Clements Rd Ilford	(020) 8514 5007
Charlie Brown's Car Wash, 162 Chigwell Road E18.....	(020) 8505 1456	Examinations Officer	(020) 8501 5708	Chili N Chutney, Limited, 100 High Street Barkingside	(020) 8306 9531
Charm Office Solutions, 3 Grosvenor Road London.....	(020) 3031 1535	Headmaster	(020) 8501 5708	Chillfrost, Commf Refrigeration Whsle, Independent Barn Forest Farm Forest Road Ilford	(020) 3638 1876
Charter Mandell, Bourne Ct Unity Trdg Est Southend Rd Woodford Gn.....	(020) 8551 5182	HM Secretary	(020) 8501 5703	Chillfrost, Commf Refrigeration Whsle, Independent Barn Forest Farm Forest Road Ilford	(020) 3674 3972
Chartered Insurance Institute, 42-48 High Rd E18	(020) 8989 8464	School Secretary	(020) 8501 5704	Chillfrost, Ltd, Warehouse Forest Farm Forest Road Ilford	(020) 8500 0555
Chartered Insurance Institute, Ltd, 42-48 High Road South Woodford	(0843) 8162984	Second Master	(020) 8501 5730	Chilton Media Law, Ltd, 8 West Street London.....	(020) 7836 2764
Chasha Bubble Tea, Ltd, 14 Cameron Road Ilford.....	(020) 4539 5269	Academic Head of Art	(020) 8501 5731	China Golden Gate Ltd, 394 Lea Bridge Road London	(020) 8558 5882
Chasni Mithai House, Sweet Shop, 627A High Road Ilford	(020) 8590 8888	Head of CDT	(020) 8501 5732	Chinaman,The, Loughton 58 Borders La Loughton	(020) 8508 8999
Chatha, J, 6 Connaught Road Ilford.....	(020) 8478 6000	Head of Economics	(020) 8501 5733	Chinese And Pizza Tow, Takeaway, 357-59 High Rd Leytonstone E11.....	(020) 8558 9993
Chatham-Glyn Fabrics, Ltd, 74 Norlington Rd E10	(020) 8558 7705	Director of IT	(020) 8501 5734	357-59 HIGH ROAD LEYTONSTONE LONDON.....	(020) 8558 8455
Chaudharys Peri Peri, 195 High Street Walthamstow	(020) 3441 9504	IT Technician	(020) 8501 5743	Chinese & Herbal Medicine & Health Care Clinic, 44 The Broadway Loughton	(020) 8508 9249
Cheeko Mot Centre, Wholesale Retail, 431 Ilford Lane Ilford.....	(020) 8514 0404	Biology Prep. Room	(020) 8501 5735	Chinese Medicine & Health Care Clinic, 41 Station Road E4	(020) 8559 3480
Chelsea Cleaning Contractor, Off Cing, FAX	(020) 8551 8804	Careers	(020) 8501 5746	Chingford Audi, Unit 6,Cork Tree Wy Hall La E4	(0808) 1000044
Chelsea Cleaning Contractors, 11-17 Hainault Business Park Ilford	(020) 8500 9421	Chaplain	(020) 8501 5744	FAX	(020) 8529 9487
CHELTENHAM & GLOUCESTER, Plc, Branches Chingford 36 Old Church Rd E4.....	(020) 8529 0041	Chemistry Prep. Room	(020) 8501 5744	Chingford Bespoke Mortgages, Mortgages, New Road Chingford, London	(0845) 6676978
Chennai Store, Uk Ltd, Gen Store, 318 High Street North E12	(020) 8471 6161	Gymnasium	(020) 8501 5737	Chingford Chinese Restaurant, 4 Station Rd E4.....	(020) 8529 3987
Cheques Cashed, 114 High Street E17	(020) 8520 6857	Head of Classics	(020) 8501 5739	Chingford C Of E Infant School, Chingford Prim School 20 Kings Road E4	(020) 8529 7601
Cherry Retail, Ltd, 97 Lea Bridge Industrial Estate Lea Bridge Road E10.....	(020) 8539 7247	Head of Foreign Languages	(020) 8501 5740	Chingford C Of E Primary School, Chingford C Of E Primary School Kings Road London	(020) 8523 9165
Cherryland Patisserie, Cafe, 115 Fencepiece Road Ilford	(020) 8502 6333	Head of Geography	(020) 8501 5738	Chingford Community Association, 56 Friday Hill East London	(020) 3638 2013
Cherrywood Projects, Ltd, 2 Station Parade Cherry Tree Rise Buckhurst Hill.....	(020) 8505 0150	Head of Mathematics	(020) 8501 5741	Chingford Dental Care, 252a Chingford Mount Road London.....	(020) 3417 4937
Cheshire Homes, Homes Three Forest Cheshire Homes Lambourne Rd Chigwell (S/W Essex Appeal Fund)	(020) 8500 8491	Head of Science	(020) 8501 5736	Chingford Dental Laboratories, 118 Chingford Mount Road E4	(020) 8531 1212
Chesters Chicken Ilford, 327 Ley St Ilford.....	(020) 8911 0273	Head of VI Form	(020) 8501 5751	Chingford Emergency Drain Cleaners, Drain Cleaners, New Road Chingford, London	(0845) 6605738
Chevin Video, 5 Maxwell Court Sunnymede Chigwell.....	(020) 8502 7232	House Master Caswalls.....	(020) 8501 5752	Chingford Emergency Plumbers, Plumbers, New Road Chingford, London	(0845) 6604584
Chevron Distribution Limited, 123 Hall Lane London	(020) 8524 8240	House Master Lambourne	(020) 8501 5753	Chingford Fruit & Veg, 6 Albert Cres E4	(020) 8524 1441
		House Master Penn's	(020) 8501 5754	Chingford Funeralcare, 31 Station Road E4	(020) 8524 1656
		House Master Swallow's	(020) 8501 5757	Chingford Leisure Centre, Unit 4,Larkswood Leisure Pk,175 New Rd E4	(020) 8523 8215
		Library	(020) 8501 5745	Chingford Medical Practice, FAX	(020) 8501 7070
		Music Department	(020) 8501 5742	Chingford Mount Dental Practice, 35 Hall La E4.....	(020) 8529 1246
		Physics Prep. Room	(020) 8501 5755	Chingford Mount Monumental Masons, 90 Old Church Road E4	(020) 8523 7194
		Sports Hall	(020) 8501 5750	Chingford News & Wine, Convenience Store, 1 Crown Bldgs The Gn E4	(020) 8529 3278
		U.C.R	(020) 8501 5760	Chingford Radio Cars, 1A Hall La E4	(020) 8529 1111
		Boarding Houses/Sanatorium Grange Court House Master	(020) 8501 5761	Chingford Removals, Removals & Storage - Domestic, New Road Chingford, London	(0845) 6600481
		Grange Court Deputy House Master	(020) 8501 5762	Chingford Rubbish Clearance, Waste Disposal Services, New Road Chingford, London	(0845) 6693486
		Grange Court Assistant House Master	(020) 8501 5764	Chingford School Of Tennis, The Rolls Sports Ground Hickman Avenue London	(020) 8523 0900
		Hainault House Master	(020) 8501 5765		
		Hainault House Matron	(020) 8501 5763		
		Sanatorium	(020) 8501 5766		
		Sandon House Mistress	(020) 8501 5710		
		Bursar	(020) 8501 5711		
		Bursar	(020) 8501 5712		
		Bursar's Secretary	(020) 8501 5712		
		School Accountant	(020) 8501 5713		
		Housekeeper	(020) 8501 5714		
		Bursar's Fax Line	(020) 8501 5719		
		Caretaker	(020) 8501 5715		
		Catering	(020) 8501 5717		
		Head Groundsman	(020) 8501 5716		
		Maintenance	(020) 8501 5718		
		School Shop	(020) 8501 5720		
		Junior School			

Chingford Smile, 66 Station Road E4.....	(020) 8524 8433	St. Barnabas Church (CE) Browning Rd E12.....	(020) 8472 2777	Office 316 High Rd Ilford.....	(020) 8514 0188
Chingford Tandoori, 101 Old Church Rd E4.....	(020) 8529 5171	Newbury Pk South West Essex & Settlement Reform Synagogue Oaks La ..	(020) 8599 0936	City Gates School, 330 Uphall Rd Ilford.....	(020) 8911 8083
Chingford Tyre, Co, 105 Chingford Mt Rd.....	(020) 8531 7796	Walthamstow Rivers Of Life Church 107 Roberts Road London.....	(020) 8527 9879	City Heating Spares, Plmbg Supps, Unit 13 Waltham Parkway, Billet Rd E17.....	(020) 8523 2429
Chingford Tyres & Spares, Tyres Sprs & Alloys, 48 Hoe St E17.....	(020) 8521 4521	St. Andrews Christian Centre St. Andrews Church & Hall Church Rd E17.....	(020) 8531 2120	City Herbs, Ltd, Horner Ho Sherrin Rd E10.....	(020) 8558 9708
Chingford United Reform Church, 2B Buxton Road E4.....	(020) 8529 8888	St. Gabriels Church & Family Cntr Havant Rd E17.....	(020) 8503 7505	City of London, Cremetery & Crematorium, Aldersbrook Rd E12.....	(020) 8530 2151
Chiro One Stop Shop, 470 High Road Leyton E10.....	(020) 8539 2423	Wanstead Our Lady of Lourdes(RC) 51 Cambridge Park E11.....	(020) 8989 2074	FAX.....	(020) 8530 1563
Chissick Estates, 4 Carlton Dv Ilford.....	(020) 8551 5333	Woodford Wanstead & Woodford Synagogue 20 Churchfields E18.....	(020) 8504 1990	City Of London Cemetery & Crematorium, N, City Of London Cemetery & Crematorium Aldersbrook Road E12.....	(020) 8530 7824
Chisti & Co Property Services, 239 Cranbrook Road Ilford.....	(020) 3645 0724	Churchfield Pharmacy, 211 High Road E18.....	(020) 8504 0563	City of London Corporation, City of London Cemetery & Crematorium Aldersbrook Rd E12.....	(020) 8530 2151
Chiswick, Janice, Prpty Servs Ltd, 184 Manor Rd Chigwell.....	(020) 8501 2999	Churchfields Infants School, Coopersale Clo Woodford Green.....	(020) 8505 6740	Markets Spitalfields Markets E10.....	(020) 8518 7670
Chitter Chatter Telecom, Ltd, Selborne Walk 10 Selborne Wlk E17.....	(020) 8521 9121	Lambourne Ct Navestock Cres Woodford Green.....	(020) 8505 7877	Museums, Art Galleries & Tourist Attractions Queen Elizabeth Hunting Lodge 8 Rangers Rd E4.....	(020) 8529 6681
FAX.....	(020) 8521 9992	Elizabeth Ct Navestock Cres Woodford Green.....	(020) 8505 9014	Open Spaces Epping Forest Education Cntr Paul's Nursery Rd High Beech.....	(020) 8508 7714
Chives Cafe, Coffee Cafe, 5 Winchester Rd E4.....	(020) 8527 3670	Blenheim Ct Navestock Cres Woodford Green.....	(020) 8505 9938	Information Cntr Paul's Nursery Rd High Beech.....	(020) 8508 0028
Chocdock, Ltd, 3 Acacia Bsns Cntr Howar D Rd E11.....	(020) 8539 2983	Sunset Ct Navestock Cres Woodford Green.....	(020) 8506 9699	Queen Elizabeth Hunting Lodge Rangers Rd E4.....	(020) 8529 6681
Chocobella Desserts, 836 Romford Road Manor Park London.....	(020) 3149 9682	Churchfields Nursing Home, 37 Churchfields E18.....	(020) 8559 2995	Superintendent's Office.....	(020) 8532 1010
Chocolate Xplosion, Ltd, 26 Goodmayes Road Ilford.....	(020) 4537 9894	Churchfields School (South Woodford), (Junior) Churchfields E18.....	(020) 8504 4650	City Pets, Pet Shop, 62 Sewardstone Road Chingford, London.....	(0845) 1301116
Chocolatine, Ltd, 131 Wood Street London.....	(020) 3874 5233	(Nursery) Churchfields E18.....	(020) 8505 5273	City Plumbing, Ltd, 11 Raven Road London.....	(020) 8504 5152
Choices, Crisis Pregnancy Counselling, YMCA Forest Rd E17.....	(020) 8523 9699	Churchill, Est Agts, 242 Chingford Mt Rd E4.....	(020) 8524 9944	City Plumbing Supplies, Walthamstow Unit 13, Wltham Park Way Billet Rd E17.....	(020) 8523 5755
Choir Connexion, Ltd, 75 Brookdale Rd E17.....	(020) 8509 7288	157 Station Rd E4.....	(020) 8529 5500	FAX.....	(020) 8531 8474
Chopra Manufacturing, Co Ltd, 240 Church Rd E10.....	(020) 8539 4148	Churchill Estates, 30 Kings Rd E4.....	(020) 8524 8824	City Property Services, 311 High Street North Manor Park London.....	(020) 8548 4343
Christ Apostolic Church, 158 Grove Green Road London.....	(020) 8988 1743	Churchill Estates Agencies, Ltd, 17 Queens Rd Buckhurst Hl.....	(020) 8504 2222	City Shopfitters, Ltd, 17 Westminster Gardens Ilford.....	(020) 8911 6400
Christ Apostolic Church Livingword Cntr, Living Word Centre Argall Avenue E10.....	(020) 8556 6120	FAX.....	(020) 8498 9999	City Sound, Ltd, 367 Chingford Road E17.....	(020) 8531 7485
Christian Alliance Housing Association, Ltd, 1B Copeland Rd E17.....	(020) 8509 1090	Churchill Estates Agents, 309 High Road Loughton.....	(020) 8532 1042	City Tutors, Providers of private lectures/tuition in Science, Enterprise Ho, 115 George La South Woodford.....	(0800) 0931165
Christian Campbell, Flat 5 Longlands Court 49 Manor Road E17.....	(020) 8527 6193	Churchill Estates, Ltd, 242 Chingford Mt Rd E4.....	(020) 8524 8899	City & Urban Scaffolding, (Essex) Ltd, 49 Wanstead Park Road Ilford.....	(0800) 0304361
Christian Education Project, 62 Harewood Drive Ilford.....	(020) 8551 3070	Churchill Lettings, Est Agts, Sales 141 Hoe St E17.....	(020) 8503 6060	City Visual Systems, Visual Systems, 35 Brackley Square Woodford Green.....	(020) 8559 0800
Christofi Wells, & Co Solrs, 708 High Rd Leytonstone E11.....	(020) 8539 3123	Sales 141 Hoe St E17 FAX.....	(020) 8503 6160	City Waste Haulage Limited, Ltd, Logistics, 58 Fifth Road London.....	(0843) 8164641
Chrome Residential, Ltd, 41 High Road London.....	(020) 3062 7601	Churchill Lettings, 72 Queens Rd Buckhurst Hl.....	(020) 8504 4443	Cityedge, & Co, Chrted Cert Acctnts, 43A High Street Barkingside.....	(020) 8550 5295
Chrysalis Day Nursery & Pre-School, 3 Church Hill Loughton.....	(020) 8508 1888	Churchill Lettings & Jordan James, Churchill Lettings & Propert High Rd Loughton.....	(020) 8418 8120	Cityside Estates, Ltd, 174 Roding Lane South Ilford.....	(020) 8551 5006
Chrysalis Pharmacy, 12 The Broadway Woodford Green.....	(020) 8504 0128	Churchill Lodge, 50 Savill Row Woodford Green.....	(020) 8504 7676	Cityspace Construct, Ltd, Interior Construction/Fit Out/Construction Mngmt, Sovereign Ho, Dorma Trdg Pk Staffa Rd E10.....	(0870) 9904154
Or.....	(020) 8504 2815	Churchills International, Ltd, 17 Queens Rd Buckhurst Hill.....	(020) 3225 0100	Cityspace Group, Ltd, Office Furn/Int Construction, Sovereign Ho, Dorma Trading Pk Staffa Rd London.....	(0870) 9904150
Chs Tv, Ltd, Radio & Tv, 26 Clifford Road London.....	(0843) 8164396	Churley & Associates, 716 Eastern Avenue Ilford.....	(020) 8518 5100	Citywide Investigation, Private Investigator, 52 St. James's Street Walthamstow.....	(0844) 8408222
Chunky Chicken & Pizza, (Ilford) Ltd, 279 Ilford La Ilford.....	(020) 8478 1114	Chutney, 153 High Street Wanstead E11.....	(020) 8989 1534	Citywide Investigations, Private Investigator, 51 Cann Hall Road.....	(020) 0888 0330
Church Hill Dental Practice, 18 Church Hill E17.....	(020) 8520 3872	Chutney Indian Takeaway, 362 High Rd Woodford Green.....	(020) 8559 0793	Civils Consulting, Ltd, The Basement 35 York Road Ilford.....	(020) 8553 1144
Church Hill Nursery School, 47 Woodbury Road E17.....	(020) 8520 4919	Or.....	(020) 8559 2449	Claim4refunds, 205 Sterling Ho Langston Rd Loughton.....	(020) 8502 0589
Church Of God, (UK), 37 Manor Pk Rd E12.....	(020) 8911 9494	Circa Residential Property, Ltd, Letting Agt, 144 George La E18.....	(0872) 4358124	Or.....	(020) 8502 1720
Churchcrest, Ltd, 2B Hatch La E4.....	(020) 8506 3670	Circa Residential Property, Ltd, 144 George Lane E18.....	(020) 8536 4480	Or.....	(020) 8502 3780
Churches & Other Places of Worship, Chigwell Chigwell & Hainault Synagogue Limes Av.....	(020) 8500 2451	Circle Anglia, 1-77 Sudeley Court 7 Broughton Place E17.....	(020) 8531 5791	Claims For Refunds, Ltd, 205 Sterling Ho Langston Rd Loughton.....	(020) 8508 5736
Church of the Assumption 98 Manford Way Chigwell.....	(020) 8500 3953	Circle Anglia, 3-81 & 6-54 Sudeley Court 7 Broughton Place E17.....	(020) 8523 5346	Claire Fashions, 150 Ilford Lane Ilford.....	(020) 8514 3493
Chingford Chingford United Reform Church 2B Buxton Rd.....	(020) 8529 8888	Circle Anglia, Sudeley Court 7 Broughton Place E17.....	(020) 8527 8423	Claire, Ms, Harjinder, Home Logic Homes Ltd, 333 Ley Street Ilford.....	(020) 8911 6222
Christ The King Catholic Church 455 Chingford Rd E4.....	(020) 8527 3087	Circle Anglia, 8-73 Sudeley Court 7 Broughton Place E17.....	(020) 8531 0556	Claire's Accessories, (UK) Ltd, Ilford Unit 36, Middle Level The Exch, High Rd.....	(020) 8514 3408
First Church of Christ Scientist Chingford 82 Woodland Rd E4 Christian Science.....	(020) 8524 0754	Circle Anglia, Tuscany House 6 Sherwood Close E17.....	(020) 8523 1177	Clarence House Dental, 58 Clarence Avenue Ilford.....	(020) 8554 8727
Gants Hill St. Augustines Church (RC) Presbytery Loudoun Av Ilford.....	(020) 8554 3568	Circle Anglia, Bodiam Court 8 Thornbury Way E17.....	(020) 8523 4449	Clarke Hillyer, 502 Larkshall Rd E4.....	(020) 8501 9200
Goodmayes St. Cedd's Church (RC) 4 Blythwood Rd Ilford.....	(020) 8590 9026	Circle Anglia, Kestrel Court 14 Woolston Close E17.....	(020) 8527 0316	Clarke International, Ltd, Service Div 2A Shrubland Rd E10.....	(020) 8556 4443
Highams Park Highams Park Methodist Church Winchester Rd E4.....	(020) 8531 8663	Circular Property Services, 2A St. Barnabas Rd Woodford Green.....	(0800) 7310595	Spare Parts 2A Shrubland Rd E10.....	(020) 8558 6696
Ilford Clayhall Synagogue Sinclair Ho Woodford Bdge Rd Ilford.....	(020) 8551 6533	Citi Kitchen, 21 Beehive Lane Ilford.....	(020) 8518 2022	Clark's Car Accessories, 345-51 Forest Road E17.....	(020) 8527 2171
Clementswood Baptist Church 132 Ilford La Ilford.....	(020) 8514 3136	Citroen Publishing, Ltd, 5 Albion Hill Loughton.....	(020) 8508 1135	Clark's Garage, 300-02 Chigwell Road Woodford Green.....	(020) 8504 7477
Newbury Park Synagogue 23 Wessex Clo Ilford.....	(020) 8597 0958	City Beds, Ltd, Beds, Sofabeds, Mattresses, Ilford 20 Fowler Rd, Hainault Bsns Pk.....	(020) 8502 7389	Clark's Mini Cars, Station App George La E18.....	(020) 8989 8588
Leyton Cornerstone Church & Community Hall The Corner Stone 149 Canterbury Road Leyton.....	(020) 8558 2121	Or.....	(020) 8501 2426	Station App George La E18.....	(020) 8989 8888
St. Eleftherios Greek Orthodox Church Ruckholt Rd E10.....	(020) 8539 1425	City Cab Rentals, 9 Rigg Approach London.....	(020) 8556 2435	Or.....	(020) 8989 8888
Loughton Loughton Methodist Church 260 High Rd.....	(020) 8502 3071	City Connect, Ltd, Unit 32, The Exchange High Rd Ilford.....	(020) 8514 3322	Clarks Shop, The, Ilford 116 High Rd.....	(020) 8553 0547
Loughton, Chigwell & District Synagogue The Spinnye Borders La Loughton.....	(020) 8508 0303	City Copy Centre, Ltd, Unit 12A Bourne Court Southend Road Woodford Green.....	(020) 7336 8008	Loughton Unit 4 Centric Pde 200 High Rd.....	(020) 8508 1132
Manor Park		City Gates Christian Centre, Office 316 High Rd Ilford.....		Walthamstow 36 Selbourne Wlk.....	(020) 8520 3715

4 Cameron Road Ilford.....	(020) 3686 9549	Colourscript, Ltd, Unit 4,Whilems Works Forest Road Ilford.....	(020) 3875 9727	Cook Trading, Ltd, 257 High Rd Loughton.....	(020) 8508 1916
Classic Nail Salon, The, 535 Cranbrook Road Ilford	(020) 8518 1118	Combi Boiler Services, Ltd, 319 High Road Leytonstone.....	(0843) 5156972	Cool Runnings, 31 Tomswood Hill Ilford	(020) 8500 3813
Classic Travel Of Loughton, Ltd, Trvl Agts, 261 High Rd Loughton.....	(020) 8508 5588	Combi Boilers, Ltd, 313 High Rd Leytonstone E11.....	(020) 8558 4017	Co-Op Food, Unit 9 Billet Works Billet Road E17.....	(020) 8527 3458
Classic Upholstery, 1 Colworth Road E11	(020) 8539 6549	Combs, E.A, Ltd, Combs E.A Ltd Station Estate Eastwood Close E18	(020) 8530 4216	5a Blackhorse Lane E17	(020) 8531 3439
Classy Nails, Ltd, 208a Fencepiece Road Ilford	(020) 3302 8683	Comdata, Ltd, Orion Hs Cranbrook Rd Ilford	(020) 8636 1696	55-57 George Lane E18	(020) 8530 4602
Clayhall Dental Care, 137 Clayhill Av Ilford.....	(020) 8550 2777	Comfort Cars, 361 Henley Rd Ilford.....	(020) 8478 5050	Cooper, Paul, Chrtd Acctnts, 14-18 Forest Road Loughton.....	(020) 8508 8214
Clayhall Executive Cars, Ltd, 3 Seven Ways Pde, Woodford Av Ilford	(020) 8550 5656	Or	(020) 8478 7700	Cooper & Parks, Ltd, High Vw Pde Woodford Av Ilford	(020) 3022 7003
Or	(020) 8550 6767	Comfort Cars, Ltd, 361 Henley Road Ilford	(020) 8478 1623	Cooper Young, Acctnts & Auditors, 7 Kirkdale Rd E11.....	(020) 8539 0700
Clayhall Fish Bar, 13 Claybury Broadway Ilford	(020) 8550 7648	Commercial & Fiscal Services, FAX	(020) 8559 1128	Cooper Young, & Co, 109 Snakes La Woodford Gn.....	(020) 8498 0163
Clayhall Synagogue, Sinclair Ho Woodford Bdge Rd Ilford	(020) 8551 6533	Commercial Fiscal Solutions, 76 Station Way Buckhurst Hill	(020) 8559 1182	FAX	(020) 8505 9797
Clean And Classy, 2 Roding Road Loughton.....	(020) 8508 3999	Commercial Trade Services Group, Ltd, Unit 10 Lea Pk Trading Est Warley Clo E10.....	(020) 8558 9988	Cooper Young, & Co, 406 Eastern Av Ilford	(020) 8554 4000
Cleanwell London, Ltd, 9-11 Loughton	(020) 8508 8129	Commongate Hotels, 131 Markhouse Road E17.....	(020) 8521 1551	Co-operative Food,The, Barkingside 111 Fencepiece Rd	(020) 8500 6305
Clear Sound & Vision, Ltd, 51 Marlborough Rd E18.....	(020) 8989 8777	Commongate Hotels, Ltd, 131-133 Markhouse Rd E17	(0872) 4365462	Chingford 16 Hatch La	(020) 8529 1301
Clearance Store Ltd,The, 74 Oakfield Rd E17	(020) 8503 3131	Community Fibre, 18 Coppermill Lane E17	(020) 8509 9831	1 Station Rd	(020) 8529 2347
Or	(0800) 7312689	Community Fibre, B 89 Leyspring Road E11	(020) 8530 3151	Petrol Station London Walthamstow 124 Markhouse Rd	(020) 8521 8791
Clearview Financial Consultants, 28 Chalgrove Cres Ilford	(020) 8550 4587	Community Fibre, 12 Montfort Gardens Ilford	(020) 8500 0770	Walthamstow 817 Forest Rd	(020) 8501 9510
Clearwater Care, (Hackney) Ltd, 6 Harold Road E11.....	(020) 3208 0152	Community Security Trust, Clare Tikva School 115 Fullwell Avenue Ilford.....	(020) 8551 6195	323 Higham HI Rd.....	(020) 8527 1961
Clements Agency, Ltd, Connaught Ho 112 High Rd Loughton	(020) 8508 1799	Companion Care Vet Surgery, Pets At Home, Corktree Retail Pk Hall La Chingford.....	(020) 8524 7200	Wanstead 87 High St.....	(020) 8989 5400
Clements Road Dental Practice, 152 Clements Road Ilford	(020) 8478 0682	Complete Blind Service, Ltd,The, Unit 20 Clifford Road E17.....	(020) 8531 3995	Woodford Bridge 686 Chigwell Rd	(020) 8504 7987
Cliftons, Print Finishing & Bk Bndrs, Uplands Bsns Pk Blackhorse La E17	(020) 8523 1133	Complete Cladding, Co Ltd,The, Freephone Quotes 13 Roundmoor Dv Cheshunt.....	(0800) 7314064	Co-operative Funeralcare,The, Barkingside 19 High St	(020) 8550 1127
Clinton Cards, Plc, Loughton Head Office Crystal Bldg Langston Rd Loughton	(020) 8502 3711	Complete Colour, Complete Colour, Unit 8 Leyton Business Centre Etloe Road E10.....	(020) 8558 0057	Chigwell 215 Manford Wy IG7.....	(020) 8501 2343
Clintons - Chingford North, 37 Station Road E4	(020) 8524 7594	Complete Colour, Ltd, Picture Framers, Unit 8 Leyton Bsns Cntr E10.....	(020) 8558 0057	Highams Pk 10 Winchester Rd E4.....	(020) 8503 3258
Clintons Property Management, Est Agts, 168 Stainforth Rd Ilford.....	(020) 8597 7342	Complete Communications, (Essex) Ltd, 30b Woodford Avenue Ilford.....	(020) 8924 5656	Loughton 178 High Rd.....	(020) 8508 0865
Clip Mason, Unisex Hair Sal, 214 High St E17.....	(020) 8520 2265	Complete Driver Management, Unit M Forest Industrial Park Forest Road Ilford	(020) 8559 6920	Manor Park 50 Whitta Rd E12	(020) 8478 5166
Clothing Discount Store, Ltd, 148 Chingford Road E17.....	(020) 8527 4249	Completion Sales & Lettings, Ltd, 337 Forest Rd E17	(020) 8527 7007	CO-OPERATIVE FUNERAL SERVICE, Whipps Cross Bereavement Office Whipps Cross Hospital E11	(020) 8535 6808
Clow Group, Ltd, 562-84 Lea Bridge Road E10	(020) 8558 0300	Or	(020) 8527 7658	8535 6808	
FAX	(020) 8558 0301	Compugrafix, Ltd, Unit 44A Argall Avenue London	(020) 8556 6400	Co-operative Travel, 224 High Rd Loughton.....	(0844) 8798656
Club Communications, Ltd, 85 Brunner Road E17	(020) 8509 3983	Computer Alliance, Ltd, 709 Romford Road Manor Park E12	(020) 8911 0911	8-12 Salsbury Hall Gdns Chingford.....	(0844) 8798702
Club Le Print, Unit 18 The Sidings Hainault Rd E11.....	(020) 8988 1037	Comyns, Dr, M, 4 Brook Way Chigwell	(020) 8500 3020	Copycats, FAX	(020) 8520 9776
Clue Adventures, (Leyton) Ltd, Coach And Horses 391 High Road Leyton E10.....	(020) 8556 6615	Conbury, Ltd, 84 Abbey Road Ilford	(020) 8554 2927	Copyright Business Supplies, 104 Cranbrook Rd Ilford	(0800) 0280474
Cm Sealants, Kendon Ho Selby Rd E11.....	(020) 8519 6358	Connaught Farm Nurseries, Connaught Fm And Nursery Epping New Road Loughton.....	(020) 8504 5168	FAX Orion Hse, 104-106 Cranbrook Road Ilford	(020) 8636 9978
CMC Estates, Ltd, 332 Hoe Street E17.....	(020) 8520 8746	Connaught School For Girls, 39 Connaught Road E11.....	(020) 8558 5835	Corner Stone Under 5's, St. Catherine & St. Paul Church 149 Canterbury Road E10.....	(020) 8556 8585
C-Mercs Seedbed Cntr, Seedbed Cntr Langston Rd Loughton.....	(020) 8418 9713	Connaught Tennis Squash & Bowls Club, Rangers Rangers Rd Chingford London.....	(020) 8529 2341	Cornerstones Solicitors, Wood St E17	(020) 8520 6330
Cms Accountancy Services Ltd, 399 Copperfield Chigwell.....	(020) 8501 2173	Connect Nursing, Ltd, 577 High Rd Leytonstone E11	(020) 8988 1110	Corporation of London, Epping Forest Conservators Of Epping Forest Nursery Rd Loughton.....	(020) 8532 1010
COASTGUARD H.M, In Emergency dial 999 and ask the operator for Coastguard		Conquest Shipping, Ltd, Bourne Ct Unity Trading Est, Southend Rd Woodford Green	(020) 8550 1066	Information Centre Paul's Nursery Rd High Beech.....	(020) 8508 0028
Cocked Hat, Harvester Rstnt Southend Rd Woodford Gn	(020) 8551 3848	Consensa Care, Ltd, 21-25 Third Av E12	(020) 8514 5169	Corvinview, Ltd, Bldg Cntrs, Union Wks 185a Farmer Rd E10.....	(020) 8556 9611
Coco Colour & Extensions Specialist, 180 Queens Rd Buckhurst HI	(020) 8559 2279	Consensa Care, Ltd, Mental Health Care, Unit 11 Bourne Ct Unity Trading Est, Southend Rd Woodford Green	(020) 8551 1867	COS Systems, Ltd, 13 Highams Lodge Business Centre Blackhorse Lane E17 FAX	(020) 8527 2222
Coconut Bay Restaurant, 120 Horns Road Ilford	(020) 3592 8371	Or	(020) 8551 2299	Costa Coffee, 113 High Street Barkingside	(020) 8551 2329
Cocoon Group Services, Ltd, 41 Colville Road London	(020) 4529 6855	Conservative Associations, Chingford & Woodford Green Constituency Office, 64a Station Rd E4 (020) 8524 4344		Costa Marios, Hrdrsr, 560 High Road Leytonstone E11.....	(020) 8539 8747
Coffee House, 78 Chingford Mount Road London	(020) 3754 7255	Epping Forest, Conservative Assoc Thatcher Ho 4 Meadow Rd Loughton (020) 8508 6608		Costco Chingford, 1 Shadbolt Avenue E4	(020) 8523 4479
Coggan Associates, 17 Gordon Avenue E4	(020) 8527 5346	Conservators Of Epping Forest,The, Enquiries Line, Epping Forest Fld Cntr Paul's Nursery Rd High Beech	(020) 8508 2266	Costco Wholesale, UK Ltd (Chingford Warehouse), Shadbolt Av E4.....	(020) 8501 9305
Coggers In Bloom, Ltd, 849 Forest Road London	(020) 8527 1051	Consolidated Security, Ltd, 72 Colombo Rd Ilford	(020) 8554 0787	Costcutter Supermarket, Off License, 77 Grove Road E18	(020) 8520 2450
Coldham Shield & Mace, Solrs, Chingford 123-125, Station Road Chingford	(020) 8524 6323	Constructufutures, 1-4 The Parade Monarch Way Ilford	(020) 8518 2111	Costcutters, 2 St. James's St E17.....	(020) 8509 1834
Colegrave Arms, Public House, 145 Cann Hall Rd E11	(020) 8522 0184	Contact Roller Shutters, Ltd, 7-9 Fowler Rd,Hainault Bsns Pk Ilford.....	(020) 8500 4000	Costello, & Sons Ltd, 284-294 LEY STREET ILFORD	(020) 8478 2780
Coles & Wall, (Growers) Ltd, Market Pavilion New Spitalfields Mkt Sherrin Rd E10.....	(020) 8558 2424	Contrast Interiors, Ltd, 114 Wanstead Lane Ilford	(020) 8518 4551	Cosy Home Bargains, Ltd, 28 St. Andrews Road E17	(020) 8527 8388
Colins Store, Store, 83 Palmerston Rd E17	(020) 8521 3177	Convenience Store,The, 134 New Rd E4	(020) 8529 5777	Coultons Estate Agents, Ltd, 26 Station Road E4	(020) 8524 6048
Colinson, Unit 3 210 Church Road London	(020) 8127 1180	Convoy Mastics, Ltd, 44A Selby Road E11.....	(020) 8555 7121	County Arms, 420 Hale End Road E4	(020) 8527 2103
Collards Upholstry London, Ltd, Lthr & Fabrics, 42 Fowler Rd Hainault Busines S Pk Ilford	(020) 8500 1121	Conway Levene, Llp, Connaught Ho Broomhill Rd Woodford Gn.....	(020) 8505 4555	County Construction Chemicals, Unit 4 Chingford Indust Centre Hall La E4.....	(020) 8524 1931
Collective Distribution, Ltd, Waltham Parkway Billet Rd E17	(020) 8531 1404			County Courts, See Courts	
Colorbond, Ltd, Unit 12 Avenue Indust Est Justin Rd E4.....	(020) 8531 0222			County & Urban, Ltd, Bourne Ct Unity Trading Est, Southend Rd Woodford Gn.....	(020) 8551 5897

Courier Service & Removals 24hr, 146 Church Road Manor Park, London.....	(0870) 3611486	The Cricketers Arms 299-01 High Road Woodford Green	(020) 8504 2734	31 Snowhill Rd E12	(020) 8553 5366
Courier Service & Removals 24hr, 108 Farmer Road Leyton, London	(0870) 3611484	CRIPTO BARBERS, 722 Eastern Avenue Ilford	(020) 8117 1669	Cycle Mot, Ltd The, 400 Forest Road Walthamstow London	(020) 3092 3210
Courier Service & Removals 24hr, 114 George Lane Woodford, London.....	(0870) 3611492	Crisp Cars, Ltd, Car Rental, 15 New Road Ilford, Essex	(020) 3051 4964	Cypriana Restaurant, Rstnt, 37 Westview Drive Woodford Green	(020) 8550 7262
Courier Service & Removals 24hr, 44 Mansfield Road Walthamstow, London	(0870) 3611491	Cristal Insulations, Ltd, 48 Goodmayes Road Ilford	(020) 8597 0442	Cypriot Heights, Rstnt, 170 Station Road Chingford London	(020) 8529 9200
Course Centre, Ltd, Suite 611 1-3 Coventry Road Ilford	(020) 7052 4680	CRK London, Whsle Clothg, Kudhail Industrial Complex 68 Little Ilford Lane	(020) 3302 9273	D & A Tution, Ltd, 92 Lechmere Avenue Woodford Green	(020) 3325 1900
Courtney Transport Services, Unit E12 Seedbed Centre Langston Road Loughton	(020) 8502 1277	Crosby Electrical Services, Ltd, 56 Baldwins Hill Loughton	(020) 8508 4092	D & B Accountancy, Ltd, Suite 219 Olympic House 28-42 Clements Road Ilford	(020) 8514 0541
Courtney Transport Services, Ltd, Logistics, Unit E12 Seedbed Centre Langston Road Loughton	(0843) 8164837	Cross Channel Consultants, Ltd, 190 Ilford Lane Ilford.....	(020) 8514 2571	Or	(020) 8911 6196
COURTS, Crown Courts Snaresbrook All Enqs 75 Hollybush Hill E11	(020) 8530 0000	Crown & Crooked Billet, Pblc Ho, 13 Cross Rd Woodford Green	(020) 8498 9451	D.B.J. (Woodford), Limited, Unit 28 Oakwood Hill Industrial Estate, Oakwood Hill Loughton	(0843) 5157160
Magistrates Courts Redbridge 850 Cranbrook Rd Ilford	(020) 8437 6525	Crown & Crooked Billet, 13 Cross Road Woodford Green.....	(020) 8502 9192	D Bourne, High Vw Pde Woodford Av Ilford	(020) 8550 3438
Courtstar, 1 Michael Road London	(020) 8539 9565	Crown Doors, Unit D,Pegasus Wks Roebuck Rd Hainault Bsns Pk Ilford.....	(020) 8558 1961	D C I & E Food, Golden Business Park Unit 5 Orient Way London	(020) 8887 6887
Cousins Coaches, 38 High Rd Buckhurst HI	(020) 8505 8551	Crown Medical Services, Ltd, 167 Wood St E17	(020) 8521 4968	D C Interiors, Ltd, Flat C 725 High Road Leytonstone E11.....	(020) 8558 6428
Cove Solutions Ltd, Limited Company, Designer, Suite 4 Roebuk House, Cromwell Centre Roebuk Road London	(020) 7871 3004	Crown Of India, 58 Borders Lane Loughton.....	(020) 3712 3369	D Davis & Sons Plasterers uk, Ltd, East london plastering, 179, Terrece house Vicarage Road Leyton	(0800) 9997275
Coventry Financial Services, 1 Coventry Rd Ilford	(0870) 7703373	Or	(020) 3712 3370	D D Smith and Co, 264 St. Johns Road London.....	(0870) 1165316
FAX	(0870) 7703374	Crown Personnel, Ltd, 110 Cranbrook Rd Ilford.....	(020) 8518 4499	D E W Electronic Engineers, Unit 6 Taylors Gravel La Chigwell.....	(020) 8501 5169
Coventry Service Station, 366 Horns Rd Ilford	(020) 8550 4215	Crown Self Drive, 763 Romford Road E12	(020) 8967 2311	D & F Party, Ltd, Unit 25 Walthamstow Bsns Cntr Clifford Rd E17	(020) 8523 5555
Coverplus Insurance Services, Ltd, Unit 24, South Park Business Centre Green Lane Ilford.....	(0843) 8163445	Crownchoice, Ltd, Community Place 806 High Road Leyton Leyton London.....	(020) 3621 7925	D & H Fashions, Ltd, 36 Fowler Rd, Hainault Bsns Pk Ilford FAX	(020) 8500 6620
Coversure Insurance Services, Leyton General Insurance Intermediary 177 Lea Bridge Rd Leyton	(0870) 4585666	Crush LDN, Ltd, 408 Hoe Street Walthamstow	(020) 3336 9344	D M H Developments, Ltd, Beech Farm Barn Beech Farm High Road Loughton	(020) 8418 0521
Coversure Leyton, 177 Lea Bdge Rd E10.....	(020) 8539 6010	Crystal Amusements, Ltd, 307 High Street North London	(020) 7062 6345	D P Nail Spa, 264 High Road Leytonstone London.....	(020) 3340 9223
Coversure, Ltd, Ins Providers, 177 Lea Bridge Road London.....	(0843) 8163395	Crystal Nails, 95 George Lane E18	(020) 8989 8994	D. Reese, & Co Ltd, Office 6 36 Church Hill Loughton	(020) 8037 8185
Covras, Ltd, 44 Hatch Lane E4	(020) 8501 7341	Crystal Services, PLC, Security, Unit 6, Loughton Business Centre Langston Road London	(020) 8503 3380	D S A G Auto Body & Paint, Car Body Repairs, Marshfield Filling Station Sewardstone Road E4.....	(020) 8524 4515
Cox Drew Neale Partnership, Crawford Ho 1A Willow St E4.....	(020) 8524 3535	FAX	(020) 8527 8963	D S Chopra, Claire Ho Ilford La Ilford	(020) 8478 7561
Cphoelns Nail Bar, Nail Bar, 53 Queens Road Buckhurst Hill	(020) 8109 1639	Crystal Suite Wines, 481 High Road Leytonstone Leytonstone London	(020) 3700 0096	D S C Motors, The Coach Works 10 Garfield Road London	(020) 8529 7494
Craftedwooduk, Aldbrough Hall Farm Aldborough Road North Ilford	(020) 3673 2352	Cube Developments & Investments, Ltd, 98 High Rd E18	(020) 8498 9500	D.S Plumbers, 51 Dore Road London	(0845) 0095014
Craig Plant, Ltd, Rigg App E10.....	(020) 8558 2533	FAX	(020) 8498 0110	D S Watson, D S Watson, D S Watson, 561 Lea Bridge Road E10	(020) 8558 9120
Cranbrook Basements, Ltd, General Enqs	(0800) 525883	Cuckfield, Pub, 31 High St Wanstead.....	(020) 8989 1913	D T L C, Ltd, Flat 14 Xavier House 17 Priory Court London.....	(020) 8527 3155
Cranbrook Castle Montessori, Ltd, St. Georges Road St. Georges Road Ilford.....	(020) 8554 8979	Cunningtons, 131 Cranbrook Road Ilford	(020) 8553 0002	D.TS Network Solutions, 490 Hoe Street Walthamstow, London.....	(0845) 0095002
Cranbrook Electrics, 50 The Broadway Loughton	(020) 8502 5454	Cupping, Cupping, 726 High Road Leyton Leyton London	(020) 3952 8927	Daaks Uk, 73 Grove Road London	(020) 3609 8531
Cranbrook Garage, 714 Cranbrook Road Ilford	(020) 8550 3030	Cupping Clinic, 538 Lea Bdge Rd E10.....	(020) 8539 1010	Daanyaal Halal Meat & Food Store, Ltd, Ground Floor 359 Lea Bridge Road Leyton	(020) 3089 5055
Cranbrook Hotel, 22-24 Coventry Road Ilford.....	(020) 8554 6544	Curious Goat London, Ltd, 4 Old Brewery Way E17	(020) 8521 2424	Dabora Conway, Ltd, 9 High St. Wanstead E11	(020) 8989 5678
Cranbrook House Dental Practice, 635 Cranbrook Rd Ilford.....	(020) 8550 4832	Curocare, Ltd, 20 Connington Cres E4	(020) 8529 7668	FAX	(020) 8989 1199
Or	(020) 8550 6676	Currency Exchange Corporation, Ltd, Unit 51A The Exchange High Road Ilford	(020) 8553 5300	121 George La E18.....	(020) 8530 7200
Cranbrook Loft Conversions, General Enqs	(0800) 525883	Current Communication, 125A St Albans Rd Ilford	(0845) 1947265	Dada, Mr, S, 43 Eighth Avenue London.....	(020) 7165 7234
Cranbrook Primary School, The Drive Ilford.....	(020) 8518 2562	Curry, Takeway, 103 Hoe Street Walthamstow London	(020) 8520 5151	Dadd, Brian, Commercial Chrted Survvrs, 28 Queens Rd Buckhurst HI	(020) 8505 5112
Cranbrook Road 126 Post Office, 126 Cranbrook Road Ilford	(020) 4568 6889	Or	(020) 8521 7587	FAX	(020) 8506 0089
Cranbrooke Hotel, 9-15 York Road Ilford.....	(020) 8911 4541	Curry Emporium, 597 Cranbrook Road Ilford	(020) 8550 7429	Daffodil Advocacy Project,The, 249 Cranbrook Rd Ilford	(020) 8554 2328
Crangrove, Plmbg & Elec Whslrs East London Unit 30b Billet Works E17	(020) 8527 1101	Curry Leaf, Rstnt, 65-67 High Road South Woodford, London	(020) 8989 8276	Dagenham Motors, Ltd, Ilford 902 Eastern Av	(020) 8597 3331
Cranham Spinks, Ltd, Insurance Providers, 1B High View Parade, Redbridge Lane East Ilford	(0843) 8163448	Or	(020) 8989 8862	Woodford Green Rapid Fit 357 Chigwell Rd	(020) 8498 9838
Crate Places, Ltd UK Ltd, 45 Selborne Walk E17	(020) 8509 2481	Curry Leaf, UK Ltd, Takeaway, 289 Hall La E4	(020) 8529 3272	Daiglen School,The, Preparatory, 68 Palmerston Rd Buckhurst HI	(020) 8504 7108
Crave London, Crave London, 345 Ley Street Ilford	(020) 3417 7198	Or	(020) 8529 9966	Daisy, Shop, 121a High St Wanstead E11	(020) 8989 6506
Crazy 4 Kids, Frederic St Pre School Frederic St E17.....	(020) 8521 5274	Curry Spice Kitchen, Ltd, Wholesale Retail, 487 Hale End Road E4	(020) 8523 1700	Daley Care Nurseries, 43 West Avenue Road London	(020) 8521 7612
Or	(020) 8521 9006	Currys, Elec Dom Appl, Branches Walthamstow 11 Selbourne Wlk E17	(03445) 610000	Dalin Tyres & Alignment, Ltd, 408a Ilford La Ilford	(020) 8478 0505
Crc Leisure, Ltd, 68a George Lane London.....	(020) 3340 7371	Superstores Chingford 1 Corktree Wy	(03445) 610000	Dallas Wear, Unit 6 Avenue Industrial Estate Justin Road E4.....	(020) 8523 3323
Creative Biscuit, 61 George La E18.....	(020) 8532 2824	Currys, Leyton Mills Unit C Marshall Road London	(020) 8091 8641	Dam Stahl, Ltd, 44 The Drive Loughton.....	(020) 8502 5400
Creative Curtains, 4A Brook Parade Brook Mews High Road Chigwell	(020) 8501 2342	Currys Digital, Elec Retlrs, Branches Walthamstow 20 Selborne Wlk E17	(03445) 610000	Dama De Elche, Ltd, 7 Cambridge Park E11	(020) 8518 8111
Crest Waltham Forest, Unit 1, 2a Truro Rd E17	(020) 8521 2975	Currys, Ltd, Unit 1B Cork Tree Way Hall Lane.....	(020) 3620 8014	Dan Asia Services, Trvl Agt, 297 High St Leytonstone	(0871) 9781152
Crester Services, Ltd, 416 Green Lane Ilford	(020) 8597 6373	CustomICE, In-Car Audio & Security, Unit 6 Chingford Indust Cntr,Hall La E4	(020) 8529 3939	Dan Lancaster Productions, Ltd, 7 Broadwest Apartments 245 Wood Street Walthamstow	(020) 3649 4532
Cricketers,The, Pblc Ho,		Cut Above, Unisex Hdrsr, 207 Manford Wy Chigwell.....	(020) 8500 3443	Dan Nails, Nails, 109 George Lane London.....	(020) 3583 6526
		Cut Label Apparel, Clothing Fashions, 173 High Road Ilford	(020) 8553 9999	Dana Food Distribution, Ltd, Unit 12 Avenue Industrial Estate,Justin Road London	(020) 8531 0763
		Cutless Security Services, Ltd, 26 Levett Gardens Ilford	(020) 8478 5669	Daniel Alexander Recruitment, Ltd, 5 Lime Tree Close South Woodford.....	(020) 8989 4020
		Cyana,		Daniel Bryant, Haircare Centre,	

131 Station Rd E4.....	(020) 8559 4800	11 Fowler Rd, Hainault Bsns Pk Ilford.....	(020) 8501 2492	245 Chingford Mt Rd E4.....	(020) 8524 3737
Daniel, Mr, T,		Ddn,		Dersingham Infant School,	
2 Elmstead Road Ilford.....	(020) 8590 8320	26 Fairlop Road London.....	(020) 8539 0900	Dersingham Primary School Dersingham Avenue E12 ...	(020) 8911 4460
Daniels, J, & Co Ltd,		Dean Associates,		Desai Insurance Services,	
10 Wallers Hoppett Loughton.....	(020) 8508 5172	163 Francis Rd E10.....	(020) 8556 6774	348 High Street North E12.....	(020) 8472 3200
Danlaker, Ltd,		FAX.....	(020) 8556 6868	Desborough News, Ltd, News Paper,	
172 Kings Avenue Woodford Green.....	(020) 3093 9761	Debden Car Hire, Mini Cabs,		61 Orford Road E17.....	(020) 8520 5994
Dans Luxury Travel, Ltd, Luxury Trvl,		Booking Hall, Debden Stn Loughton.....	(020) 8508 9875	Deshi Foods, Uk Ltd,	
109 Maybank Rd Woodford.....	(0871) 9781131	Debden House Centre,		825 Romford Road Road Forest Gate London.....	(020) 8514 8295
Dar Supermarket Limited,		Debden Green Loughton.....	(020) 8508 3008	Desi Bazar, Ltd,	
55 Meads Lane Ilford.....	(020) 8013 4674	Debden House Centre,		354 Ilford Lane Ilford.....	(020) 8911 8710
Darar, Ltd,		Debden House Debden Green Loughton.....	(020) 8508 3008	Design 4 Build Ltd,	
821 High Road Ilford.....	(020) 8590 6004	Debden Motor Spares, Debden Motor Spares Ltd, Ltd,		Room 2 Alfred House 9-11, Alfred House High Beech Road	
Darnberry, Investment Co,		58 The Broadway Loughton.....	(020) 8508 8619	Loughton.....	(020) 8502 4640
Unit 21 Forest Business Pk E17.....	(020) 8503 6577	Debden Sports Club,		Design 911, Ltd,	
Darusalam International Publication, Ltd,		Oldbridge Farm Chigwell Lane Loughton.....	(020) 8508 9392	Unit 5 Forest Ho 185 Forest Rd Ilford.....	(020) 8500 6699
3 Estate Way, Leyton E10.....	(020) 8539 4885	Debra Chigwell Boutique,		Or.....	(020) 8500 8811
Darvin, & Co, Chrt'd Acctnts,		8 Brook Parade High Road Chigwell.....	(020) 8500 2913	Design & Construct London, Ltd,	
123 Eastern Av Ilford.....	(020) 8551 8330	Decorators In Loughton,		23-29 Abbey Road Ilford.....	(020) 8518 2822
Das Enterprise London, Ltd,		7c Forest Road Loughton.....	(020) 8508 3598	Or.....	(020) 8554 3743
425 High Road Ilford.....	(020) 3903 8946	Decra, Ltd,		Design Engineering,	
Dashmesh Darbar, Sikh Temple,		Forest Bsns Pk South Access Rd E17.....	(020) 8520 4371	Unit 5 Hainault Road E11.....	(020) 8539 7222
99 Rosebery Avenue E12.....	(020) 8471 2204	Deديو A Construction Services, Ltd,		Designer Dhaage, Ltd,	
Dashes Off License, Off License,		4 Newton Road Chigwell.....	(020) 8500 5642	149 Ilford Lane Ilford.....	(020) 3674 3398
123 Fencepiece Rd Ilford.....	(020) 8500 6175	Defoe Enterprises, Ltd,		Dessert Delicacy,	
Data Artisans, Ltd,		2 Gainsborough Place Chigwell.....	(020) 8501 0016	3 Blackhorse Road London.....	(020) 3556 3710
297 High Street North London.....	(020) 3161 8413	Deger London, Ltd,		Dessertz, (Ilford) Ltd,	
Data Double Glazing,		135-137 Chingford Road E1.....	(020) 8523 2568	324 Ley Street Ilford.....	(020) 4568 8382
132 Palmerston Rd E17.....	(020) 8520 5039	Dehal Investments, Ltd,		Detective Bureau, Inc, Private Investigators,	
Dauti Brothers, Ltd,		578 Ilford.....	(020) 3621 2354	163 Francis Road London.....	(0845) 5204271
190-192 Longwood Gardens Ilford.....	(020) 3325 7672	De-Jasmine Laser & Beauty Clinic,		Dewan Removals Service Limited,	
Davco Construction, Ltd, Bldg Contrs,		130A Ilford Lane Ilford.....	(020) 8553 5289	713 Romford Road London.....	(020) 3561 9394
181 Wood St E17.....	(020) 8520 2971	Delenco Foods, Ltd,		DF Contractors, Ltd,	
Or.....	(020) 8520 8066	Unit 7 Heybridge Wy, Lea Bdge Rd E10.....	(020) 8558 3278	Unit 18 Bourne Court Unity Trading Estate Southend Road	
Davenheath, Ltd,		Delicatessen Palmeira, Ltd,		Woodford Green.....	(020) 8550 8625
Unit 3 Kingfisher House Trinity Park Trinity Way		234 High Road Leyton Leyton London.....	(020) 8539 9320	Dg Laundry, Laund,	
E4.....	(020) 8531 2003	Delice Bistro, Ltd, Wholesale Retail,		15 Raven Road London.....	(020) 3620 6817
Davenport Lift Control,		141 Station Road Chingford.....	(020) 8523 9660	Dg Solutions, (S.E.) Ltd,	
3 Broadway Mws Woodford Gn.....	(020) 8504 8286	Delice Lloyd Park,		97 Hainault Bsns Pk Ilford.....	(020) 8502 6668
David Anthony's,		Avelling Centre Lloyd Park Forest Road London.....	(020) 3490 0352	Dgs Independent Financial Advisors, Ltd,	
116 George Lane South Woodford.....	(020) 8989 2028	Delicio Patisserie, Ltd,		2 Crown Bldgs The Gn E4.....	(020) 8524 8521
David Bowden & Associates,		204 High Road Leytonstone E11.....	(020) 8555 6612	D&H Fashions Ltd,	
27 Selby Rd E11.....	(020) 8221 0221	Delicious Kebab & Pizza,		36 Hainault Business Park Ilford.....	(020) 8500 2265
David Clulow Opticians,		50 Sewardstone Road E4.....	(020) 8524 0678	Dhaneshwar Sharma, Sharma Law Ilford, Law Firm,	
297 High Road Loughton.....	(020) 8502 5259	Delight Kebab & Cafe,		First Floor 16 Hobbs Mews Ilford.....	(020) 8599 1642
David Fletcher, & Co, Acctnt,		11 St. James's St E17.....	(020) 8520 2205	Dhani Double Glazing,	
78a Nightingale Lane London.....	(020) 8989 8969	Deliverance Outreach Ministries,		99 Markhouse Road E17.....	(020) 8520 1297
David Harper, & Co Ltd,		17 Argall Avenue E10.....	(020) 8539 5443	Dheere Leyton Cafe, Rstnt,	
28 Larkwood Road London.....	(020) 8524 0219	Dellhaven, Ltd,		461 High Road Leyton Leyton London.....	(020) 8556 5965
David Lawrence, Ltd,		Dellhaven Ltd East London Of St Mary Rd E17.....	(020) 8223 1200	Dhillon Wines,	
Unit 5 Roebuck Mews Roebuck Road Hainault Business Park		Delmonte Glazing, Ltd,		128 Grove Green Road Leytonstone London.....	(020) 8539 2074
Ilford.....	(020) 8500 7758	691 High Road Ilford.....	(020) 8590 2423	Dhillons,	
Or.....	(020) 8501 0090	Delshaw & Higgins, Llp,		26 Ilford.....	(020) 8262 6565
David Lloyd Leisure,		Unit 5 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue		Dhol N Bass, Ltd,	
Roding La Buckhurst HI.....	(020) 8559 8466	Ilford.....	(020) 3981 2429	218 Fullwell Avenue Ilford.....	(020) 8551 2944
David Smith, Financial Servs,		Delta Auto Parts,		Dial A Spare,	
78 The Broadway Loughton.....	(020) 8508 0156	Cromwell Centre Unit 4-5 Roebuck Road		7 Juniper Rd Ilford.....	(020) 8478 2352
David Smith Financial, David Smith Financial,		Hainault Business Park.....	(020) 8001 6128	Or.....	(020) 8478 8510
78 The Broadway Loughton.....	(020) 8502 0916	Delta Group,		Dial-A-Dream, Regd Chldns Charity,	
David Wolff,		113-115 George La E18.....	(020) 8530 9932	7 Addison Road E11.....	(020) 8530 5589
36 Poplar Way Ilford.....	(020) 8551 2384	Delta Home Improvement, Ltd, Prpty Managment,		Diamond Hair & Beauty,	
Davidson, Sandra, Est Agts,		618 Green Lane Ilford.....	(020) 3602 8117	337 Lea Bridge Road E10.....	(020) 8558 2796
Seven Kings		Delta Wines, Wine Shop,		Diamondplus Cleaning Service, Cng Servs,	
353 Green La Ilford.....	(020) 8597 7372	48 Church Rd E10.....	(020) 8539 9997	44 Salcombe Rd E17.....	(020) 8988 9988
FAX.....	(020) 8983 8979	Deluxe Nails, Nails & Beauty,		Dianel & Co Accounting Solutions,	
Davies Lane Primary School,		101 High Street Barkingside.....	(020) 8551 4222	Challenge House 57-59 Queens Road	
74 Davies Lane E11.....	(020) 8556 8542	Demetriou, D,		Buckhurst Hill.....	(020) 8505 2402
Davies-James, Paul,		Unit 9 180-82 George Lane E18.....	(020) 8530 6613	Different Class Cars,	
14 York HI Loughton.....	(020) 8418 9100	Demipower, Ltd,		518 Malborough Rd E18.....	(020) 8989 0001
Davis, & Co, Solrs-Conveyancing/Litigation/Matrimonial,		241 High Road Loughton.....	(020) 8502 3815	Different Shapes,	
34-36 High St Barkingside.....	(020) 8551 4228	Or.....	(020) 8508 5314	680 Chigwell Road Woodford Green.....	(020) 8504 7446
59A High Street Barkingside FAX.....	(020) 8550 6698	Demsan, Ltd,		Digital Photos, Ltd,	
Davis Grant,		171 High Road Loughton.....	(020) 8508 1561	762 Romford Road London.....	(020) 8514 1852
186 High Rd Ilford.....	(020) 8477 0700	Dendale Construction,		Dignity Funerals Walthamstow,	
Dawn,		418 Hale End Rd E4.....	(020) 8527 5777	Unit 2 Priestley Wy E17 FAX.....	(020) 8523 4691
326 High Road Ilford.....	(020) 3609 4088	Denmans Electrical Wholesalers, Ltd,		Dilara, Takeway,	
Dawsongroup, Dawsongroup Plc Plc, Heavy/Small Good Rental,		759 High Rd IG3.....	(020) 8503 8866	442 Forest Road E17.....	(020) 8521 6187
New Spitalfields Market Sherrin Road E10.....	(020) 8556 7919	FAX.....	(020) 8503 8877	Dilara Kebab, Mehmet Zahit Basatogul,	
Dawsongroup, Plc, Heavy/Small Gds Rental,		Dennis Lock and Key Services,		6 Station Rd E4.....	(020) 8524 5154
New Spitalfields Market 17 Sherrin Road E10.....	(020) 8988 4005	137 Wood Street Walthamstow.....	(020) 8520 7450	Dilli Haat, Ltd,	
Day Lewis Pharmacy,		Or.....	(020) 8521 2444	513 Cranbrook Rd Ilford.....	(020) 8518 4111
1-3 Beattville Gardens Ilford.....	(020) 8550 3606	Denta Clinic, Ltd,		Dilli Haat, Ltd,	
Day Lewis, Plc,		58 Oaklands Park Avenue Ilford.....	(020) 8553 5283	513 Cranbrook Rd Ilford.....	(020) 8554 2097
6 Claybury Broadway Ilford.....	(020) 8550 3669	Dental Harmony, Ltd,		Dina Wines, Ltd,	
Day Or Night Locksmiths, Locksmiths, 24 Hour, Emergency Auto		1 Seven Ways Parade, Woodford Avenue Ilford.....	(020) 7018 1893	289 High Road Leytonstone London.....	(020) 8617 8598
Locksmith,		Dental Health Centre, The,		Dineen, J.E, Dent Surg,	
Eton Rd Ilford.....	(0845) 1647423	128 Woodford Avenue Ilford.....	(020) 8550 0546	229 High Rd E10.....	(020) 8558 6036
Day Webster, Ltd,		Dental Wizards, Dental Practice Activitie,		Dipsticks Tyres & Exhausts, Ltd,	
Unit 9b Bourne Ct Unity Trading Est, Southend Rd		50 Cameron Rd Ilford.....	(020) 8590 1986	150 Hermon Hill London.....	(020) 8989 4449
Woodford Gn.....	(020) 8498 8200	Dents, UK, Accident Car Repair,		Direct Calculating, Ltd, Statisticians,	
DB Chingford, Ltd,		490 High Rd Ilford.....	(020) 8514 8838	40 Goodmayes Rd Ilford.....	(020) 8590 0074
38 Kings Road E4.....	(020) 8529 4444	Dents, UK Ltd,		Direct Design Studios, Marketing, Branding, Web And New Media,	
Dc White, Ltd, Accident Repair,		490 High Road Ilford.....	(020) 8478 7356	Ilford	
424 Hoe St E17.....	(020) 8520 6134	Denver Body Repair Centre, Ltd,		Sales.....	(0872) 0858185
DCC 4 X 4,		145 Harrow Road E11.....	(020) 8519 8388	FAX.....	(0872) 0858185
51B Marlborough Rd E18.....	(020) 8530 0505	DEPARTMENT FOR TRANSPORT,		Direct Staff & Direct Calculating, Ltd,	
D'cruz & Grew, Dent Surgery,		Headquarters Great Minster House, 76 Marsham St London SW1		40 Goodmayes Rd Ilford.....	(020) 8590 0074
6 The Broadway Woodford Gn.....	(020) 8504 0262	(03003) 303000		Direct Wholesale Foods, Ltd,	
D-D The Aquarium Solution, Ltd,		Dermott Eyecare,		Unit 12 Woodford Trdg Est Sout Hend Rd	

Woodford Gn.....	(020) 8550 4486	Douglas Allen, Ltd, Est Agt,Survrvrs,Vals, Branches Barkingside 59B High St	(020) 8551 4025	Dwelling Solutions, Ltd, 859 High Rd Ilford.....	(020) 8597 9176
Dirty Rascals, 113 Station Road London	(020) 8524 3311	Chigwell 102 High Road	(020) 8501 2131	Or	(020) 8597 9275
Disability Resource Centre, 1A Warner Rd E17	(020) 8521 7203	Ilford 191 Cranbrook Rd	(020) 8518 0044	Dynamic Garage Limited, 109 Smarts Lane Loughton	(020) 8418 0455
Discount Decor, Cash N Carry, Unit 5 Forest Business Park Argall Avenue E10	(020) 8520 1991	Loughton 234 High Rd	(020) 8502 1326	Dynasty Chinese Cuisine, 139 High Road E18	(020) 8504 0475
Discount Decor, Pntg, 159 High Street E17	(020) 8521 1999	Woodford Green 12 Johnston Rd.....	(020) 8505 6343	Dyno-Rod, 24 Hr Emergency Drain Cleaning, Call Free	(0800) 112112
Discount Fireworks, 22 Woodford Avenue Ilford	(020) 8220 0142	DOUGLAS ALLEN SPIRO, Ltd, Est Agt,Survrvrs,Vals, Branches Chingford 227 Chingford Mt Rd E4	(020) 8524 6331	E B K Building Services, Ltd, 5 Lower Alderton Hall Lane Loughton	(020) 8508 9933
Discount Pine, Unit 6 Chingford Indust Cntr Hall La E4.....	(020) 8524 5100	Walthamstow 1 Central Pde, Hoe St E17.....	(020) 8509 0092	E F R Refrigeration Services, 695 High Rd Ilford.....	(020) 8590 0022
Discount Store, 805 High Road Leyton London	(020) 3730 3925	Wanstead 52 High St Wanstead E11.....	(020) 8530 3741	E & G Electrical Wholesalers, Ltd, 57 New North Rd Ilford.....	(020) 8500 9936
Discount Store, Mr, Munir Ahmad, Ltd, 805 High Road Leyton Leyton London	(020) 8536 9899	Douglas Eyre Sports Centre, (London Playing Fields Soc), 148 Coppermill La E17	(020) 8520 4918	E G Support, Ltd, Ground Floor Olympic House 28-42 Clements Road Ilford.....	(020) 8911 8554
Discount Warehouse, 715 Romford Road E12	(020) 8514 2797	Doyle, Dr, K, Flat 3 17 Orford Road E17.....	(020) 8520 3953	E J Lancaster, Ltd, Gdn Centres, 186 Wood Street London.....	(0843) 5151346
Discover Residential, Ltd, 1 Lower Road Loughton.....	(020) 3915 2458	Dozo, 364 Green Lane Ilford	(020) 8590 5035	E L Johnson Sons & Mowatt, Charter Ho High Rd Ilford.....	(020) 8514 2456
Discreet 24hr Detectives, Private Investigator, Ellis House Shernhall Street.....	(0844) 5856819	Dp Pharmacy, 84 Albert Road Ilford.....	(020) 8514 5198	E M P Group, Ltd, Rs Lounge 20 Woodford New Road Walthamstow	(020) 3793 1799
Discrete Architectural Electronics, 351 Lea Bdge Rd E10.....	(020) 8988 9400	DPD (Dynamic Parcel Delivery), Woodford Green Trading Est Southend Rd Woodford Green	(0845) 9505505	E.T Clay Products, FAX-Accounts	(020) 8500 9990
Disign House Maidstone, Food Box 97-101 Peregrine Road Hainault Business Park Ilford.....	(020) 8501 4257	Dr James Hamilton-Smith & Partners, 787 High Rd Ilford.....	(020) 8597 7819	FAX-Sales	(020) 8500 9990
Dispensary Chemist, 700 High Road Leyton E10.....	(020) 8539 2194	Dr Oraelosi & Partners, 178 Snakes La East Woodford Gn.....	(020) 8504 2126	E Touch Explore Solutions Ltd Ta Gadget Pro, 135 George Lane London.....	(020) 8989 6164
Divalentine Calver Recruitment, Ltd, Recrutm Agcy, 32 Field Close E4.....	(020) 3243 0077	Dr Shantir Surgery, 354 Forest Rd E17.....	(020) 8520 7115	E10 Deliveries, Ltd, 39 St. Georges Rd Leyton	(0845) 2692167
Diverse Care, (UK) Ltd, Unit 309 Harrow Rd E11	(020) 8503 0305	Dragon House, 584 Cranbrook Road Ilford	(020) 8554 4201	E12 Chicken & Pizza, 817 Romford Road Manor Park	(020) 3490 6449
Divine Boutique Afro-European Salon, 679-691 High Road Leyton Leyton	(020) 8521 7885	Dragon Palace, 86 Chingford Mount Road London	(020) 8527 8282	E17 Cobbler, 361 Hoe Street E17.....	(020) 8521 4606
Dixie Original, Take Away, 686 High Road Leyton Leyton London	(020) 8558 4664	Drain Doctor, Seedbed Cntr Langston Rd Loughton	(020) 8502 3529	E17 Nursery, Ltd, 6-7 West Avenue Walthamstow London.....	(020) 8520 1201
Dixy Chicken, Ilford 79 Ilford HI Ilford	(020) 8553 0202	Dream Cuisine, Takeaway, 59 Green Lane Ilford	(020) 8553 0656	E17 Tyre Stop, 118 Markhouse Rd E17.....	(020) 8509 9990
Dixy Chicken, 279 High Road Leytonstone Leytonstone London	(020) 8555 4949	Dream Factory,The, Unit 1a 62-70 Fowler Road Hainault Business Park Ilford.....	(020) 8501 1234	Eaeo, Ltd, 622 Lea Bdge Rd E10.....	(020) 8988 9140
Dizzy Ducks Day Nurseries, Ltd, 114 Huntsman Rd Ilford.....	(020) 8500 5285	Dream Nail Of Louthton, Dream Nails & Beauty 137 High Road Loughton	(020) 8508 0505	Eagle Business Services, Union Works, 185a Farmer Road London	(020) 8279 2222
DK Accounting Solutions, Ltd, 438 Ley Street Ilford	(020) 8491 4040	Dream Nails, 63 Old Church Rd E4	(020) 8524 1008	Eagle Business Services, Union Works, 185a Farmer Road London	(020) 8279 7000
Dna Mobiles & Computers Ltd, 28 Hatch Lane London	(020) 3732 7034	Dreams, plc, Chingford Unit 12 The Deacon Est E4.....	(020) 8531 1666	Eagle, Mini Car Services, 184 High Rd E10	(020) 8556 1234
Dna Tiles, Tiles Co, 114 Aldborough Road South Ilford	(020) 3689 4895	Ilford 452 High Road	(020) 8478 5888	184 High Rd Leyton E10	(020) 8556 3333
Docklands, Off Furn Supps, 310 Lea Bdge Rd E10	(020) 8539 4820	Drive Surgery,The, 68 The Drive Ilford.....	(020) 8554 6287	Eagle Recruiters, Ltd, Vogel House 127 High Road Loughton.....	(020) 3771 7866
Doctors House,The, 40 Cameron Rd Ilford.....	(020) 8983 8211	Or	(020) 8554 3014	Eagle Wine, Off Licence, 88-90 Ilford Lane Ilford.....	(020) 8553 5643
Doctors House, The, Doctors Surgery, 40 Cameron Rd Seven Kings	(0844) 4773582	Driver Hire Trading, Ltd, Howard House Howard Road E11.....	(020) 8988 4050	Eagle Wines, Off Lic, 88 Ilford La Ilford	(020) 8553 5313
Dodds Motor Repairs, Vhcle Mtr Rprs, 13-18 Hollybush Hill Leytonstone London.....	(020) 8989 4129	Driver Vehicle Standards Agency, Test Centre 284 High Road Loughton	(020) 3302 0268	Early Buds Nursery, St Barnabas Church St. Barnabas Road Walthamstow London	(020) 3794 6930
Dodosh, A, 48 Levett Gardens Ilford	(020) 8590 1301	Drivertax, Ltd, 81A Station Rd E4.....	(020) 8529 2600	Early Education Centre, Ltd, Unity Hall Bramley Close E17	(020) 8523 2992
Dog Groomers, 654 Chigwell Road Woodford Green	(020) 8505 2323	Or	(020) 8529 3600	34 Verulam Avenue E17	(020) 8520 8300
Dolce Espresso, 434 Cranbrook Road Ilford	(020) 3305 6567	Drop Fix, Ltd, 494 Hoe Street Walthamstow London	(020) 7052 4814	Early Education, Ltd, 1 York Road E17.....	(020) 8520 0351
Dolce Patisserie, Ltd, 735 High Road Leytonstone Leytonstone.....	(020) 3409 7783	Drs Lindall Gardner & Ostle, 2A Penrhyn Avenue E17	(020) 8527 0541	Early Educators Montessori, Ltd, St. Lukes Church Baxter Road Ilford	(020) 8478 2162
Dollond & Aitchison, Branches Barkingside 90 High St.....	(020) 8550 2920	Drts Advisors, Professional & Financial, 48 Queens Road Loughton	(020) 8502 3904	Early Learners Centre, Ltd, Off, Marsh St & Trinity United Refo 58 Orford Rd London	(020) 7041 9934
Dolly's Interiors, Ltd, 69 Station Road Chingford.....	(020) 8523 9600	Drugslime-Chabad, 395 Eastern Av Ilford.....	(020) 8554 3220	East End Investigators, Private Investigator, 33 Clarendon Rd London	(0844) 4113444
Dolphin Windows, 2-8 Winchester Road London.....	(020) 8127 3937	Dry Cleaners, 791 Cranbrook Road Ilford	(020) 8252 7220	East London Blinds, 68 Overton Drive E11.....	(020) 8989 9329
Doma, UK Ltd, 89 Green La Ilford.....	(020) 8514 2551	Dry Cleaning Business,The, Unit 2 East 10 Enterprise Park Argall Way London.....	(020) 8037 2230	East London Brewing Co Limited, Ltd, 45 Fairways Business Park Lammars Road E10.....	(020) 8539 0805
FAX	(020) 8478 2552	Dry Cleaning Centre,The, 179 High Road Loughton	(020) 8532 1311	East London Christian Fellowship, Whites Farm Oaks Lane Ilford	(020) 8597 8811
Dominion Roller Shutter, Ltd, Unit 1 Argall Av E10.....	(020) 8556 6156	Dua Hair, Ltd, 183 Manor Road Chigwell	(020) 3827 8946	East London College, Ltd, Panther Ho 647 High Rd Leytonstone E11.....	(020) 8539 2224
Or	(020) 8558 6572	Dubois Enterprises, Ltd, 40 Market Pavilion New Spitalfields Market Sherrin Road E10	(020) 8518 7301	FAX	(020) 8539 2225
FAX LEWDEN METAL PRODUCTS LTD ARGALL AVENUE LONDON	(020) 8556 6956	Duhul Telecom, 409 Hoe Street London.....	(020) 8521 7516	East London Community Law Service, 702 High Road Leyton E10	(020) 8558 1865
Domino's Pizza, Pizza Delivery & Takeaway Leyton 814 High Rd E10.....	(020) 8558 5588	Duncan Smith, Iain, MP, Chingford & Woodford Green Constituency Office 105 C Station Rd E4	(020) 8524 4344	East London Electrical Distribution, Ltd, 56 Larkshall Road Chingford London	(020) 8523 7788
Domum Care, Ltd, 10 Royal Close Ilford.....	(020) 8590 9333	Dunstan, Stuart, & Co, Chrt'd Acctnt, 105 Oak Hill Woodford Green	(020) 8527 9327	East London & Essex Liberal Synagogue, Synagogue Marlborough Road E18	(020) 8989 7619
Dong, Takeaway, 3 Staffa Road Leyton London	(020) 3601 3600	FAX	(020) 8527 9141	East London Flowers, Florist, 3 Grove Park London	(0844) 4113322
Doorcheck, Ltd, 192b Balfour Rd Ilford.....	(020) 8553 3307	Duragchef, Ltd, Unit 8 The Galleria 180 George Lane South Woodford London	(020) 8143 4725	East London Investigations, Private Investigator, Woodpecker House Hoe Street.....	(07010) 600701
Doors R Us, Ltd, 946 Eastern Av Ilford	(020) 8599 0200	Dutchmans, 3 Cherry Tree Rise Buckhurst Hill	(020) 8559 2066	East London Transmissions, Gear Box Rprs, Kimberley Indust Est Billet Rd E17	(020) 8503 2182
D'oro Pizza, Ltd, 208 Higham Hill Road London	(020) 8523 4000	DVS Academy, Ltd, Silver Birch Ho Uplands Business Pk, Blackhorse La E17	(020) 8498 3300	East Thames Group, 9 Manor Rd E17.....	(020) 8523 5601
Double Check Security, Ltd, 311 Hoe St E17	(020) 8520 9797			East Thames Group, 9 Moyers Rd E10	(020) 8556 3294
Double Glazing London, Ltd, 883-887 Lea Bridge Road Walthamstow London.....	(020) 8521 1117			East Thames Group, Hsng, Verdana Court 3 Papermill Place E17	(020) 8523 3078
				Eastbank Studios, 141 Hoe St E17	(020) 8521 8589
				Eastcourt Independent School, Ltd,	

1-5 Eastwood Road Ilford	(020) 8590 5472	132 New North Rd Ilford.....	(020) 8500 3191	789 Lea Bridge Road Walthamstow London	(020) 8520 7620
Eastern Carpets, Ltd,		Ekbj Fight & Fitness Academy, Ltd,		Emergency 24 Locksmith, 24 Hour Locksmith,	
392 Green La Ilford.....	(020) 8599 5600	Sutherland House Sutherland Road London	(020) 3490 3033	Oak Hill Gardens Woodford Green	(0844) 4117640
Eastern Eye,		Eks Performance Cars,		Emergency Auto Lock & Locksmiths, Locksmiths, 24 Hour, Emergency	
159A High Rd Loughton	(020) 8508 3119	214a Wanstead Park Road Ilford.....	(020) 3935 9903	Auto Locksmith,	
Eastrock, Ltd,		Elaine, Ladies Fashs,		Cranbrook Rd Ilford.....	(0845) 1647424
8 Lodge Villas Woodford Green.....	(020) 8504 3736	29 Beehive Lane Ilford	(020) 8554 9990	Emily Grace Florist Ltd,	
Eastside Estates, Ltd,		Elanay Contracts, Ltd,		51 The Broadway Loughton.....	(020) 8508 3107
273 Forest Rd E17.....	(020) 8527 6662	501 High Rd Ilford.....	(020) 8514 2777	Emin, & Sons,	
Eastside Lettings, Ltd,		Elect Training & Therapy Centre,		1 Market Pavilion New Spitalfiel Sherrin Road	
423 High Street North E12.....	(020) 8470 4242	Fairways House 2A St. Barnabas Road		E10.....	(020) 8988 0462
Eastside Multimedia Film & Video,		Woodford Green	(020) 8505 5335	Emmanuel Community School,	
Massop FLAT 30, WALNUT COURT VALLENTIN ROAD LONDON.....	(020) 8520 3772	Electrade101 Trading, Ltd,		The Drive E17.....	(020) 8520 0775
Eastwards Trust,		Unit C 43-49 Fowler Road Ilford	(020) 3876 1715	Emperor Vision,	
Behno Ka Ghar 19 Carlton Rd E12.....	(020) 8514 7730	Electric Center, Ltd, Elec Whslr,		Eternity House 21-24 Hickman Avenue E4	(020) 8531 4441
Eastway Electrical Contractors Limited,		Unit 5 Waltham Pk Wy,Billet Rd E17	(020) 8527 1227	Empire College London,	
73 Clementina Road E10.....	(020) 8556 4629	Electrical Surplus,		Forest Ho 16 Clements Rd Ilford.....	(020) 8553 2683
Eastway Property Services,		383 High Rd Leyton E10	(020) 8558 4019	FAX	(020) 8553 2684
740 High Road E11	(020) 8539 5615	ELECTRICITY,		Empire Food & Wine,	
Eastwood I-Support & Care Limite,		E-ON		111 Station Rd E4	(020) 8529 7500
4 Valentines Road Ilford	(020) 8637 3611	Please see our display advertisement under E-ON		Empire Lets, Estates,	
Eastwood Lodge, Ltd,		Electro Signs, Ltd, Electric Clock Signs,		75A Forest Road E17	(020) 8527 8595
49 Eastwood Road Ilford.....	(020) 8599 2983	97 VALLENTIN ROAD WALTHAMSTOW LONDON	(020) 8521 8066	Empire Of Delicacies, Ltd,	
Easy Move Estates, UK Ltd,		Elegance,		31 Church Lane London	(020) 8558 9318
365 High Rd Leyton Leyton FAX.....	(020) 8539 5215	62 Algiers Road Loughton.....	(020) 8418 9599	Emro Consultancy,	
Easy Rusty Bar, Ltd,		Elegance Curtains & Blinds,		718 Eastern Avenue Ilford.....	(020) 8252 7773
134-38 Station Road E4.....	(020) 8501 7465	225 Aldborough Road South Ilford	(020) 8590 1765	Emrose, (Insurance Brokers) Ltd,	
Easylet Offices, Ltd,		Elegance Lockmasters, Drycleaners & Laundrette, Ltd,		606 High Rd Seven Kings.....	(020) 8597 2622
Wellesley House 102 Cranbrook Road Ilford	(020) 8709 2040	39 Green Lane Ilford.....	(020) 8514 3313	EMS, (Express Mortgage Solutions),	
Easyshef,		Elegant Hair Care,		207 Ley St Ilford	(020) 8514 2345
17 Wellington Road E10.....	(020) 8539 6466	195a Lea Bridge Road London	(020) 3719 4020	Emson Haig, Ltd,	
Eat Tabaq Chicken & Pizza, Ltd,		Elegant Nail,		305 High Rd Loughton.....	(020) 8418 9222
10 Hoe Street Walthamstow London	(020) 8521 1048	43 Chingford Mount Road E4	(020) 8531 9003	Ency, Ltd, Chemst,	
Eat17 Walthamstow, Ltd,		Elem Group, Ltd,		13 Langthorne Road E11	(020) 8539 1805
Orford House 73 Orford Road Walthamstow.....	(020) 3795 7017	208 High Road Loughton	(020) 3972 4162	Endermospa, (UK) Ltd,	
Eazy Serve, Ltd,		Elx Electrical Contractors,		2 Lower Road Loughton	(020) 8508 9755
192 Higham Hill Road E17	(020) 8527 8144	65 Roma Road E17	(020) 8527 2276	Energie Fitness Chingford,	
EazyWeb.net, Business, E-commerce & Editable Sites,		Elgin Cars, Ltd,		Energie Fitness 83 Chingford Mount Road London.....	(020) 8531 7987
Ilford		119b Elgin Road Ilford	(020) 3151 4711	Engelsman, & Co,	
Sales	(0872) 0855761	ELHAP,		Estate Ho High Rd Chigwell.....	(020) 8501 5254
Fax	(0872) 0855761	E L H A P 119 Roding Lane North Woodford Green.....	(020) 8550 2636	Engie,	
Echo 24/7 Locksmith, Emergency 24hr locksmith,		Elhap, Ltd,		Estates And Facilities Whipps Cross Road London	(020) 3638 2493
Manor Rd Essex.....	(0845) 1647260	119 Roding Lane North Woodford Green	(020) 8551 9953	English, Alfred, Funrils,Cremation,Embalming,	
Eclipse,		Elim Pentecostal Churches,		72 St. James St E17.....	(020) 8520 6676
5 Woodford Avenue Ilford.....	(020) 3583 8781	Ilford Clements Rd.....	(020) 8554 5559	ENGLISH CHURCHES HOUSING GROUP, Ltd,	
Eco Contracts, Ltd,		Elite Boutique,		John Chadwick House 32a Cameron Road Ilford	(020) 8586 1691
67 St. Marys Road Ilford	(020) 8514 1066	56 Old Church Rd E4.....	(020) 8529 6074	English, W, & Son Ltd, Funrl Dir,	
Eco Vibe Salon, Ltd,		Elite Cars, Taxi,		Electric Pde George La E18 (Funeral Dir)	(020) 8989 8422
342 Grove Green Road Leytonstone London	(020) 3089 2373	1 Windsor Rd E10.....	(020) 8556 9000	Enterprise Trials,	
Ecobond, Ltd,		Elite Contract Labour Suppliers, Ltd,		75 Wansford Road Woodford Green.....	(020) 8506 0222
8 Cameron Road Ilford.....	(01646) 629794	580 Cranbrook Rd Ilford	(020) 8554 6655	Entertainer, The,	
Ecom Fire & Security,		Elite Design International, Ltd,		Ilford Unit 83 The Exchange.....	(0844) 8005124
12-14 Fowler Rd Ilford	(020) 3078 9459	Fabric Mill, Textile, Fabric Wholesale, Clothing Merchants,		Watford 60 High St	(0844) 8005138
Ecovert FM,		Elite Design, Unit 7 Lea Park Trading Estate Millicent Road		Entindale Ltd Co Heywood Partners,	
Siddeley Rd E17.....	(020) 8523 4325	London	(0870) 0119191	First Floor Arodene House 43-55 Perth Road	
Ecovert FM,		Elite Force, Construction,		Ilford	(020) 8554 6067
Frederick Bremer School Siddeley Rd E17.....	(020) 8523 4564	13 Richmond Road Ilford.....	(0870) 0507242	Envi Nails, Nails Sal,	
Frederick Bremer School Siddeley Road E17.....	(020) 8523 3625	Elite Global, Ltd, Insurance Providers,		143a High St Wanstead E11	(020) 8532 9400
Eddies Motors, Gar,		104-106 Cranbrook Road Ilford	(0843) 8163424	Enviroctect,	
11 Rigg Approach Leyton London	(020) 3538 0476	Elite Taxis, (London) Ltd,		113 George La E18.....	(020) 8530 2699
Eddie's Newsagents,		11 Fowler Rd Hainault Busines S Pk Ilford	(020) 8498 1910	EOS Consulting,	
845 High Road Ilford	(020) 8590 1107	Elitenet, Ltd,		9 Roding Gdns Loughton.....	(020) 8508 8938
Edelman, Jeffery, & Co,		89 Green La Ilford.....	(020) 8514 2422	Epping Forest, Centenary Trust,	
22 Draycot Road E11.....	(020) 8530 7241	FAX	(020) 8514 7577	Warren Ldg The Warren Loughton.....	(020) 8508 9061
Edenlake, Ltd,		Elizabeth Pryce,		Epping Forest Community Church, Community Ch,	
603 Lea Bridge Road London	(020) 8520 0122	1A High St Wanstead E11	(020) 8989 3322	Saint Gabriels Church Hall Grosvenor Drive	
Education,		Elizabeths,		Loughton	(020) 8502 0695
Hawkswood School & Centre Antlers Hill E4.....	(020) 8529 2561	118 Roding Rd Loughton.....	(020) 8508 6525	Epping Forest District Council,	
Education Authorities,		Elkaz, Ltd,		Elderly Persons Accommodation	
Redbridge		67 The Broadway Loughton.....	(020) 8502 0440	Wickfields Limes Avenue Chigwell.....	(020) 8500 8744
Director of Education Lynton Ho High St Ilford.....	(020) 8478 3020	Ellingham Employment, Recrutmnt Agcy,		Information Desks	
Redbridge 794 Cranbrook Rd Barkingside.....	(020) 8478 3020	Unit 21 Bourne Court Unity Trading Estate Southend Road		62-64 Queens Rd Buckhurst Hill.....	(020) 8498 9933
Education, (Waltham Forest) Ltd,		Woodford Green	(020) 8550 8415	Epping Taxis,	
265A High Rd Leyton E10.....	(020) 8988 5410	Or	(020) 8551 4369	35 Maypole Dv Chigwell	(020) 8500 4444
Edward Marshall Solicitors,		Ellis Bass, Optometrists,		Epsen Consulting, Ltd,	
Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue		3 High St Barkingside	(020) 8550 9288	119 Elgin Rd Ilford	(0845) 3371916
Ilford.....	(020) 8550 8555	Ellis, & Co,		Epsilon Gantshill, Ltd,	
Edward Taube, & Co,		389 High Rd Leyton E10	(020) 8558 0911	Unit 1 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue	
Edward Taub & Co, 178 Queens Road		Elmar Printers,		Ilford	(020) 8551 1710
Buckhurst Hill.....	(020) 8281 7778	UNIT 4-5 Justin Road London	(020) 8523 4133	EQ Systems, Ltd, Computer Services,	
Edwards Office Supplies,		ELS Solicitors,		4 Clyde Place London	(020) 3051 4970
128 New Nth Rd Ilford	(020) 8500 4466	Orion Ho Cranbrook Rd Ilford.....	(020) 8262 5010	Equipax, Plc,	
FAX	(020) 8500 6650	Els Solicitors,		Personal - Commercial Credit Information & Sales	
Edwards Upholstery,		Unit A Fullers Parade Fullers Road E18	(020) 3245 1800	Chapel St London NW1.....	(0844) 3350550
13a Newbury Rd E4.....	(020) 8531 0757	Elyss, Ltd, Bagel Shop,		Eral Metalworks, Ltd,	
Edy Barbers Ltd,		107 Station Road E4.....	(020) 8524 4455	158 Railway Arches Midland Rd E10.....	(020) 8556 4863
466 Lea Bridge Road London.....	(020) 3091 5707	Eman Foundation, Ltd,		Eriera, Leslie,	
Efc Ilford, Supmkt,		2 Ashgrove Road Ilford.....	(020) 8597 7055	23 Fowler Rd Ilford	(020) 8501 3991
751 Romford Road E12	(020) 8478 1995	Eman Halal Meat And Grocers, Ltd,		Erikson,	
Efes Distribution, Ltd,		89a Belgrave Road Ilford	(020) 8554 0849	652 High Road Leyton London	(020) 3417 3450
Cromwell Indust Est Staffa Rd E10	(020) 8556 0185	Embassy Court Residents Association, Ltd,		Ersign & Awning,	
Efes Distribution, Ltd,		Embassy Ct Woodford Rd E18	(020) 8530 7770	54 Chingford Mount Road London.....	(020) 8076 0005
Cromwell Indust Est Staffa Rd E10	(020) 8556 0485	Embassy Snooker & Social Club, Social Club,		Esh Transport, Ltd, Logistics,	
Efy, Ltd,		2 High St E17.....	(020) 8520 2414	28 Bracket Way Chigwell	(0843) 8164878
80-82 Leyswood Drive Ilford.....	(020) 8598 1325	EMCo Assessors, Ltd,		Esiton Global Concepts, Ltd,	
El Systems, Ltd,		612 Chigwell Road Woodford Green	(020) 8505 7531	110 Hoe Street E17	(020) 3149 9140
Unit 12 York Ho 1 Langston Rd Loughton	(020) 8508 6700	Emerald Enterprises, Ltd,		ESS, Ltd, Accounts and Share Scheme Specialists,	
EK Jewellers,		35 Mayfair Avenue Ilford.....	(0844) 8731120	Kensway House, 388 High Road Ilford, Essex	(0870) 2022123
		Emerald Express,		Or	(0870) 2022124

Essex, Recruitmt, 117A Ley Street Ilford	(020) 8911 9111	Eurobangla, 438 High St Nth E12	(020) 8586 0153	Unit 7 New Spitalfields Market 23 Sherrin Road E10.....	(020) 8558 3788
Essex Car Repairs, Car Gar, 11 Essex Road Walthamstow London.....	(020) 8521 4448	Eurocoms & Internet Cafe, 539 High Rd Leytonstone E11.....	(020) 8539 5589	Extend-Able, Co.UK, 92 Princes Road Buckhurst Hill Essex	(020) 3325 4533
Essex Cellular Telephones Ltd, 29B Old Church Road London	(020) 8524 5118	Eurod, (London), Burnside Industrial Estate 49-53 Roebuck Road Hainault Business Park Ilford.....	(020) 8500 6002	Ex-Tennant Tracing Services, Private Investigator, 230 High Street North	(0844) 5881804
Essex Coin-Op Controls, Ltd, 12 Nelson Road E11	(020) 8989 2833	Eurodatacom, Flat 14 / Magnolia Lodge / 73 Chingford Avenue London	(020) 3632 2569	Extrastaff, Ltd, 422 Cranbrook Rd Ilford.....	(020) 8518 1000
Essex County Lawn Tennis Association, Forest Rd Barkingside Ilford	(020) 8502 6364	Eurodatacom, 6 St. James's Street London	(020) 3638 1431	FAX	(020) 8518 4488
Essex Electrical Supplies, Ltd, Elec Whslr,Supps, 682 Green La Ilford.....	(020) 8590 4443	Eurolink Trader, UK Ltd, 610 Lea Bridge Road E10	(020) 3876 6489	Eye Clinic Chigwell, Ltd, 173 Manor Rd Chigwell	(020) 8928 1500
FAX	(020) 8599 7102	Euronox Limited, Ltd, Logistics, 104 Cranbrook Road Ilford	(0843) 8164679	Or	(020) 8928 1501
Essex Engineering Works, (Wanstead) Ltd, Tool Mkrs, 12 Nelson Rd E11	(020) 8989 2833	Euronox, Ltd, Logistics, 104 Cranbrook Road Ilford	(0843) 8164913	Eye Footwear, 223 High Rd Ilford.....	(020) 8911 0201
Or	(020) 8989 2012	European Claims And Services Ltd, A, 29 Woodberry Way London	(020) 8559 3464	Eyedeal Vision, 40 Station Road E4	(020) 8524 2887
Essex FM Services, Ltd, 213 High Road Ilford	(020) 4568 0794	Europan Fast Food, Ltd, Snakes Lane 4 Snakes Lane Woodford Green	(020) 3971 0828	Eyelash Design, Co Ltd,The, Cedar Ho 56 Peregrine Rd Ilford	(020) 8500 9028
Essex Golf Complex, Hainault Forest Golf Clb Romford Rd Chigwell.....	(020) 8500 2470	European Real Estate Investment, Co, Lip, Prpty, Branch Off 104 Station Road Chingford London	(020) 8529 5040	F.A.F, Ltd, Chimney Servs, 561 High Rd Ilford.....	(020) 8597 8384
Essex Police, Loughton Police Station 158 High Road Loughton.....	(020) 8508 4107	Euro's Best Profiles, Ltd, 407 Ley Street Ilford	(020) 8478 8833	F D Financial Consultancy, 11 Laura Close Lorne Gardens E11.....	(020) 8989 2288
Essex Property Inventory Services Ltd, Property Inventory Clerks, 112b High Road Ilford.....	(020) 3394 0077	Eurosite Medical, Sterling Ho Langston Rd Loughton	(020) 8418 3000	F G, 104 FELBRIDGE ROAD ILFORD.....	(020) 8599 8106
Essex Property Services, Ltd, Unit 2,Coventry House Coventry Road Ilford	(020) 8518 2500	Eurostar, 2 Orient Way E10	(020) 8556 4269	F L K Solicitors, 304 High Rd Leyton London	(020) 8558 9699
Essex Security Services, Ltd, 154 Church HI Loughton	(020) 8502 1360	Eurotrans, Ltd, 12 Dacre Gardens Chigwell.....	(020) 8500 2088	F L K Solicitors, 304 High Road Leyton London	(020) 8558 9699
Essex Security Services, Ltd, 154-156 Church Hill Loughton	(020) 8279 8701	Eva Technology Solutions, Ltd, 17 Barrington Close Ilford	(020) 8551 0644	F M K Solutions, Cmptr Resellers & Cnsltns, Crown Bldgs The Green E4	(020) 8524 3595
Essex Shoe Repairs, 15 Old Chuch Rd E4.....	(020) 8524 7554	43 Clayhall Avenue Ilford	(020) 8551 4041	F N H Furniture, 64 Wood Street E17	(020) 8520 6243
Essex Silver, 41 Roebuck Rd Ilford	(020) 8500 3700	Evans, M.L, Dent Surg, 252A Chingford Mount Road E4	(020) 8529 1587	F S People, 84 Queens Rd Buckhurst HI	(020) 8505 8855
FAX	(020) 8500 5333	Evelia Care Limited, 241E High Street North London	(020) 3715 7500	F2GO, Takeaway, 890 Romford Road E12.....	(020) 8553 2277
Essex Telecom Installations, Ltd, Voice & Data Systems & Cabling, 40 Laurel Close Hainault, Ilford, Essex	(07000) 384583	Everest & Co Limited, Ltd, 666 Green Lane Ilford	(020) 8598 9222	Fab Bakers, The, Ltd, 119a High Street Wanstead Leytonstone London.....	(020) 8530 1129
Estate Agency Professionals, Recruitmt Spclsts In Est Agcy, 16 York HI Loughton	(020) 8508 8111	Evergreen Garden Supplies, Ltd, Mott Street Nursery,Mott Street E4	(01992) 716222	Fab Hijab, Unit 14-15 The Exchange High Road Ilford	(020) 8514 0055
Estate Agents Of, UK Ltd, 40 High St Barkingside	(020) 8550 2177	Evergreen, (Spitalfields) Ltd, 91 New Spitalfields Market 1 Sherrin Road E10.....	(020) 8558 8855	Fabio Restaurant, 13 Brook Parade High Road Chigwell.....	(020) 8500 6080
Estates 17, Ltd, 185 Francis Rd E10	(020) 8539 4213	Evergreen Surgery,The, 26 High Street Wanstead E11.....	(020) 8518 8746	Fabric Textile Central, Ltd, 134 High Street London	(020) 8091 6315
40 Orford Rd E17.....	(020) 8520 9300	Evershine Glazing Ltd, 275A Ley Street Ilford	(020) 8793 5636	Fabrics Direct, Uk Ltd, 1a Westerham Road Leyton London	(020) 8532 8636
Estates 17, Ltd, Est Agent, 185 Francis Road E10	(020) 8558 3795	Everyday Loans, Loans-Personal Finance, Cranbrook Ho Cranbrook Rd Ilford	(020) 8553 1847	Faces Leisure, Lip, 458-60 Cranbrook Road Ilford	(020) 8554 8899
Estates 17, Ltd, Estate Agent, 40 Orford Road E17.....	(020) 8509 9520	Evoca Enterprises, Ltd, Hittongrove Bsns Cntr 12 Hatherley Mws E17.....	(020) 8509 7500	Faction Lifestyle, Flat 7 Montgomerie Court 22 Forest View E4	(020) 3724 3985
Estates 17, Ltd, Estate Agent, 40 Orford Road E17	(020) 8521 8777	Excel Insurance Consultants, 142A Hermon HI E18.....	(0872) 4365828	Factory Clearing House, Ltd, 38 Station Road London	(020) 3904 5396
Esthetica Clinic, Ltd, 87 Hoe Street London	(020) 8520 2525	Excel Insurance Consultants, Ltd, 142A Hermon Hill South Woodford	(0843) 8162982	Factory Settings, Ltd, Unit 10 Orient Industrial Park Simonds Road E10.....	(020) 8988 1418
ET Browne, (UK) Ltd, 5 Loughton Business Centre 5 Langston Road Loughton.....	(020) 8508 4129	Excel Kids Day Nursery, 62 Hainault Road Leytonstone London	(020) 8556 1732	Fags & Mags, Nwsagts, 13 Grays Cnr Ilford.....	(020) 8554 7587
ET Clay, 7 Fowler Rd, Hainault Business Pk Ilford	(020) 8501 2100	Excel Locations, 619 Romford Rd E12	(020) 8514 4409	Fairdeal Builders, Ltd, 48 Kingswood Rd Ilford.....	(0800) 6783271
Etec Group, Suite 7 Elmhurst 98-106 High Road E18.....	(020) 8504 1864	Excel Plastering, Ltd, 1 Natal Rd Ilford	(020) 8553 2244	Fairhead, Harry, Ltd, Forest Nursery Nursery Road Loughton	(020) 8508 1377
Etec Services, Suite 7 Elmhurst 98-106 High Road E18.....	(020) 8504 0916	Excelstar, Ltd, 400 Roding La Sth Woodford Gn	(020) 8551 7795	Fairlop Outdoor Activity Centre, Fairlop Waters Forest Rd Ilford	(020) 8500 1468
Eternal Essence, Beauty Salon, 91 Station Road Chingford London	(020) 8529 5280	Excess Electrical Materials, FAX	(020) 8559 3713	Fairlop Pharmacy, High Street Ilford	(020) 8551 3017
Eternally, Ltd, 240 Hoe Street E17	(020) 8521 1278	Excess Electrical Materials, Unit D 52 Larkshall Road E4.....	(020) 8559 3712	Fairlop Waters, General Enquiries Forest Rd Ilford	(020) 8500 9911
Ethames Graduate School, Ltd, Montrose Ho 412-416 Eastern Av IG2	(020) 8518 5190	Excess Electrical Materials, Ltd, 58 Larkshall Road, Larkshall Business Park London	(020) 8559 4390	Fairview Lets, Ltd, 38 Cameron Rd Ilford	(020) 8491 8989
Ethnic Land, Ltd, 9 Redbridge Lane East Ilford	(020) 3621 2197	Exclusive Staff Bureau, 33 Cranbrook Road Ilford	(020) 8478 4747	FAX	(020) 8491 9007
Ethos Carpet Care, Ltd, 8 Lindley Road E10	(020) 8539 6060	Exicor, Ltd, 62 Cherrydown Avenue E4.....	(020) 8524 2993	Fairways, 71-79 Chingford Mt Rd E4.....	(020) 8531 8133
Eton Manor Rfc, Wanstead Sports Ground Nutter Lane E11	(020) 8532 2946	Explore Learning, Ltd, Sainsbury's 11 Walthamstow Avenue London	(020) 3714 1228	Fairways Newsagent, Nwsagt, 13 Chapel Road Ilford.....	(020) 8553 4279
Euro Car Parts, Ltd, Car Parts Splrs, East London		Express By Holiday Inn, Hotels Buckhurst Hill High Rd	(0870) 0660245	Fais Mortgages, 58 Ilford La Ilford	(020) 8227 1722
Units 1 & 2 Roding La Sth Woodford Gn.....	(020) 8709 7979	FAX	(0870) 0660245	Faizan Blinds, Ltd, 4 Broadway Parade,Fencepiece Road Barkingside	(020) 8470 8862
Euro Design, Ltd, Period Wks Lammas Rd E10	(020) 8556 1221	Express Cut Unisex Salon, 545 Green Lane Ilford	(020) 8599 6091	Faizan Halal Meat, Ltd, 45 Wood Street E17	(020) 8520 9995
Euro Digital Print, Cafe, 787 Romford Rd E12	(020) 8553 4740	Express Lodging, Ltd, 10 Granville Rd Ilford	(020) 8518 3312	Familycare Homes, Ltd, 28 Leigh Avenue Ilford	(020) 3887 4296
Euro Eggs, FAX 13 Rigg App E10	(020) 8558 2069	Forest Ho 21 York Rd Ilford.....	(020) 8478 5623	Famoso, 42 Station Way Buckhurst Hill	(020) 3345 7735
Euro Floor Design, Unit 12 Chingford Industrial Centre, Hall Lane London	(020) 8529 3033	Express Searches, Home Information Pack Provider, The Old Surgery Leadale Avenue	(0844) 5867801	Famz Doner Kebab Ltd, 545 Cranbrook Road Ilford	(020) 8496 7852
Euro Fresh, Ltd, Whsle Food, 1 Sherrin Rd E10	(020) 8556 1001	Express Toughening, 51 Fowler Rd Ilford.....	(020) 8500 1188	Fancy Cloth Centre, Fancy Goods & Txtls, 246 High Street North E12	(020) 8552 4374
74 Market Pavilion, New Spitalfields Mkt 1 Sherrin Rd E10	(020) 8556 0088	Express Toughening, Ltd, 51 Fowler Rd Ilford.....	(020) 8500 1010	Fareacres Pre-School & Day Nursery, 1 Chelmsford Road E18.....	(020) 8505 3248
Euro Hotels, (Leyton) Ltd, 543 Lea Bridge Road E10	(020) 8558 2479	Exquisite Nails And Beauty, Beauty Plr, 42 Hatch Lane Chingford London	(020) 3243 1005	Fareacres Pre-School Nursery, 681 Cranbrook Road Ilford	(020) 8550 7847
Euro Leisurewear, Ltd, 30 St. Andrews Rd E17	(020) 8531 0100	Exsa Imports, Ltd, 2-6 Fowler Road Hainault Business Park	(020) 3556 1626	Farmfoods, Ltd, 261 High Rd Ilford.....	(020) 8478 4644
Euro Nail Supply, Unit 3 12 Argall Avenue London.....	(020) 3730 1523			Walthamstow 46 High St E17	(020) 8521 7277
Euro Parking Services, Ltd, 102 High Street E17.....	(020) 8520 6663			Farmiloe, S, 74A High Street Wanstead E11	(020) 8989 3714
Euro Rooms London, Ltd, 232 Fencepiece Road Ilford	(020) 3149 1671			Farouk Randera, 2-6 Fowler Road Hainault Business Park	(020) 3556 1626
				Farr O'neil Residential Estate Agents, 23 Sherrin Road E10.....	(020) 8558 3788

76A Queens Rd LI Buckhurst HI.....	(020) 8504 9344	Fireplace Design, Centre, Fireplaces & Gas Fires, Unit 6 Chingford Indust Cntr Hall La E4.....	(020) 8529 1010	Flypharm, Flypharm Ltd, Ltd, 90 Forest Road E17.....	(020) 3689 9040
Fashion Avenue, 237A High Rd Loughton.....	(020) 8508 8213	Firetruck Communications, Ltd, 29 Russell Road Buckhurst Hill.....	(020) 7062 2773	Focal Point Pharmacy, 72 Waverley Road E17.....	(020) 8520 7791
Fashion Fair, Retail, 184 High Street E17.....	(020) 8503 7048	First Academy Foundation, 62-64 Cranbrook Road Ilford.....	(020) 8514 3388	Foley Homes, 1A High St E11.....	(07071) 347744
Fashion Nails, 80 High Street Barkingside.....	(020) 3645 8564	First Call Detectives, Private Investigator, 644 High Road Leyton.....	(0844) 5898039	Fone M8 Uk, Ltd, 207 Ley Street Ilford.....	(020) 8616 3663
Fast Link, 97 Ilford La Ilford.....	(020) 8553 2225	First Call Scaffolding, Ltd, Meridian House 62 Station Road E4.....	(020) 8524 1777	Fonefix Walthamstow, Mobile Shop, 2 Garnett Way E17.....	(020) 8531 4475
Fast Open Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith, Cranbrook Rd Ilford.....	(0845) 1647425	First Call Training Force, Ltd, Herbert Rd E12.....	(020) 8477 7910	Food & Wine, Green Lane Ilford.....	(020) 8590 8549
Fast Track Electrics, Ltd, 2A Browning Rd E11.....	(020) 8530 4488	First Choice GB, Ltd, Clothes, 122 High St E17.....	(020) 8520 7510	Foodstore, 154 Broadmead Road Woodford Green.....	(020) 8505 8166
Fat Fish, 25 The Broadway Woodford Green.....	(020) 3686 9232	First Choice Travel Shop, Barkingside 8 High St Ilford.....	(0844) 5615713	Foot & Ankle Centre, 66B Station Road E4.....	(020) 8524 4516
Fat-Catz-Copy-Catz, Ltd, Aldborough Hall Farm Aldborough Road North Ilford.....	(020) 8599 3777	First Class, Unit 9 The Sidings Hainault Rd E11.....	(020) 8539 2741	Footsteps Day Nursery, Chris Sheen, 2 Preston Road London.....	(020) 8530 5471
Favourite Chicken, 2 Rex Pde Snakes La Woodford Gn.....	(020) 8504 4484	First Class Insurance Consultants, Ltd, 38 High Road South Woodford.....	(020) 8532 9637	For Her Hair & Beauty Salon, 615 Lea Bridge Road London.....	(020) 3302 1290
Favourite Chicken & Ribs, 385 Eastern Avenue Ilford.....	(020) 8518 1110	FAX.....	(020) 8532 9638	Force Maintenance Team, Ltd, Aldborough Hall Farm Aldborough Road North Newbury Park Ilford.....	(020) 8590 4936
Fayers, W, & Son, Bldrs Mrcnts, FAX.....	(020) 8505 0626	First Contact Property Services, 826 Romford Rd E12.....	(020) 8911 8787	Ford Sports & Social Club, Fords Sports & Social Clb Aldborough Rd Sth Ilford.....	(020) 8590 3797
Fb Gants Hill, 355 Eastern Avenue Ilford.....	(020) 3105 5528	FIRST FRUITS, 27 Alexandra Road London.....	(020) 3345 6048	Fordco, Vehicle Sprs/Acces, 658 High Rd Leyton London.....	(0843) 5154851
Feel Good Look Good Beauty Salon, 472 Cranbrook Road Ilford.....	(020) 8518 0033	First Impressions Dry Cleaners, 241 Clayhall Avenue Ilford.....	(020) 3441 3007	Forefront Foods, Ltd, 48 High Street Barkingside.....	(020) 8551 1670
Feline Corporation, Ltd, 24 Violet Road E17.....	(020) 3208 0100	First Mr Clutch, Gar, 21 Buckingham Road Ilford.....	(020) 8478 2372	Forefront Services, Ltd, 5 Saxon Clo E17.....	(020) 8509 2250
Fellowes, R.J., & Son, Solrs, 21 Church HI E17.....	(020) 8520 7392	First Step Property Services, Ltd, Coventry House 1-3 Coventry Road Ilford.....	(020) 8518 2555	Foreign & Commonwealth Office, Foresight Associates, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8502 1767
FAX.....	(020) 8509 0759	First Study Tuition Centre, 308 Green Lane Ilford.....	(020) 8062 7798	Foresight Associates, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8532 1933
Femight, Ltd, African Food Mail Order, Enquiries.....	(0800) 0325633	Fish, Bros Ltd, Jwlrs & Pwnbrks, 114 High St E17.....	(020) 8520 6857	Forest Cars, 88 Colson Rd Loughton.....	(020) 8502 1010
Fencepiece Dental Practice, 139a Fencepiece Road Ilford.....	(020) 8500 9909	Or.....	(020) 8520 4687	487 New Nth Rd Ilford.....	(020) 8500 3333
Fencepiece Road Medical Centre, 83 Fencepiece Road Ilford.....	(020) 8500 3526	Fish, Ltd Bros, Pwnbrks & Cheque Cashing Off, 114 High Street E17.....	(020) 8521 2628	Forest Cars, Trade, 287 Hall Lane London.....	(020) 8524 9288
FAX.....	(020) 8924 1188	Fisharee, Ltd, 21 Foxglove Gardens London.....	(020) 4516 1471	Forest Cars, Electric Pde Seven Kings Rd Ilford.....	(020) 8590 4444
Fencor, Ltd, Unit 5a Zenith House 210 Church Road E10.....	(020) 8539 3339	Fisk Fire Protection, 140 Ashburton Av Ilford.....	(020) 8983 8999	Forest Communications, Flat 6 The Vista, 23 Forest View Chingford.....	(0844) 8440691
Fenton Flooring & Ceramics, Crpts Anticipo Moduleo, 157 Queens Road Buckhurst Hill.....	(020) 8504 1296	Fiskard Resteraunt, Fairlop Waters Country Park Forest Road Ilford.....	(020) 8172 0333	Forest Dispensing Chemist, 615 Forest Road E17.....	(020) 8527 2185
Fenton Flooring Contracts, Ltd, 157 Queens Rd Buckhurst HI.....	(020) 8504 0529	Five Lads, Rstnt, 308 High Road Leyton E10.....	(020) 8556 2666	Forest Flooring Company, 28-30 Hoe Street London.....	(020) 8509 0632
Fenton, P.J., 47 Clinton Cres Ilford.....	(07956) 844912	Five Star Fisheries, Ltd, 684 High Road Leytonstone London.....	(020) 8556 8330	Forest Foods, (UK) Ltd, 105 High Street E17.....	(020) 3643 8741
Ferndown Residents Association Ltd 2, Ferndown Woodford Road E18.....	(020) 8530 8162	Five Star Fisheries, Ltd, 81 High Street Barkingside.....	(020) 8550 1239	Forest Healthcare NHS Trust, Trust Headquarters Office Whipps Cross Hospital E11 FAX.....	(020) 8535 6439
Ferndown Residents Association, Ltd, Ferndown Woodford Road E18.....	(020) 8989 4038	Fix Direct Ltd, 967 Romford Road London.....	(020) 3538 9364	Trust Headquarters Office Whipps Cross Hospital E11... (020) 8535 6800	
Fernleaf Carehome, Ltd, 52 Bedford Road Ilford.....	(020) 8911 8696	FIC Serve, Ltd, 735 High Rd Ilford.....	(020) 8597 7639	Clinics Women's Health, General Enq. 9.15am-3.00pm Mon to Fri Woodford Gn (020) 8535 6794	
8 Eastwood Road Ilford.....	(020) 8597 9922	Flame Leyton, Ltd, 38 Oliver Road E10.....	(020) 8558 0630	Mental Health Servs Stonelea (Acute Mental Health Unit) Langthorne Rd E11.....	(020) 8535 6477
Few Metal, 163 Railway Arches Midland Rd E10.....	(020) 8988 3205	Flamelog & Coal Fires, Ltd, Unit 6 Chingford Indust Cntr Hall La E4.....	(020) 8524 0007	Woodbury (Acute Mental Health Unit) James La E11.... (020) 8535 6478	
Fg Barbers Ltd, 689A High Road Ilford.....	(020) 3524 5762	Fleetlink Associates, 92 Lambourne Road Chigwell.....	(020) 8559 8000	Servs for Elderly People Highams Court (Continuing Care Unit) 1 Friars Clo Larkhill Rd E4... (020) 8535 6533	
Fh Auto Tech, 103 Lea Bridge Road London.....	(020) 3524 9583	Fletcher, Dr, B, Flat 35 Belgrave Heights 26 Belgrave Road E11.....	(020) 8532 9424	Forest Housing Association, Ltd, FAX Flat 20 Edgar House Blake Hall Road E11.....	(020) 8532 2113
Fh Law Solicitors, 732 Romford Road Manor Park London.....	(020) 8911 7100	Flexilearning Centre, Ltd, Olympic House 28-42 Clements Road Ilford.....	(020) 8478 4813	Forest, K, 285 Forest Road E17.....	(020) 8531 7637
Fiaz Sohail Enterprises, 107 Manor Road E10.....	(020) 8556 5994	FLOC, Ltd, Consultancy, 63 Norman Road Ilford.....	(01708) 873896	Forest Learning, Education, 12 Smarts Lane Loughton.....	(020) 8508 2090
Fields Engine Service, Ltd, Engs 2A Leslie Rd E11.....	(020) 8539 5205	Floor Masters, Ltd, 47 Perth Rd Ilford.....	(0800) 7312804	Forest Lettings & Estates, Ltd, 176 Forest Road E17.....	(020) 8520 9393
Filrooms, Ltd, Education, 51 Granleigh Road E11.....	(020) 8539 9205	Floor Store Direct, Ltd, Unit 13a Heybridge Wy Lea Bdge Rd E10.....	(020) 8558 7300	Forest Park Cemetery & Crematorium, Forest Park Cemetary & Crematorium Forest Road Ilford.....	(020) 8501 2236
Finance & Leasing, (London)ltd, 40 High Rd E18.....	(020) 8530 4247	Floor Story, Ltd, 118 Beulah Road London.....	(020) 7871 3013	Forest Place Nursing Home, Forest Place Roebuck Lane Buckhurst Hill.....	(020) 8505 2063
Or.....	(020) 8530 5031	Floorcraft Contractors, (London) Ltd, 17A Station Rd E17.....	(020) 8521 4446	Forest Practice, 26 Pyrls La Loughton.....	(020) 8418 1800
Financial Staffing Solutions, Ltd, 158 Hermon HI E18.....	(020) 8532 2644	FAX.....	(020) 8521 9165	11 Station Rd Loughton.....	(020) 8532 0324
Finch & Sons Garage Sevices, 236 Billet Road E17.....	(020) 8531 4645	Floral Inspirations, Florist, 1 New Rd London.....	(0844) 4113314	11 Station Road Loughton.....	(020) 8508 1103
Findlay Wetherfield Scott, & Co, Chrted Acctnts, 137A Station Rd E4.....	(020) 8524 0119	Flory Investments, Ltd, 70 Balfour Road Ilford.....	(020) 8478 1470	Forest Practice, Ltd, 26 Pyrls Lane Loughton.....	(020) 8508 1039
Fine Fair Consultancy, Ltd, Ilford 552 Ley St.....	(020) 8554 0500	Flower Power, Florist, 1 Chingford Mount Rd London.....	(0844) 4113324	Forest Practice, Ltd, The, 26 Pyrls Lane Loughton.....	(020) 8418 9371
Fine Lines, (UK) Ltd, Unit 1 41-43 Roebuck Road Hainault Business Park Ilford.....	(020) 8500 9199	Flower Shop, 2 Roding Lane South Ilford.....	(020) 8551 2434	Or.....	(020) 8508 4383
Finogold's Insurance Services, Ltd, 9 Mellows Road Ilford.....	(0843) 8163484	Flowers 4 U, Florist, 4 Forest Rd London.....	(0844) 4113309	Forest Road Post Office, 532-6 Forest Rd E17.....	(020) 8509 0101
Finesse, Unisex Hdrsr,rs, 19 York Road Ilford.....	(020) 8478 6339	Flowers by Karen, 787 Cranbrook Road Ilford.....	(020) 8551 7665	Forest School Shop, Forest School College Place E17.....	(020) 8520 3804
Finger Licking Chicken, Takeaway, 41 Palmerston Road E17.....	(020) 8520 2737	Flowers of the East, Florist, 65 Queens Rd London.....	(0844) 4113323	Forest Surgery, The, 2 MacDonald Rd Walthamstow.....	(0844) 4778725
Fingertips, 196 Queens Rd Buckhurst HI.....	(020) 8505 5469	Floyd, & Son Ltd, Aaron House 8 Hainault Business Park Forest Road Hainault.....	(020) 8500 7475	Forest Therapeutic Counselling Agency, 3 The Shrubberies George La South Woodford.....	(020) 8502 4674
FIRE, In Emergency dial 999 and ask the operator for Fire Fireaway, (Loughton) Ltd, Marketing Pr Advertising, 120 Roding Road Loughton.....	(020) 8508 5580	Fluorel, Ltd, Illumination Engs, Riverside Wks Broadmead Rd Woodford Gn.....	(020) 8504 9691	Forest Therapy Centre, 2 Station Passage E18.....	(020) 8989 5936
Fireaway Pizza, Takeaway, 10 State Parade High Street Barkingside.....	(020) 8550 4583	Flutegold, Ltd, Unit 12, 109 Maybank Road E18.....	(020) 8504 3516	Forest Veterinary Centre,	
		Flying Carpets London, Ltd, 322 High Rd Leyton E10.....	(020) 8558 9272		

Woodford Bdge 32 Waltham Rd Woodford Green.....	(020) 8505 4078	394 Green La Ilford.....	(020) 8598 2727	66 George La E18.....	(020) 8989 2661
Forest Vets-Woodford Bridge Surgery, Ltd, 32 Waltham Road Woodford Green	(020) 8504 7729	Fresko, Cafe, 27 The Broadway Loughton	(020) 8508 8367	Gala Clubs, Barkingside Fairlop Rd	(020) 8551 2558
Forest View Residential Home, 45 Upper Walthamstow Rd E17.....	(020) 8520 2361	Friedmans, & Co, Chrted Actnt, 13 High St Wanstead E11.....	(020) 8530 7275	Galaxy Travel, Galaxy Trvl, 37 Woodside Park Avenue Walthamstow London	(020) 3490 2502
Foresters Arms,The, 15 Baldwin's Hill Loughton	(020) 8502 5087	Friend & Farrelly Property Services, Sterling Ho Langston Rd Loughton.....	(020) 8508 5976	Gales Dental Laboratory, 4 Central Store Roding Rd Loughton	(020) 8502 5274
Foresters Solicitors, 155 Hoe St E17	(020) 8521 5999	Friend, Jonathan S, Osteo, 80 Falmouth Gardens Ilford.....	(020) 8550 0982	Galley, The, Trade, 213 Fulbourne Road Walthamstow	(020) 8531 7884
Forever Young Ltd, 18 Sunnymede Drive Ilford.....	(020) 8551 0796	Fringe Furniture, Ltd, Unit 30 Cromwell Industrial Estate,Staffa Road E10	(020) 8532 8600	Galliard Holdings, 246 High Road Ilford	(020) 8514 0047
Form Design Europe, Ltd, 25 Rectory Rd E17	(020) 8983 1400	Frith Road, 105 Frith Road London	(020) 3718 2703	GAM General Building, Ltd, Unit E 400 Roding Lane South Woodford Green	(020) 8550 3694
Formal Wear Ltd, 123-125 High Road Ilford.....	(020) 3489 8735	Front Room,The, 122-124 Station Road Chingford London.....	(020) 8529 2265	Gamestation, Ltd, Ilford 172 - 174 High Road Ilford Calls cost up to 10 pence per minute plus network extras ...(0871) 5940088	
Formbase Furniture, Ltd, 50 Elmfield Road E4	(020) 8524 7562	Frontiers Consulting, Accountant, 7 Lindale Close Ilford.....	(020) 8550 0000	Walthamstow 174 High Street Walthamstow Calls cost up to 10 pence per minute plus network extras..... (0871) 5940088	
Formula One Auto Centres, Ltd, Unit 1 Woodford Trading Estate Southend Road Woodford Green	(020) 8551 2020	Frozen Fast Food, Ltd, Unit 9 Forest Business Park Argall Avenue E10	(020) 8509 8004	Gandhi Express, 710 Chigwell Rd Woodford Gn	(020) 8504 2121
Forrest Dental, 1a Forest Road Loughton	(020) 8502 2625	Frozen Fast Foods, Unit 9 Forest Business Park Argall Avenue Leyton	(020) 8509 8008	Or	(020) 8504 0008
Forstaff, 104 Cranbrook Rd Ilford.....	(020) 8636 1662	Fruits For You, Ltd, Stand 79 Market Pavilion Sherrin Road London	(020) 8558 6002	Gandhi Tandoori Restaurant, 712 Chigwell Rd Woodford Green.....	(020) 8505 3212
Fortune House, 454 High Road Leyton E10.....	(020) 8556 3512	Fry-Days Fish & Chicken, Ltd, 218 Chingford Mount Road Chingford London	(020) 3742 3742	712 Chigwell Rd Woodford Bdge	(020) 8506 0556
Foskett Marr Gadsby & Head, 106 High Rd Loughton	(020) 8418 1300	Fullers Hall, Day Nursery, 64A Fullers Road E18	(020) 8505 5779	Gants Hill Cars, 565 Cranbrook Road Ilford	(020) 8550 0050
Foundations Estate Agents, 4 Beehive Lane Ilford	(020) 8554 2121	Fullwell Avenue Surgery, 272 Fullwell Avenue Ilford.....	(020) 8550 9988	Gants Hill Discount Store, 392 Cranbrook Road Ilford	(020) 8518 4300
Foundations The Estate Agents, Ltd, 4 Beehive La Ilford.....	(020) 8554 5552	Fullwell Estates, 4 Fullwell Pde Fullwell Av Ilford.....	(020) 8550 0777	Gants Hill Super Food, Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue Ilford.....	(020) 8550 0925
Four Pillars Brewery, Unit 2 Ravenswood Industrial Estate Shernhall Street E17	(020) 8521 5552	Funeral Director, 45 New Nth Rd Ilford	(020) 8501 1735	Gantshill Methodist Church, Gantshill Crescent Ilford.....	(020) 8550 1518
Four Seasons, Takeaway, 836A Romford Road E12.....	(020) 8911 0588	Funky Dogs Limited, 200B Chingford Mount Road London	(020) 8524 1919	Garage Door Company, 64 Connaught Av E4 FAX	(020) 8524 0087
Four Star Second Ig1, Ltd, Four Star Second, 292 Ilford Lane Ilford	(020) 8911 8714	Furniture Fleet, 88 High Street Barkingsite	(020) 3609 8413	Garden News, 50 High St E17.....	(020) 8520 3686
Fourstar Minicabs, Ltd, 38 Cranbrook Rd Ilford.....	(020) 8553 1414	Fusion Exclusive, Ltd, 135 Ley Street Ilford	(020) 8553 0590	Garden Studios, 341 Lea Bridge Rd E10.....	(020) 8988 7592
Fourstar Minicabs Ltd - Ig1, Ltd, Fourstar Minicabs Ig1, 38 Cranbrook Road Ilford	(020) 8514 3967	Fusion Street Kitchen, 536 High Road Leytonstone Leytonstone.....	(020) 8556 6644	Gardens Of Peace Muslim Cemetery Trust, Elmbridge Rd Ilford	(020) 8502 6000
Fowler Fire Alarms, 1 Hermitage Walk E18	(020) 8530 8005	Future Garden, Ltd, The Grain Store Browning Farm Gravel Lane Chigwell	(020) 8502 7722	Gardez Jay, & Co, 1 Hamilton Ho 4a The Avenue E4.....	(020) 8523 4477
Foxstone Estates, Unit 2 Stone Terrace Buxton Road London.....	(020) 8524 7119	Future Training 4 Jobs, Ltd, Olympic Ho 42 Clements Rd Ilford	(020) 8514 7280	Or	(020) 8527 5668
Foxton Homes, 369 Green La Ilford.....	(020) 8599 0061	Futures For Children, 78 Nightingale La E11.....	(020) 8530 8680	FAX	(020) 8527 0739
Foxtons Loughton, Estate Agency, 199 High Road Loughton	(020) 3829 1400	Futures For Children, Ltd, 79 Nightingale La E11.....	(020) 8989 6016	Gardiners Arms,The, 103 York Hl Loughton	(020) 8508 1655
Foxtons Walthamstow, Estate Agency, 183-185 Hoe Street Walthamstow	(020) 3728 2323	G.B.N Removal, Co,Ltd, 9 Estate Wy E10	(020) 8556 2211	Gardo Doors, Ltd, 64 Connaught Av E4	(01992) 642990
Foxwoods Residential, Ltd, 756 High Road Ilford	(020) 8598 2008	G B N Services, Ltd, 9 Estate Wy E10.....	(020) 8556 1138	Or	(020) 8524 7209
FP Associates, Ltd, 36A Goodmayes Rd Ilford.....	(020) 8586 1846	G.C. Johnson, G C JOHNSON LTD, Ltd, Oakwood Hl Indust Est Oakwood Hl Loughton.....	(020) 8508 1886	Garnet Uk 3 New Ltd Eeh Ventures, Ltd, 3 Caxton Place Roding Street Ilford.....	(020) 8911 7012
Frame, Margaret M, & Co, Solrs, 70 Wanstead La Ilford	(020) 8518 6767	G Clays, Ltd, Suite 9, Cranbrook House, 61 Cranbrook Road Ilford.....	(020) 3659 5052	Garwood Builders & Glazing, Co Ltd, 69 George La E18.....	(020) 8530 5050
Francesca Beau, Ltd, 162 High Road Loughton	(020) 8508 3433	G D G Electrical Services, Ltd, 17 Oakland Place Buckhurst Hill.....	(020) 8559 7445	Garwood Glazing Contractors, Ltd, 69 George Lane South Woodford London	(020) 8530 8965
Francis & Friends, Mainyard Studios 102 Rookery Court London	(020) 3621 8818	G & J Financial Services, Ltd, 391 Hale End Rd Woodford Gn	(020) 8503 3060	Gary Green, Monmt Stone Msns, 14 Claybury Bdwly Ilford.....	(020) 8551 6866
Francis Road London.....	(020) 8558 7881	G & K Associates, Ltd, Second Floor Sterling House Langston Road Loughton.....	(020) 8532 5600	FAX	(020) 8503 9889
Francis Road Medical Centre, 94 Francis Road E10	(020) 8539 3131	G M G Autos, 56A Perkins Road Ilford	(020) 8554 8283	Gary & Ian's, Deli On Broadway, Delctssn, 5 Claybury Bdwly Clayhall	(020) 8550 7035
Or	(020) 8558 6335	G Middleton Engineering, Unit 8d Cromwell Centre Roebuck Road Hainault Business Park Ilford.....	(020) 8500 2551	Gary Jacobs, & Co, 137 George La E18.....	(020) 8536 4050
Frank Grace Internet Cafe, 886 Lea Bridge Road London.....	(020) 4537 0864	G M S, 167 Ilford La Ilford	(020) 8478 1486	Gaska, 301 High Road Leyton E10.....	(020) 8988 0501
Frank Nigel, & Co, Chrted Survryrs & Vals, 1 Balfour Rd Ilford	(020) 8252 6222	Or	(020) 8478 2404	Gatelands Supplies, Ltd, Gateway Business Centre 210 Church Road E10.....	(020) 8539 2690
Franklin, Micheal, (Chemsts) Ltd, 51-55 St. James's Street E17	(020) 8521 3610	G & M Services, Ltd, Highview House,Unit B Grasmere Gardens Ilford.....	(020) 8551 8731	Gates of Woodford, Car Dealership, 357 Chigwell Road Woodford Green	(020) 3912 6124
Freah Juice Junction Ltd, 96 Ilford Lane Ilford.....	(020) 3662 0391	G N R Motors, Car Mech, 1 Lister Road London	(020) 8558 0211	Gavincoyle Studio, 56-58 Boundary Road E17	(020) 8520 4399
Freak Fitness, Ltd, 453 Lea Bridge Road London.....	(020) 8556 1091	G T Wines, Off License, 238 High Rd Leyton E10.....	(020) 8558 1022	Gavro, Ltd, 107b George Lane E18	(020) 8989 9996
Frederick Bremer School, Siddeley Rd E17.....	(020) 8498 3340	G3 Security, Security Co, Olympic House 28-42 Clements Road Ilford.....	(020) 3288 0000	GB Autos, 233 Ley Street Ilford	(020) 8478 4279
Fredericks, Ltd, 106 Charter Avenue Ilford	(020) 8518 4319	G3 Security, Security Servs, Suite 121 Olympic House 28-42 Clements Road Ilford.....	(020) 3288 0011	Gb Macks Skips, Skip Hire, 45-47 Roebuck Road Hainault Business Park Ilford	(020) 8501 0100
Freedman, Mark, 267 Chingford Mount Road E4	(020) 8524 3916	G9 Tech, Ltd, 108 High Street Walthamstow London	(020) 8521 1796	Gba Computax, 172 Hoe St E17	(020) 8520 7727
Freeman, I.V, Remov Contr, 284 Green Lane Ilford	(020) 8478 1258	Gabhen, Accountancy, 313B Hoe Street E17	(020) 8520 2298	Gbn Office Solutions, Ltd, 9 Estate Wy E10.....	(020) 8558 8210
Freemont Property Managers, (Golding Court, 30 Golding Court Riverdene Road Ilford.....	(020) 8478 4269	Gabhen ACC, Ltd, 313b Hoe St E17	(020) 8520 3354	Gbn Self Store, Ltd, 9 Estate Wy E10.....	(020) 8558 1234
French at 48, 48 Queens Rd Buckhurst Hl.....	(020) 8559 0606	Gabriel & Associates, 293a High Road Leytonstone London	(020) 8556 1444	GBN Services, Ltd, 10 Estate Way E10.....	(020) 8558 2290
French Flower,The, Flower Shop, Station Approach Snakes Lane Woodford Green.....	(020) 8504 5481	Gabriel Christopher, & Co, Forest House Business Centre 8 Gainsborough Road E11	(020) 8556 1947	Or	(020) 8558 3628
Frenford Youth Club, Frenford Clubs Jack Carter Centre The Drive Ilford.....	(020) 8518 0992	Gaduvu, K.G,		Gee Vee Constructions, 36 Morris Avenue London	(020) 8553 1860
Fresh & Fruity, Unit 3 Spital House New Spitalfields Market 27 Sherrin Road E10	(020) 8558 0077			Geevee Constructions, Ltd, 36 Morris Avenue E12.....	(020) 8553 4235
Fresh Halal Meat,				Gelato Kitchen, Ltd, The, 248 High Road Loughton	(01268) 646811
				Gemes Hairdresser, Hair Salon, 153 Ley Street Ilford	(020) 3638 4848

Gemstones & Jewellery, 637b Romford Road London	(020) 8477 1776	Unit 28 Alpha Bsns Cntr 60 South Gro E17	(020) 8520 2000	1 Westwood Road Ilford	(020) 8252 0913
General Motors, 92 Harrow Road London	(020) 8519 5551	Go Further Cycling Limited, 4 Bury Road E4	(020) 8524 6626	Goodmayes Fish & Chip, Co Ltd, 43 Goodmayes Road Ilford	(020) 8599 3448
General Softwares, Ltd, Suite 522 1-3 Coventry Road Ilford	(020) 3876 5821	Go Green Hydro, Ltd, Forest Ho Bracken Indust Est Fo Rest Rd Ilford	(020) 8500 9500	Goodmayes Food And Wine Stall, 22 Goodmayes Road Ilford	(020) 3015 2889
Geo Kebabish, Ltd, 323 High Street North Manor Park London	(020) 8472 9086	Go Signs, Ltd, 26 Chapel Road Ilford	(020) 3410 7569	Goodmayes, Ltd, Flights, 514 High Rd Ilford	(020) 8597 7483
George Harrington, Co Ltd, 113A Hoe St E17	(020) 8520 5309	Go-Airports, 50 Colchester Rd London	(0843) 5384857	Goodmayes Medical Centre, 595 Green Lane Ilford	(020) 3668 7499
George Mitchell School, Farmer Rd E10	(020) 8539 6198	Goddard, Veterinary Gp, Branch Surgeries New Wanstead The Veterinary Hospital 84 New Wanstead E11	(020) 8989 7744 (020) 8532 2821	Or Goodmayes Motor Centre, 670 Green La Goodmayes	(020) 8597 7940 (020) 8590 2748
George Mitchell Schools, 192 Vicarage Road London	(020) 8127 8563	Goddard Veterinary Gp, Vet Surg, 84 New Wanstead E11	(0844) 8542653	Goodmayes News, Goodmayes Road Ilford, Essex	(020) 8597 3210
George, Mr, S, 5 Ambleside Close London	(020) 8558 0572	Goddard Veterinary Group, Ltd, Vets, 117 Grove Road London	(0843) 8161476	Goodmayes Primary School, Castleton Road Ilford	(020) 8590 5810
Georges Den, Chief, A, 171 Francis Road London	(020) 8539 1433	Goddard Veterinary Group, Ltd, Vets, 8, Snaresbrook House Woodford Road South Woodford	(0843) 8161497	Goodmayes Turkish Kebab, 760 High Road Ilford	(020) 8503 8143 (020) 8597 6565
George'S Fisheries, 26 The Broadway Loughton	(020) 3592 8446	Goddards Vet Group, 84 New Wanstead E11	(020) 8530 7587	Or Goodmayes Green Lane Post Office, 612 Green Lane Ilford	(020) 8590 2325
Georges Fish Restaurant, 164 George La E18	(020) 8989 3970	Godfrey, Jack H, Dent Surg, 161 Clayhall Av Clayhall	(020) 8550 6211	Goodstart, Gym, The Britannia P H 493 High Road Leytonstone Leytonstone London	(020) 8558 0002
Georges Removal Services, 27 Drayton Road London	(0843) 5156994	Godske Group, UK Ltd, Head Office 214 Maybank Rd E18	(020) 8504 6554	Goodwin Tyres, 111 Green Lane Ilford	(020) 8478 8484
Gerald Freed Chain, Ltd, FAX	(020) 8523 3030	Go-Hypo, Ltd, 24 High Rd E18	(020) 8989 2700	Goose Walthamstow, Pub, 264 Hoe St E17	(020) 8520 4751
Geraldines Hair Fashions, Hrdrsrs, 76 The Broadway Loughton	(020) 8508 6070	Gold Line Car Services, Ltd, 22 Church La E11	(020) 8558 1151	Gordon Lomond, Ltd, Spclst Flooring Contr, 635 Lea Bridge Rd E10	(020) 8521 6133
Gerrys For Nets, 46 Chingford Mount Road E4	(020) 8531 8777	Or Gold, L S, & Co, 110 Station Rd E4	(020) 8559 3550	Gordon Pennington Property Maintenance, Ltd, 64 Queens Rd E17	(020) 8520 0538
Ghosh, Dr, Anshua, 3 Beechwood Park E18	(020) 8989 7361	Gold N Image, 19 Old Church Road Chingford	(020) 8529 7788	Gordon Tomalin Partnership, Ltd, 298 Green La Ilford	(020) 8503 8090
Giant Loughton, 235 High Road Loughton	(020) 8508 1384	Gold S & Sons Direct Sales, Video & Audio Whslrs, Customer Services	(020) 8282 7014	Gorefo, Lp, Professional & Financial, 79 Althorne Gardens South Woodford London	(020) 8530 4307
Gilbert, Turner, Sols, 188 Hoe St E17	(020) 8509 6800	Goldberg Estates, 332 Hoe Street E17	(020) 8521 0222	Gormley, Margaret-Kelly, Flat 3, 61 Handsworth Avenue London	(020) 8556 0153
Gildacraft, Ltd, 621 Romford Rd E12	(020) 8478 6512	Goldberg, Norman, Kosher Btchr, Poultr, 12 Claybury Bdwy Ilford	(020) 8551 2828	Gossip Nails, Nail Salon, 49 Old Church Road Chingford London	(020) 8524 6888
FAX	(020) 8553 0161	Golden Anchor, Traditional Fish Chips, 28 The Broadway Loughton	(020) 8508 6058	Goto, 187 High St E17	(020) 8509 1588
GILDERSON, & Sons Ltd, Funrl Dirs, Barkingside	(020) 8551 7241	Golden Curry, Takeaway & Rstnt, 14 Clements Road Ilford	(020) 8514 5111	Gourmet London, Ltd, 155 Manor Road Chigwell	(020) 8500 3322
49 High St Barkingside	(020) 8551 2477	Golden Delight, Ground Floor 385 Hale End Road Woodford Green	(020) 3712 2236	GOVERNMENT OFFICE FOR THE EAST OF ENGLAND, Eastbrook Shaftesbury Rd Cambridge	(01223) 372500
FAX	(020) 8597 5341	Or Golden Fleece, The, 166 Capel Rd E12	(020) 8478 0024	Gp Practices, 357 High Road Woodford Green	(020) 3490 1181
Giles & Abraham, Ltd, Whsle Ret, 745 High Road Leytonstone E11	(020) 8556 7199	Golden Herbs, 56 Chingford Mount Road London	(020) 3243 0070	Grace & Albert Cookshop, 406 Hale End Road London	(020) 8523 4447
Gills Grill & Bar, 43 Goodmayes Rd Ilford	(020) 8597 8154	Golden Parts, Ltd, 786 High Road Ilford	(020) 3903 3594	Grace, E.W, Gliss Mrnt, 28 High Rd Buckhurst Hill	(020) 8505 5656
Gilwell Park, Scout Association, Gilwell Park E4 (Admin)	(020) 8524 5246	Golding, Dennis, Mtr Eng, 3 Garfield Road E4	(020) 8529 7979	Grace System Services, Ltd, 459 New North Road Ilford, Essex	(020) 3935 3034
Giovanis Pizza, 65 Luton Road Walthamstow London	(020) 8037 1812	Goldings Hill Post Office, 11 Englands Lane Loughton	(020) 8502 5503	Gracelands Cms, Seedbed Cntr Langston Rd Loughton	(020) 8502 2250
Giovanni Hairdressers, 212 High Road Woodford Green	(020) 8505 1511	Goldline Garage, Mot & Gar, 1A Carlyle Road E12	(020) 8911 4632	Grafton Brickwork Services, 100 Station Road London	(020) 3723 6278
Girl Friday, Ltd, Plympt Agcy, (Legal) 21 Cambridge Pk E11	(020) 8989 7794	Golds Cafe, 424 Cranbrook Road Ilford	(020) 8518 4984	Graham Bldr, Graham Builders Woodford Av Ilford	(020) 8551 0252
(Perms) 21 Cambridge Pk E11	(020) 8530 3618	Gold's Pharmacy, Golds Chemist 24 Seven Ways Parade Woodford Avenue Ilford	(020) 8550 1050	Graham Page Trading, Prospect Bsns Pk Langston Rd Loughton	(020) 8532 1022
(Temps) 21 Cambridge Pk E11	(020) 8989 1118	Goldsmith Personal, Ltd, 98 Hoe St E17	(020) 8509 3766	Grand Trunk Road, 219 High Road E18	(020) 8505 1965
Girlguiding Chigwell Row Campsite, Oaklands Farm Lambourne Road Chigwell	(020) 8500 2450	Goldstar Care Services, Ltd, Olympic House 28-42 Clements Road Ilford	(020) 8478 7000	Grandastheticsx, Ltd, 118 High Street Barkingside Ilford	(020) 8550 9749
Givehand, Ltd, 78 Brunner Road E17	(020) 8223 1320	Golfe Group, Ltd, Edmond House 1a Perth Road Ilford	(020) 8518 1266	Granditer Menswear Ltd Ta Base, Woodford Gn Woodford Trdg Est Southend Rd	(020) 8551 3344
Gizmo Display Services, 97 Peregrine Rd Hainault Bsns Pk Ilford	(020) 8500 6919	Good Deals On Wheels, Ltd, 129 Wards Road Ilford	(020) 8220 8540	Grant Haze, (London) Ltd, Walthamstow Bsns Cnt Clifford Rd E17	(020) 8531 9696
Glazing Squad, Flat 43 Bulwer Court Bulwer Court Road Leytonstone	(020) 8539 3788	Good Estate Agent, The, Caxton House Old Station Road Loughton	(020) 8508 4334	Grant, L, Ymca, 5 Blackhorse La E17	(020) 8527 8505
Glenny Lp - Wentworth House, Wentworth House 350 Eastern Avenue Ilford	(020) 8554 7217	Good Friend Chinese Restaurant, 23 Winchester Road Chingford London	(020) 8527 0777	Grant, Lionel, 48 Penrhyn Avenue London	(020) 3620 9663
Glitz Fashion, Ltd, Ladies Occasion Wear, East Wing Unit G5 Sterling House Langston Road Loughton	(020) 8532 0654	Good Health Practice, The, 161 Queens Road Buckhurst Hill	(020) 8505 8353	Gravel Lane Autos, Mot Vhcle Rprs, Unit 2 Brownings Farm Gravel Lane Chigwell	(020) 8502 6868
Glitz Desserts & Coffee, Ltd, 59 St. James's Street E17	(020) 8520 9193	Good & Ready Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith, Abbotsford Rd Ilford	(0845) 1647426	Gravesend & North Kent Hospital, Bath St Gravesend	(01474) 360500
Global Business Associates, Ltd, Unit 1 Oaklands House 58 Oaklands Park Avenue Ilford	(020) 8507 7650	Good & Ready Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths, Leyspring Rd LONDON	(0844) 4117997	Grays Of Chingford, Chingford Mount Road London	(020) 8523 0713
Global Car Service, Ltd, 747 Eastern Avenue Ilford	(020) 8590 2323	Good Vibes Coffee Shop Ltd, Unit 2 Montague House, 527 Green Lane Ilford	(020) 8306 5158	Grays Tyre & Exhaust, 81 Chingford Mount Road E4	(020) 8527 3871
Global Protein Solutions, Loughton Bsns Cntr, Unit 5 Langston Rd Loughton	(020) 8498 6750	Good View, Wholesale Retail, 324 Lea Bridge Road E10	(020) 8539 6787	Great Harvest Foods, 339 High Street North London	(020) 3602 5428
Global Trade And Services Limited, 440 New North Road Ilford	(020) 3624 5740	Goodcare, Ltd, 19-21 The Avenue E4	(020) 8527 6643	Great Wall, 12 Roding Lane South Ilford	(020) 8551 7953
Global Trade & Services, Ltd, 440 New North Road Ilford	(020) 8501 1281	Goodfellas, 119b Old Church Road London	(020) 8529 9299	Greater London Northeast Scout Hq, Scouts Glns, 429 Wanstead Park Road Ilford	(020) 8554 0299
Global Windows & Doors Lp, Double Glazing, Unit 1 Whilems Wks Forest Rd Ilford	(020) 8500 9930	Goodmayes, 616 Green Lane Ilford	(020) 8590 1882	Greek On Broadway, 9 The Broadway London	(020) 3154 8581
Globe Investments, Ltd, Unit B9 Seedbed Centre Langston Road Loughton	(020) 8508 0055	Goodmayes Baptist Church, Goodmayes Baptist Church Kinfauns Road Ilford	(020) 8599 5827	Green, A, (Coaches) Ltd, 357A Hoe St E17	(020) 8520 1138
Glow Up Cosmetics, Ltd, 71 Old Church Road E4	(020) 8529 9405	Goodmayes Consulting Services, Ltd, 1 Westwood Road Ilford	(020) 8520 0913	Green, J, 669a Lea Bridge Road London	(020) 8520 6473
Glyn Hopkin (Fiat & Nissan), Ltd, Epping New Rd Buckhurst Hill	(020) 8504 1171			Green Lane Motor Spares, Ilford 47 Green La	(020) 8553 0160
Glyn Hopkin, Ltd (East London), 80 Ruckholt Rd E10	(020) 8988 5000			Green Leaf Introducers Services, Ltd, 708 Lea Bridge Road Leyton London	(020) 3062 4484
FAX	(020) 8988 5001			Green Man,	
Gm 2017, Used Car Sales, 707 High Road Ilford	(020) 8597 7603				
Go Airports, Ltd, Ret,					

191 Old Church Road E4	(020) 8524 9101	1 Habgood Rd Loughton	(0845) 6017730	585 Forest Road E17.....	(020) 8527 2226
Green Owl, Ltd,The,		H & K.(Commissions), Turf Acctnts,		Hak Enterprises, Ltd,	
44 Queens Rd Ll Buckhurst HI	(020) 8505 4400	Loughton		112 Wood Street Walthamstow.....	(020) 8521 1361
Greenberg Glass, Ltd,		71 The Broadway	(020) 8502 0222	Hale End Sub Post Office,	
9 Jubilee Av E4.....	(020) 8527 3333	H.L.Hawes, & Son Ltd,		481 Hale End Road E4	(020) 8527 2448
Greenland Travel & Tourist, Trvl Agt,		153 Station Rd E4	(020) 8559 3235	Hale Retail, UK Ltd,	
800 Eastern Av Ilford	(020) 8554 4004	H & M Security, Ltd, Security Servs,		166 London	(020) 8530 6909
Greens Health & Fitness,		474 Larkshall Rd E4	(020) 8523 2227	Hales Consulting, Ltd,	
5 Larkwood Leisure Pk New Rd E4	(020) 8523 7474	Or	(020) 8523 2249	Bourne Ct Unity Trdg Est Southen D Rd	
FAX	(020) 8523 7544	H.R.P Sales, Ltd, Refrig Eqpt Splrs,		Woodford Gn	(020) 8551 2796
Greenwich Leisure, Ltd,		Unit 12,Waltham Parkway Billet Rd E17	(020) 8531 9329	Halfords Autocentre,	
Kelmscott Leisure Centre		H R S Electricals, Elec,		573 High Rd Ilford.....	(020) 8599 3459
Markhouse Rd E17.....	(020) 8520 7464	446 Green Lane Ilford	(020) 3759 6513	Halifax,	
Leyton Leisure Lagoon		H T K Heaven, Ltd,		Current Accounts	(03457) 203040
763 High Rd Leyton E10	(020) 8558 8858	Arch 312-316 Courtenay Rd E11	(020) 8534 0287	Branches	
Greggs The Bakers,		H & T, Ltd,		Barkingside 58-62 High St.....	(020) 8210 9704
Barkingside		211 High Road Ilford	(020) 8911 9190	Ilford 84-86 High Rd	(020) 8210 9636
75 High St.....	(020) 8550 4113	H & T Pawnbrokers,		Leyton 606-608 Lea Bridge Rd E10	(020) 8273 6958
Grill 79, Ltd,		Branches		Leytonstone 17 Church La E11	(020) 8273 6902
79 Queens Road Buckhurst Hill.....	(020) 8504 9498	Leyton 281 High Rd	(020) 8539 8332	Loughton 186 High Rd.....	(020) 8273 1409
Grill on The Green, Ltd,		Walthamstow 234 High St E17	(020) 8521 8156	Walthamstow 176-178 High St E17	(020) 8919 0510
Church View Buildings 1 The Green London	(020) 8524 8438	Ilford 91 Cranbrook Rd.....	(020) 8514 3334	Halifax Estate Agents,	
Grip Van, (London) Ltd,		H & Z Motorbike,		Barkingside 40 High St IG6.....	(020) 8550 2136
808 Leyton Industrial Village Argall Avenue		209 Coppermill Lane London	(020) 3620 1616	Haliloz, Ltd,	
Leyton	(020) 3325 2471	haart, Est Agt,		1c Hall Lane London	(020) 8524 1608
Grocery Hut, Ltd,		Branches		Hallmark Labels,	
571 Cranbrook Road Ilford	(020) 8550 0170	Leytonstone		Unit 10 Oakwood Hill Indust Est Oakwood HI	
Group One Investigations, Private Investigator,		49 Church La E11 (Residential Sales).....	(020) 8539 1194	Loughton.....	(020) 8532 0620
Huntingdon House Selsdon Road	(020) 0888 1052	Loughton		Hamid Fabric,	
Groupcall, Ltd,		232 High Rd	(020) 8502 3838	52a High Street London	(020) 8521 6059
Estate Ho High Rd Chigwell	(020) 8502 7344	South Woodford		Hamilton, & Co,	
Grove Coachworks,		143 George La E18 (Residential Sales)	(020) 8530 5991	128 Ilford Lane Ilford.....	(020) 8514 6654
Marshfield Filling Station Sewardstone Rd		Walthamstow		Hamilton Fox, (South Woodford) Ltd,	
London	(0843) 5155400	143 Hoe St E17	(020) 8520 6731	180 George La E18.....	(020) 8989 7612
Grove Hill Hotel,		Woodford Green		Hammer Properties,	
38 Grove Hill South Woodford London.....	(020) 8989 3344	728 Chigwell Rd Woodford Gn	(020) 8505 0700	10-17 Sevenways Pd Woodford Av Ilford	(020) 8491 6644
Grove Pharmacy,		Haart Estate Agents, Est Agt,		Hammond Walker, Ltd, Acctnts,	
73 Grove Road E17.....	(020) 8521 6436	143 George La E18.....	(020) 8530 6060	8A Cranbrook Road Ilford	(020) 8553 5531
Grove Windows, Ltd, Double Glazing Mfrs,		Haart Lettings Barkingside,		Hamra Hair Beauty,	
16A Raven Rd E18	(020) 8505 8113	54 High St Barkingside	(020) 8550 3927	635 High Road Leytonstone London	(020) 3581 5985
Or	(020) 8505 6810	Haart Lettings Walthamstow,		Handfield Deleeuw Rayner, & Co, Acctnts,	
Groves, Les, Tir,		143 Hoe St E17	(020) 8521 5906	427 High Rd Woodford Gn	(020) 8504 9693
748 Queens Road Buckhurst Hill.....	(020) 8504 2227	Haart Lettings Wanstead,		Handweavers Studio & Gallery,The,	
Growth New Energy Technology, Ltd,		64 High St Wanstead E11.....	(020) 8530 4592	29 Haroldstone Rd E17	(020) 8521 2281
Unit 1 Hainault Business Park Ilford.....	(020) 8500 6618	Haart Leytonstone Lettings,		Hansons Estates, Sales & Lettings,	
Gsa Records,		49 Church La E11	(020) 8539 2116	5 Cameron Rd Ilford	(020) 8590 1222
Temple House Flat 1 London	(020) 3952 4988	Hagon Products,		Hansons Estates, Ltd,	
Gsm Exchange, Mobile Phone Repairs,		7 Roebuck Road Hainault Business Park Ilford.....	(020) 8502 6222	5 Cameron Road N/A.....	(020) 8590 1626
156 High Street E17.....	(020) 8509 7614	Hainault Baptist Church,		Happy Dragon Arts Limited,	
GSM Exchange, Ltd,		Franklyn Gardens Ilford	(020) 8500 3654	103 Horn Lane Woodford Green	(020) 8505 2229
156 High Street E17.....	(020) 8521 8880	Hainault Baptist Church,		Happy Events, Ltd,	
Gsr Studio, Ltd,		Franklyn Gdns Ilford	(020) 8500 3654	249 High Road Leytonstone Leytonstone London	(020) 8221 1322
174 High Road Woodford Green	(020) 7018 2648	Hainault BBQ Kebab,		Happy Kidz Zone, Ltd,	
GT Joinery Woodworking, Ltd,		210 New North Road Ilford	(020) 8501 5300	Unit 23a The Exchange High Road Ilford.....	(020) 8514 2002
205 Ley Street Ilford	(020) 8232 8585	Hainault Coffee,		Happy Orkids, Ltd,	
Guardian Care Services, Ltd,		217A Manford Wy Chigwell	(020) 8501 0009	Ilford Jewish Primary School Forest Road Ilford	(020) 8500 7817
Holmwood Road Ilford	(020) 8590 5564	Hainault Food & Wine,		Hardas Consulting Ltd,	
Guardians,		597 New North Road Ilford	(020) 8501 3527	Flat 8 Churcher House 88 Jack Cornwell Street	
27 High St Barkingside	(020) 8551 4002	Hainault Forest Community Association,		London	(020) 8911 9117
Guide Dogs For The Blind Assn,		General Enquiries 100B Manford Wy Chigwell	(020) 8500 4311	Hardly Pharma,	
Findlay House Manor Road Woodford Green.....	(0845) 3727421	Day Nursery	(020) 8501 6862	3 Ranelagh Gardens Ilford	(020) 8554 9159
Guide Dogs For The Blind Association,		Hainault Forest Golf Club,		Hare Wines Limited,	
Puppy Walking Team At Redbridge 7 Manor Road Woodford Green		Hainault Forest Golf Club Romford Road Chigwell	(020) 3243 2007	22-24 Rigg Approach E10.....	(020) 8556 7784
(03451) 430212		Hainault Forest Golf Complex,		Harish Autos U K, Ltd,	
Redbridge Reception 7 Manor Road Woodford Green ...	(03451) 430225	Pro Shop	(020) 8500 2131	4 Little Ilford Lane Lane London	(020) 3084 5883
Guide Dogs for the Blind Association, The, FAX, Guide Dogs,		Hainault Forest Private Golf Club,		Harkia Accountants, Harkia Accountants,	
Findlay Hse Manor Rd Woodford Gn.....	(0845) 3727343	Chigwell (12pm onwards).....	(020) 8500 2097	727 High Road Leytonstone E11.....	(020) 8539 1295
Guild Architectural Restoration, Ltd,		Chigwell Secretary.....	(020) 8500 0385	Harkin, Julie, Casting Ltd,	
61 Leybourne Road London	(020) 3669 8025	Hainault Golf Club, Ltd,		Tramworks 24-28 Hatherley Mews London	(020) 7336 0433
Gul Enterprises, Mobile Acces,		Romford Road Chigwell.....	(020) 8501 4574	Harley Fitzrovia Health, Harley Fitzrovia Health,	
232 High St E17	(020) 8521 2666	Hainault Golf Club, Ltd,		Unit 1 Evergreen Apartments 253-69 High Road	
Guls Courture Bridal Studio Ltd 2,		Hainault Forest Golf Club Romford Road Chigwell	(020) 8501 4840	Woodford Green	(020) 8062 8026
95A Ilford Lane Ilford	(020) 3685 1225	Hair 186,		Harling, E.E.C. & Partners,	
Gulsun Ltd,		186 High Road Woodford Green	(020) 8504 3111	FAX	(020) 8505 3116
Ley Street Ilford	(020) 8514 3566	Hair & Beauty Art Vision, Ltd,		Harmony Hair Salon, Salon,	
Gunn, C.A.G, Plmbg, Htg,		208 High Road Leytonstone London	(020) 3976 8363	53 Hainault Road Leytonstone London	(020) 8539 6237
19 Rokeby Gardens Woodford Green.....	(020) 8504 5122	Hair By Licious Limited,		Harmony Medical Distribution, Ltd,	
Gupta, Dr, R.K,		33 Green Lane Ilford	(020) 8553 4332	629 High Rd Leytonstone E11.....	(020) 8518 7337
260 Higham Hill Road E17	(020) 8527 2677	Hair Candy, Ltd,		Harold White Funerals, Funeral Directors,	
Gupta, S.K, Dent Surg,		23 High Street Wanstead E11.....	(020) 8989 7611	95 Old Church Road E4	(020) 8529 1530
399 High Rd E10	(020) 8539 1653	Hair & Comb, Healthcare & Social,		Harold White Funerals, Funeral Servs,	
Guru Gobind Singh Khalsa College,		83 Old Church Road London.....	(020) 8524 8513	178 Queens Road Buckhurst Hill	(020) 8505 7051
Roding La Chigwell	(020) 8559 9160	Hair Design,		Harold White Funerals, Funeral Directors,	
Guru Nanak Sat Sang Sabha, (Karamsar) UK,		88 Leyswood Dv Ilford	(020) 8590 4823	99 Wood Street E17	(020) 8520 4166
Ilford Co Court Buckingham Road Ilford	(020) 8553 5470	Ilford Ilford, Ltd,		Harold White Independent Funeral Directors,	
Guru Nanak Sat Sang Sabha, (Karamsar) UK,		Middle Level The Exchange High Rd Ilford	(020) 8911 6217	Harold White 95 Old Church Road London	(020) 3583 8724
400 High Road Ilford	(020) 8478 8090	Hair Male,		Harold White Independent Funeral Directors,	
Guru Nanak Sat Sang Sabha Maidenhead,		143 High Road South Woodford London.....	(020) 8559 2400	178 Queens Road Buckhurst Hill	(020) 4501 8615
Ilford Co Court Buckingham Road Ilford	(020) 8514 1987	Hair Nest,		Harold White Independent Funeral Directors,	
Guru Soundz,		653 High Road Leyton E10.....	(020) 8539 8162	George White & Sons 99 Wood Street London.....	(020) 3674 4189
46 Dacre Gdns Chigwell	(020) 8594 4040	Hair Son, Lip,		Harold Wood Funeral Services, Ltd,	
Guvenç (Lnd) T/A Monoux 2 Coffee House, Ltd,		Boleyn Court Epping New Road Buckhurst Hill	(020) 8504 4655	45 New Nth Rd Ilford	(020) 8501 6907
Billet Road London.....	(020) 8531 9310	Hair Studio,The,		Harriot Ellis Recruitment Specialists, Ltd,	
Gwyn Jones Primary School,		102 Tanners Lane Ilford.....	(020) 8550 8412	8 Lee Gro Chigwell.....	(0870) 2420925
219 Hainault Rd E11.....	(020) 8556 7904	Haircraft,		Harris, Howard, Optcns,	
219 Hainault Road E11.....	(020) 8556 5564	144 Loughton Wy Buckhurst Hill	(020) 8504 2232	474 Cranbrook Road Ilford	(020) 8518 3666
H A Q Hamilton Hughes, & Co,		Hairforce 1, Trade,		Harris Walters Solicitors,	
26 Blackhorse Road Walthamstow	(020) 8509 8007	29 Green Lane Ilford	(020) 8478 8830	406 High Rd Ilford.....	(020) 8478 0888
H D S Driving School,		Hairlines, Hdrsrns,		Harrison Catering Services,	

School Kitchen Loxford School Of Science & Technology Loxford Lane Ilford.....	(020) 8478 5616	Heat for Homes, Unit G,The Acorn Centre 29 Roebuck Road,Hainault Business Park Ilford.....	(020) 8500 0510	13 Rectory Road Walthamstow London.....	(020) 8521 0427
Harrison HCB, 1 Trent Road Buckhurst Hill.....	(020) 8257 0509	Heatcraft, Ltd, 3 Chigwell Rd E18.....	(020) 8989 1320	Highland Lounge, 14 The Avenue London.....	(020) 8523 5938
Harrisons, Buy & Sell, 6 Station Road E17.....	(020) 8521 5555	Heathcote School, Secondary School Normanton Pk E4.....	(020) 8498 5110	Highland Solicitors, Ground Floor Suite 3 Excelsior House 3-5 Balfour Road Ilford.....	(020) 3941 7656
Harrow Green Post Office, Harrow Green Post Office 355 High Road Leytonstone E11.....	(020) 8556 5334	Heathway Properties, Ltd, 86 Spring Grove Loughton.....	(020) 8502 4996	Highlink Services, Ltd, First Floor Office 2 Chingford 490 Larkshall Road E4.....	(020) 8527 0784
Harrow Road Surgery, 108-110 Harrow Rd Leytonstone.....	(0844) 4778944	Heaven House London Ltd, 378 Ilford Lane Ilford.....	(020) 3560 6134	Highmark Welding Installations, Ltd, 53 Whitehall Gardens E4.....	(020) 8559 3873
Harry's Fast Food, Ltd, Apt Rex 2 Snakes Lane Woodford Green.....	(020) 3874 0580	Hedin, (Holdings) Ltd, Seedbed Cntr Langston Rd Loughton.....	(020) 8532 0500	Highway Vineyard Church, Gainsborough Gospel Hall Gainsborough Avenue Manor Park London.....	(020) 8553 2994
Hart 2 Hart, Taxi Service, 70 Rivenhall Gardens E18.....	(020) 8989 4989	Hedz, 24 Kirkdale Road E11.....	(020) 8558 9132	Hill Partnerships, Ltd, Osprey Ho Trinity Pk Trinity Wy E4.....	(020) 8527 1400
Hart, R.W, Ltd, Off Furn Retr, 742 Forest Rd E17.....	(020) 8520 3151	Heenas Beauty, 7 High View Parade, Woodford Avenue Ilford.....	(020) 7998 0355	Hillbrow Produce, Ltd, Importation Of Food, New Spitalfields Mkt 15 Sherrin Rd E10.....	(020) 8558 5995
Harts House Nursing Home, FAX.....	(020) 8502 9444	Heeni Lawson, Ltd, 7a Ley Street Ilford.....	(020) 8554 0017	Hillcrest Cleaning Contractors, Ltd, 49A Vicarage Rd E10.....	(020) 8556 5411
Harvest Seafood, Unit 3 Leyton Business Centre Etloe Road London.....	(020) 3489 8921	HELM Asset Management, 5A,Station Pde High St Wanstead E11.....	(020) 8532 9444	Hillcrest Timber, 49A Vicarage Rd E10.....	(020) 8556 5411
Harvest Seafood, Unit 3 Leyton Business Centre Etloe Road London.....	(020) 3774 3547	Henry Morgan Ophthalmic Opticians, Optcns, 3 Bank Bldgs The Av E4.....	(020) 8527 2723	Hillcrest Timber Preservation, Ltd, 49A Vicarage Rd E10.....	(020) 8556 5411
Harvester Beehive, Harvester Rstnt, The Harvester Beehive La Ilford.....	(020) 8550 3361	Henry Stewart Conference Studies, Lp, 33 Alderton Hill Loughton.....	(020) 8508 1057	Hills Automobiles, (Woodford) Ltd, 536-64 High Road Woodford Green.....	(020) 8559 2553
Harvester Restaurants, Chingford Larkwood Leisure Pk 175 New Rd E4.....	(020) 8529 2990	Henscott Solicitors, Solicitors, 45 Selbourne Walk Walthamston, London.....	(0870) 8800007	Hills Estate, Ltd, 124 Ley St Ilford.....	(020) 8553 3036
Cocked Hat Southend Rd Woodford Gn.....	(020) 8551 3848	45 Selbourne Walk Walthamston, London Fax.....	(0870) 8800006	Hills News, 643 High Road Leytonstone Leytonstone.....	(020) 3302 2519
Harvey 1 Stop Shop, Ltd, Conner Shop, 371 High Road Ilford.....	(020) 8553 9583	Henscott Solicitors, 413 Chingford Road E17.....	(020) 8527 6349	Hillside Tandoori, 128 Church HI Loughton.....	(020) 8508 5287
Harveys Furnishing Group, Ltd, Chingford Unit 2 Cork Tree Way Hall Lane E4.....	(020) 8559 3085	Or.....	(020) 8527 8638	128 Church Hill Loughton.....	(020) 8502 2480
Hasan And Co, 497b High Road Ilford.....	(020) 3538 0641	Herb Master, 83 George La E18.....	(020) 8530 2062	Hilma Estate Management, Co, Prpty Dvlpmnts & Conversions, 24 Forest Drive West E11.....	(020) 8539 8608
Haslaw, & Co Ltd, 45 Station Rd E12.....	(020) 8478 7188	Herbal Traditions, 19a Green Lane Ilford.....	(020) 3105 0499	FAX.....	(020) 8556 5558
45 Station Road E12.....	(020) 8514 5551	Herbert, Daryl, Osteopath, Churchill Medical Centre 1 Churchill Terrace E4.....	(020) 8524 1505	Hiltongrove, UK Ltd, 6 Church HI E17.....	(020) 8521 9292
Haslers, Hawke House Old Station Road Loughton.....	(020) 8508 3633	Heritage Care, Ltd, Care Serv Provider, (Headquarters) 112 High Rd Loughton.....	(020) 8502 3933	Hines, 210 Estate Wy E10.....	(020) 8988 2800
Hawke House Old Stn Rd Loughton.....	(020) 8418 3300	Heritage Insurance Brokers, Ltd, 194 Cann Hall Rd E11.....	(020) 8519 2044	Hire Car, Co Ltd The, Partners House 22 Montague Road E11.....	(020) 8556 6633
Hasmat-Ali, S, 2 Balmoral Rd E10.....	(020) 8539 0362	Or.....	(020) 8536 1921	Hire Frequencies, Ltd, Audio/Visual Hire, 33 Fairways Bsns Pk,Lammas Rd Leyton.....	(020) 3302 6947
Hasmat-Ali, S, 2 Balmoral Road E10.....	(020) 8558 3717	Heritage Insurance Brokers, Ltd, 194 Cann Hall Road Leytonstone.....	(0843) 8162897	Hitchem, Dispng Chemst, 84 Albert Road Ilford.....	(020) 8478 1030
Hathi, A.M, Dent Surg, 153 Hainault Road E11.....	(020) 8558 4478	Hern & Company, Unit 3 Buckingham Court Rectory Lane Loughton.....	(020) 8418 3520	Hitit Sun, Ltd, 376 Cranbrook Road Ilford.....	(020) 8554 1121
Hauptstern Group, Ltd,The, 17 Springfield Drive Ilford.....	(020) 3409 8533	Heron's Nest, Unit 7,180-182 George Lane E18.....	(020) 8530 2572	Hive Loughton, Ltd,The, 388 Chigwell Lane Loughton.....	(020) 8508 7547
Haus Of Blonde, 15 Queens Road Buckhurst Hill.....	(020) 3612 7605	Hetheringtons Countrywide, Loughton 252 High Rd.....	(020) 8508 5424	Hiwin Ltd, 54 Sewardstone Road London.....	(020) 8306 8872
Haven Care, Ltd, Olympic House 28-42 Clements Road Ilford.....	(020) 8911 8931	Hetrax Superstore, Ltd, 96 Francis Road E10.....	(020) 8556 0280	Hm Academy, Ltd, Education, 427 Lea Bridge Road E10.....	(020) 8558 0884
Haven House Foundation, Whitehouse High Rd Woodford Gn.....	(020) 8505 9944	Hewitt Carpers, 24A Hatch Lane E4.....	(020) 8524 0378	Hmsecos Homes, Ground Floor 419 Lea Bridge Road Leyton.....	(020) 3015 6048
Haven - The Survivors' Network,The, Peterhouse 122 Forest Rise E17.....	(020) 8520 0755	Hexagon Property, Co Ltd, 115 Fencepiece Road Ilford.....	(020) 8502 6227	HMV, UK Ltd, Ilford Unit 55/56 The Exchange Mall, The Exchange High Rd IG1.....	(0843) 2210232
Havey House Nursery, Harvey House 1a Harvey Road E11.....	(020) 8539 4435	Hf Food And Wine Ltd, 289 Higham Hill Road London.....	(020) 8527 2269	Ho Ho Restaurant, Chinese Rstnt, 20 High Rd E18.....	(020) 8530 1267
Havin London Ltd, 111 George Lane London.....	(020) 3689 5910	Hfca, Community Centre 100b Manford Way Chigwell.....	(020) 8501 2382	Ho Wah, 2 Broadway Parade, Fencepiece Road Ilford.....	(020) 8500 8686
Hawad Exchange, Convenience, 108 High Street Walthamstow London.....	(020) 3583 7490	Hi Fi Tech, Sales Rprs, 17 Old Church Road Chingford London.....	(020) 8109 2757	Hob Salons, 263 High Rd Loughton.....	(020) 8532 0001
Hawes, H.L, & Son Ltd, 883 High Rd Leytonstone E11.....	(020) 8532 9600	Hi Juice Bars, The Exchange High Rd Ilford.....	(020) 8553 5222	Hobson Property Lettings & Management, The Office 31 Falmouth Avenue Highams Park London.....	(020) 8531 8172
Hawes, H.L, & Son Ltd, 106 Tanners Lane Ilford, Essex.....	(020) 8550 4047	Hi Klas Fashion, High Class Fash, 430 Hoe Street Walthamstow London.....	(020) 8520 4575	Hoddy B G, & Co, 15 Electric Parade Seven Kings Road Ilford.....	(020) 8590 1015
Hawes, James S & B.E, Ltd, Funrl Dirs, 5 The Broadway E4.....	(020) 8527 1508	Hi Spec Plumbing And Heating Ltd, Daines Nursery Mott Street London.....	(01992) 914565	Hoffman Thornwood, Hookers Rd E17.....	(020) 8527 5555
Hawk Systems, Unit 6-6b Uplands Business Park Blackhorse Lane E17.....	(020) 8531 4473	Hi Spek Living, 455 High Rd Woodford Gn.....	(020) 8498 9333	Hogshead, 184 George La E18.....	(020) 8989 8542
Haydar Ozcan, Haydar Ozcan, 54 Boardman Avenue Chingford London.....	(020) 3441 9786	Hi Vision, 43 Station Road E12.....	(020) 8478 6628	Hokkaido Teppanyaki Restaurant, 160 Station Road Chingford London.....	(020) 8529 9688
Headcorn Constructions, Ltd, 6 Fairmeadside Loughton.....	(020) 3971 4709	Hideaway,The, 62 Queens Rd Buckhurst HI.....	(020) 8504 8999	Hol Management Services, Ltd, 1A Victoria Road E18.....	(020) 8989 8880
Headlam Rackhams, Co Ltd, Crpt & Rug Whslrs, 6 Jubilee Avenue E4.....	(020) 8498 2840	Hidean Associates, 14, Forest Ho Business Cntr 8 Gainsborough Rd E11.....	(020) 8556 9898	Holdom, A.C, Ltd, Survyrs, 159A Station Rd E4.....	(020) 8529 5588
Heales Cycles, 477 Hale End Rd E4.....	(020) 8527 1592	High Beech Golf Course, High Beech Golf Club Wellington Hill Loughton.....	(020) 8508 7323	Holiday Inn Express London - Newbury Park, 713 Eastern Avenue Ilford.....	(020) 8709 2200
FAX.....	(020) 8531 4283	High Performance Cricket Centre, Ltd, Unit D Fowler Road 43-49 Fowler Road Ilford.....	(020) 3589 9165	Holidays, Holidays, 136 Palmerston Road E17.....	(020) 8520 9444
Healthplus Clinics, Ltd, 1A South Vw Rd Loughton.....	(020) 8532 0559	High Tech Appliances Centre, Dom Appl, 375 High Street North Manor Park London.....	(020) 8470 3518	Holland, 65 High St Barkingside.....	(020) 8551 7573
Healthwatch Redbridge, 3Rd Floor Ladbrokes Ltd 16 Clements Rd Ilford.....	(020) 8553 1236	Highams Lodge Management C/O Koopmans, Ltd, Unit 13 Blackhorse Lane Highams Lodge.....	(020) 3754 9710	Holland & B, 162 High Road Ilford.....	(020) 8553 5433
Healthy Feet First, Ltd, 86 Hoe Street E17.....	(020) 8520 6016	Highams Lodge Petrol Station, Highams Ldg Filling Stn Blackhorse Lane E17.....	(020) 8523 5225	Holland & B, 34 Selborne Walk E17.....	(020) 8521 5281
Healthy Living Projects, Ltd, 11A Green La Ilford.....	(020) 8514 3283	Highams Market & Off Licence, Off Licence, 27 Winchester Rd E4.....	(020) 8523 3333	Holland & Barrett, Health Food Retlrs, Ilford 52 Cranbrook Rd.....	(020) 8553 2808
Healthy Living Projects, Ltd, 322 High Rd Ilford.....	(020) 8478 6478	Highams Park Motor, Co Ltd, 35 Winchester Road E4.....	(020) 8523 3443	Loughton 212 High Rd.....	(020) 8532 1163
Heap & Partners, Bourne Ct Unity Trdg Est Southen D Rd Woodford Gn.....	(020) 8550 5013	Highams Park School, 34 Handsworth Av E4.....	(020) 8527 4051	Holland & Barrett, 162 High Road Ilford.....	(020) 8062 4246
Heart & Soul Restaurant, 512 Lea Bridge Road E10.....	(020) 8536 9903	Highams Park Seventh Day Adventist Church, 40 Malvern Avenue London.....	(020) 8531 6813	Holland & Barrett, Ltd, 3 Selborne Wlk E17.....	(020) 8520 5459
Heartfelt Funeral,The, Co, Wholesale Retail, 132 Snakes Lane East Woodford Green.....	(020) 8505 1276	Highbury Quadrant Congregational Church, 254 Capworth Street E10.....	(020) 7359 6806	Hollybush,The, Pblc Ho,	

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Home, Home, 157a Green Lane Ilford (020) 3556 2118	House Clearance, House Clearance, 114 George Lane Woodford, London..... (0845) 2505048	Hybel Opticians, 153 Wood St E17 (020) 8520 3769
Home, 77 Prospect Road Woodford Green (020) 8505 5224	House Clearance, House Clearance, 44 Mansfield Road Walthamstow, London (0845) 2505047	Hyclass Services, Ltd, 33 Southwest Road Leytonstone (020) 8988 9490
Home & Auto Locksmith Service, Locksmiths, 24 Hour, Emergency Auto Locksmith, Cheriton Av Ilford (0845) 1647427	House Clearance, House Clearance, 115-117 The Ridgeway Chingford, London (0845) 2505034	33 Southwest Rd E11 (020) 8532 8526
Home Connect, 426 High St Nth E12 (020) 8472 7020	House of Commons, Westminster, SW1 (020) 7219 3000	33 Southwest Road Leytonstone (020) 8539 6336
Home Counties Care, Ltd, 12 Chapel Road Ilford..... (020) 8514 6095	Members of Parliament, Please refer to listing under Members of Parliament	Or (020) 8988 9494
Home Glaze, Unit 19 Taylors Gravel La Chigwell (020) 8502 7560	House Of Education, Education, 10 Meldrum Road Ilford (020) 8599 9294	FAX (020) 8988 9495
Unit 19-20 Taylors Gravel Lane Chigwell..... (020) 8501 3608	House Of Leather, 12 Billet Road E17 (020) 8531 1214	Hyde Consultants, Ltd, 342 Hoe Street E17 (020) 8520 0776
Home Instead Senior Care, Domiciliary Care, Unit 129 Essex Hall 313 Billet Rd E17 (020) 8527 1464	House Of Luggage, Flat Above Pixel House 12 Billet Road E17 (020) 8531 7465	Hyde Rabadi Spice, Ltd, Rstnt, 309 High St Nth E12 (020) 8472 0255
Home Locators, 145 Cranbrook Rd Ilford..... (020) 8911 8666	House Of Prayer, Church, Pentecostal Church Kingston Road Ilford..... (020) 8478 0973	Hyderabad Biryani Hut, 372 High Street North London (020) 8127 4710
Home Of Sewing, 4-6 Chapel Road Ilford (020) 8514 7552	House Of She, 198 High Road Woodford Green (020) 3648 3899	Hyland House School, 896 Forest Rd E17 (020) 8520 4186
Home Shopping Delivery, Food Dlvry, 2 10 Billet Road Walthamstow London (020) 3620 8031	House Owners Conveyancers, Ltd, Branches 53 Montalt Rd Woodford Gn..... (020) 8506 1787	Hymas Refrigeration, Ltd, Unit 40 Fairways Business Park Lammas Road E10 (020) 8988 0866
Home Solutions, Inc Ltd, 676 Green La Ilford..... (020) 8510 1420	Housing 21, Court Managers Hatfield Ldg 30 Hatfield Clo Ilford (03701) 924583	Hymas, Refrigeration Service, Sales & Serv, 178 Grove Gn Rd E11 (020) 8539 4222
Home Tiles, Ltd, 396 High Rd Leytonstone E11..... (020) 8558 8645	Kenneth Chambers Ct Stoneycroft Rd Woodford Bridge..... (03701) 924578	Or (020) 8539 4333
Horns Rd Ilford (020) 8518 0335	Housing & Community Association, Enterprise House 112 Kings Head HI E4..... (020) 8524 0318	Hypoxi WLS, Ltd, 24 High Road E18 (020) 8530 2558
Home To Home, Removals & Storage - Domestic, 532 Lea-Bridge Rd London..... (03303) 338418	Howdens Joinery, 350-362 High Rd Ilford (020) 8514 4211	I.D.S Solutions, 289 High Road Leyton, London (0871) 3100954
Home To Home, Removals & Storage - Domestic, 2 Sandpiper Cl London (03303) 338419	Howdens Joinery, Unit 2 Hainault Indust Est 40-44 Peregrine Rd Ilford..... (020) 8104 0000	I E Barmanias Dental Practice, Dental Surgery 318 High Road Leytonstone E11 (020) 8534 2668
Home Travels Ltd, Ilford Lane Ilford (020) 8478 8840	Howdens Joinery Walthamstow, Blackhorse La E17..... (020) 8531 8413	I Fashion Club, Ltd, Unit E 43-49 Fowler Road Ilford (020) 3887 0364
Home Travels, Ltd, 46 Ilford La Ilford (020) 8911 6194	Hoxtons Solicitors, 159A Station Rd E4..... (020) 8523 7841	I.L.N, Ltd, Unit D6 Seedbed Cntr Langston Rd Loughton (020) 8502 0119
Homebase, Ltd, Branches Loughton 140 Church HI (0845) 6407617	HQ Redline, UK Ltd, 773 Romford Road Manor Park (020) 8514 0244	I Media Box, 28 Vine Gardens Ilford (020) 8478 1021
Sevenkings 706-720 High Rd (0845) 6407301	Hs Motoring Solutions, Ltd, 762/70 Romford Road Manor Park E12 (020) 8553 5746	I P B Motor Services, Car & Agric Mach, Sewardstone Hall Farm Sewardstone Road London..... (020) 8524 9064
Walthamstowe 2C Fulbourne Rd (0845) 6407022	HSBC Bank plc, Local Branches Siaredir Cymraeg (03457) 030304	I Spot Property, Ltd, 187 Hoe Street E17..... (020) 8521 4145
Homes 4 You Direct, 30 Station Rd E12 (020) 8553 5777	Welsh Speaking (03457) 030304	I.T. Competitor, Ltd Ltd, Computer Equipment, 237A Ilford Lane Ilford (020) 8553 2081
Homes, & Co, 131 High Road South Woodford (020) 8504 8844	HSS Hire Shops, Tool & Eqpt Hire, Walthamstow 362 Forest Rd E17..... (020) 8520 3294	I Technics, Chingford Mount Road London (020) 8529 0485
Homesdale, (Woodford Baptist Homes) Ltd, Residential Care Home 5 New Wanstead E11 (Off) (020) 8989 0847	HTA Architects, Ltd, 18 Foresters Drive Walthamstow (020) 7062 4096	I T S, Ltd, Unit 1 The Britannia Cntr Lenthal L Rd Loughton (020) 8532 5000
Sheltered Housing Housing Manager E11 (Off) (020) 8530 3134	HTK Heaven, Ltd, PCO Car Hire, Arch 312 Courtenay Road Leytonstone (020) 3701 6602	I V F Unit, Holly House Holly Ho Private High Rd Buckhurst Hill (020) 8505 3315
Mountier Court 5-7 New Wanstead E11 (020) 8530 4906	Or (020) 3935 7807	IAIM, (UK) Cic, Suite 10,96 George Lane E18..... (020) 8989 9597
Homesearch, 143 Woodford Avenue Ilford (020) 3876 6939	Huckleberrys Chicken, Ltd, 16 Station Rd E4 (020) 8524 0416	Iak Cupping, Ltd, 538 Lea Bridge Road Leyton (020) 8257 1496
Homzz Group, Ltd, 614 Romford Rd E12 (020) 8478 1090	Hucks Cafe, 81 Grove Road E17 (020) 3105 7251	Ian Anderson Plc, Mobile, 110a Westward Road London (07956) 275222
Honey & Thyme Catering, Flat A-E 50-52 Hoe Street London (020) 8617 9270	Hufana, Estrella, 146 Blackhorse Road London (020) 3774 2678	Ian Gibbs High Cedar Tree, High Cedars Leicester Rd E11..... (020) 8530 2683
Honeytree Court, Sheltered Accom, Pyrles Lane Loughton..... (020) 8502 4958	Huggins & Lewis Foskett, Solcrs, 5 The Shrubberies George La E18 (020) 8989 3000	Or (020) 8530 6719
Hoo Hing, Dorma Trading Park Staffa Rd E10 (020) 8988 6210	Huggins & Lewis Foskett, 5-6 The Shrubberies George Lane E18 (020) 8989 9000	Or (020) 8530 7693
Dorma Trading Park Staffa Road Leyton (020) 8988 6228	Hull, And Co, 164 Cranbrook Road Ilford, Essex..... (020) 8518 3944	Ian Steinberg Charetered Accountants, 40 Woodford Av Ilford (020) 8550 0434
Hope Superjobs & Golden Care Estates, 18 Balfour Rd Ilford..... (020) 8553 0827	Hull, & Company,FRICS, Est Agts, 164 Cranbrook Rd Ilford..... (020) 8518 0131	IBB Solutions, Ltd, 736-740 Romford Road E1 (020) 8143 3952
Horizon Media, UK Ltd, Computer Retail Shop, 74 Hoe St E17 (020) 8521 4646	Surveyors 164 Cranbrook Rd Ilford..... (020) 8518 0131	Ibuild UK Construction Services, Ltd, Old Farm Green Lane Chigwell (020) 8500 9577
Horizon Residential Care, Ltd, 5 St. Mary Road E17 (020) 8520 1639	Human Relief Foundation, 764 Leyton High Road Leyton (020) 3490 8252	Icare Resource, 114 Kingston Road Ilford..... (020) 3674 8954
Horizontal Matters, Ltd, Unit 47, Fairways Business Park Lammas Road London (020) 3759 4539	Human Relief Foundation, 755 Romford Rd E12 (020) 8514 6540	Ice And Fire Ltd, 373 High Road Leyton London (020) 3561 9503
Horizontal Matters, Ltd, 157 Wadham Road London..... (020) 3759 4212	Humphery, & Co Estates, 125 Hoe St E17 (020) 8521 0755	Ice Cloud, Ltd, 146 Hoe Street E17..... (020) 8521 7718
Hornchurch, 3 George Lane E18 (020) 8532 2522	Hunalp Beauty, 100a Wood St E17 (020) 8509 0907	Ice Menswear, 232a High Road Loughton (020) 8257 9005
Hornchurch Management Services, The Shrubberies George La E18 (020) 8530 7851	Hussain, & Co, 447B High St Nth E12 (020) 8548 1135	Iceberg Projects, Ltd, 423 High Road Ilford (020) 8553 1399
Hornchurch Management Services, 3 George Lane E18 (020) 8530 1390	Hussain Fabrics, Fabric Shop, 86 Ilford Lane Ilford (020) 8478 7791	Iceland Frozen Foods, PLC, Branches Barkingside 3 High St (020) 8550 3685
Horrod, W.J, Ltd, 1 Leaway E10..... (020) 8539 8746	Hussein, K, 826 Romford Road London (020) 8478 2199	Chingford 1B Old Church Rd (020) 8529 2980
Hospedia Forest Healthcare Trust, Whipps Cross Hospital Whipps Cross Road London (020) 3441 1045	Hutchin Of Loughton, 197 High Rd Loughton (020) 8508 3039	Debben 22 The Broadway (020) 8502 4010
Hospitality London, Ltd, 78 Nightingale Lane E11 (020) 8530 8555	Hutchings, Dr, A, FAX (020) 8518 8435	Gants Hill 531 Cranbrook Rd (020) 8554 8013
Hospitals, BUPA Roding Hospital Roding Lane Sth Ilford (020) 8551 1100	Hutchinson 3g, Unit 40 The Mall Shopping Centre Selborne Walk E17 (020) 8520 4960	Ilford Ilford 60 High Rd (020) 8478 0322
Newham University Hospital Glen Rd E13 (020) 7476 4000	Hutchinson 3G, UK Ltd, Unit 40 The Mall Shopping Centre Selborne Walk E17 (020) 8509 1970	Leytonstone 787 High Rd E11 (020) 8539 1439
Whipps Cross Hospital Whipps X Rd E11 (020) 8539 5522	Huth, G, Fullwell Parade 6 Fullwell Avenue Ilford..... (020) 8551 4033	Iceni Court Residents Association, Ltd, Iceni Court 66 Epping New Road Buckhurst Hill (020) 8506 0180
Hot Dogs Grooming Parlour, 1 Forest Rd Loughton (020) 8508 5552		Icon, Dry Clnrs, Unit 1 Gainsborough Rd E11 (020) 8530 5544
Hotwings Fried Chicken, Hotwings Fried Chicken 198 Billet Road London..... (020) 8523 3268		Icon, 52 Queens Road Buckhurst Hill (020) 8559 1540
House Clearance, House Clearance, 9 Church Road Leytonstone, London (0845) 2505041		Iconic Glazing, Unit 2 137 Beehive Lane Ilford (020) 8550 5558
House Clearance, House Clearance, 146a Church Road Forest Gate, London (0845) 2505042		Ideal Housing Solutions, Hsng Solutions, Suite 2 Excelsior House 3-5 Balfour Road Ilford (020) 8911 8888
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House Clearance, House Clearance, 146a Church Road Forest Gate, London (0845) 2505042		Ideal Plumbing & Bathrooms DIY, Ltd, Shwrm Supply & Instl, 546 High Road Leytonstone Leytonstone (020) 8558 5580
House Clearance, House Clearance, 108 Farmer Road Leyton, London (0845) 2505040		Ideal Property Consultants, Ltd,

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88 Ley St Ilford.....	(020) 8478 2999	Incey Winceys Childcare, Ltd,		528 Chigwell Road Woodford Green.....
Ideal Shoe Repairs, Shoe Repairs,		10 Eastwood Close E18.....	(020) 8518 8001	International It. Com, Ltd, It Solutions,
62 Ilford Lane Ilford.....	(020) 8553 5193	Independent Asian Fostering Bureau,		79 Station Rd E4.....
Ideal Vision,		FAX.....	(020) 8553 2989	International Legal Network,
40 Station Road E4.....	(020) 8524 2887	Independent Building Investigation Services, Ltd,		19 Fowler Rd, Hainault Business Pk Ilford.....
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125 Fencepiece Road Ilford.....	(020) 8500 5202	Independent Home Care,		D N L Ho 17 Hickman Av Chingford.....
If & Then, Ltd,		James Yd Larkshall Rd E4.....	(020) 8531 9779	International Security Associates, Private Detective,
15 Acacia Business Centre Howard Road E11.....	(020) 8558 5599	India Eteries, Ltd, Indian Rstnt,		92 Cranbrook Road Ilford, Essex.....
Iflex Consulting, Ltd,		300 High St Nth E12.....	(020) 8548 9454	International Wholesale Bakery,
Unit 5 Knight Ho Lenthall Rd Loughton.....	(020) 8502 4222	India Garden Ashlin Ltd,		Unit 7 Forest Trading Estate Priestley Way E17.....
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114 Palmerston Road London.....	(020) 8616 7117	Or.....	(020) 8530 4650	Walthamstow Bsns Cntr Clifford Rd E17.....
IFM Events,		India Grill Restaurant,		Interview Room Ltd,The,
Unit 3 St. Vincent House, 99a Station Road London.....	(0843) 5154564	India Grill 159A High Road Loughton.....	(020) 8508 7799	48 Church La E11.....
Ibrahim, & Co, Solrs,		Indian Ocean, Indian Takeaway,		Intoto Loughton,
468 Ilford Lane Ilford.....	(020) 8911 9222	16 Burnside Av E4.....	(020) 8531 3835	Vogel House 127 High Road Loughton.....
Ihomes Lettings & Management, Ltd,		Indian Street Drinks & Food, Co Ltd The,		Investigation, Tracing and Tracking, Private Investigator,
976 Eastern Avenue Ilford.....	(020) 8599 2555	154 High Road Loughton.....	(020) 3794 1012	Gateway Bsns Cntr 210 Church Rd London.....
Iiman, Shop,		Indiano, Ltd, Takeaway,		Investigations 1st, Private Detectives,
4 Church Hill Walthamstow London.....	(020) 8520 3048	631 Lea Bridge Road E10.....	(020) 3968 9614	61 Cranbrook Road.....
Il Prato, Ltd,		Or.....	(020) 3972 6400	Investigations 24hrs, Private Investigator,
1-5 Beehive Lane Ilford.....	(020) 8597 6294	Or.....	(020) 3972 6408	Broadway House High Road.....
Ilford 2 Coffee, Ltd,		Or.....	(020) 3972 6411	Investment Seekers, Ltd,
70-72 Cranbrook Road Ilford.....	(01646) 476101	Or.....	(020) 3972 6412	51 Newlands Rd IG8.....
Ilford Car & Commercial Salvage Brokers,		Or.....	(020) 3972 6946	FAX.....
1043 Romford Road London.....	(020) 8514 0015	Indiano Pizza,		Invotex Limited,
Ilford Chiropody Practice,The,		17 St. James's St E17.....	(020) 8509 0111	40 Queens Road Buckhurst Hill.....
Clements Rd Ilford.....	(020) 8478 0758	Or.....	(020) 8509 0999	los Kouzina, Bar & Restaurant,
Ilford Dental Care, Ltd,		Indra Travel Services, Ltd,		22 Broadway.....
180 Thorold Road Ilford.....	(020) 8553 9119	791 Romford Rd E12.....	(020) 8478 6212	Ipek Biserova,
Ilford Double Glazing Limited,		Or.....	(0843) 5155940	Flat 2 81 Beaumont Road London.....
656 Green Lane Ilford.....	(020) 8599 8833	Indulgence, Coffe Shop,		Iq Fire Solutions, Ltd,
Ilford Express,		142 Hoe Street E17.....	(020) 8509 9666	Hainault Forest Golf Clb Romford Rd Chigwell.....
219 High Road Ilford.....	(020) 8553 9713	Indulgence Dessert Leyton, Ltd,		Iqra School, Sch,
Ilford Garage,		382 High Road Leyton E10.....	(020) 8558 4866	57 Gladstone Avenue Manor Park London.....
399 Ilford Lane Ilford.....	(020) 8514 7600	Indus Valley Business & Financial Services, Ltd,		Irfana's Hair & Beauty Salon,
Ilford Golf Club, Ltd,		6 Ravenings Parade Goodmayes Road Ilford.....	(020) 8590 1900	256 High Street North E12.....
(Clubhouse Bar) 291 Wanstead Pk Rd Ilford.....	(020) 8554 5174	Industrial Dwellings Society, (1885) Ltd,		Iris Auto & Home Locksmith, Emergency 24Hr Auto Locksmith,
Ilford Hairdressers,		39A Charlotte Ct Clarence Av Ilford.....	(020) 8518 6416	Vicarage Nl Essex.....
96 Ilford Lane Ilford.....	(020) 8478 1927	Infinitas Security, Ltd,		Isaac Newton School,
Ilford Halal Meat And Fresh Bazar,		13 High Beech Rd Loughton.....	(020) 8508 2500	470 High Road Ilford.....
171 High Road Ilford.....	(020) 3674 2782	Infinite Success, Ltd,		Isagba, J, (Mobile),
Ilford Hotel,		9 Azalea Close Ilford.....	(020) 4506 0688	158 Stradbroke Gro Ilford.....
3 Argyle Road Ilford.....	(020) 8911 6083	Ingenious Accountants Ltd, Limited Company, Chartered Accountant,		Islam Halal Meat Fish Quality, Ltd,
Ilford Islamic Centre, Ltd,		23 Corbett Road Walthamstow.....	(020) 3727 5448	370 High Street North London.....
Albert Road Ilford.....	(020) 8911 8448	Ingenius Accountants,		Islamic Aid, Charity,
Ilford Kitchens & Bedrooms, Ltd,		74 Corbett Road London.....	(020) 3754 3956	47 Theydon Street London.....
7 Central Pde, Ley St Ilford.....	(020) 8554 1188	Inger, & Co,		Islamic Aid, Charity,
Ilford Lane Surgery, Surgery,		7 Redbridge La East Ilford.....	(020) 8550 9300	Walthamstow, London.....
The Plough 417 Ilford Lane Ilford.....	(020) 8478 0636	Initial Hygiene,		Islamic Sharia Council,
Ilford Mikvah,		Orbital Cntr Southend Rd Woodford Green.....	(0800) 3134982	34 Francis Road E10.....
463 Cranbrook Road Ilford.....	(020) 8554 8532	Inka Snacks, Ltd, Food Impts,		Islamic Sharia Council Of Great Britain & Northern Island,
Ilford Mobile Catering, Ltd,		773 Chigwell Rd Woodford Gn.....	(020) 8506 0700	34 Francis Rd E10.....
15 New Rd Ilford.....	(0845) 2699016	Inn Time Wine Ltd,		Island Travel & Tours,
Ilford Motor, Co Ltd,		14 Station Road London.....	(020) 8520 4749	742 Eastern Av Ilford.....
777 High Rd Ilford.....	(020) 8597 1090	Inner Beauty, Ltd,		Island Travel & Tours,
Ilford Radio Cars, Mini Cabs,		539 Cranbrook Rd Ilford.....	(020) 8554 2345	742 Eastern Av Ilford.....
315 High Rd Ilford.....	(020) 8553 4114	Innkeepers Lodge Snaresbrook, Hotel,		Islington & Shoreditch Housing Association,
Ilford Recorder,		73 Hollybush Hill London.....	(0845) 1126122	28 Hurst Road E17.....
539 High Rd Ilford.....	(020) 8478 4444	Innova Trade, U K Ltd,		Islington & Shoreditch Housing Association,
Ilford Spicer McCall Lettings,		121 Ley Street Ilford.....	(020) 3876 5688	Repton House 2 Jacks Farm Way E4.....
184 Cranbrook Rd Ilford.....	(020) 8554 7982	Inovexia Limited,		Ismael,
Ilford Travel, Ltd,		969 Romford Road London.....	(020) 3304 2083	92 High Rd Ilford.....
Barwicks 91 Ilford La Ilford.....	(020) 8514 4343	Or.....	(020) 3304 2084	92 High Rd Ilford.....
Ilford Ursuline High School,		Inside Job By Lellow,		Ismiell Education Ltd,
Morland Rd Ilford.....	(020) 8554 1995	18 Mill La Woodford Gn.....	(020) 8504 7171	Hyland House School Forest Road London.....
Imaani London,		In-Site Construction,		ISS Mediclean,
93 Ilford Lane Ilford.....	(020) 8478 8558	658 High Rd Leytonstone E11.....	(020) 8988 1111	Christchurch Primary School Wellesley Road Ilford.....
Image 2000,		Inspiration,		92 High Rd Ilford.....
594 Romford Road Manor Park London.....	(020) 8514 3452	93 George Lane E18.....	(020) 8532 9164	Ist Compucare,
Imaginary Workshop, Ltd,		Inspirational Investments, Ltd,		742 High Rd Leytonstone E11.....
Unit 14 Ravenswood Industrial Estate Shernhall Street London.....	(020) 8509 8444	FAX.....	(020) 8597 1198	IT Careers, Uk Ltd,
Imagine The Future Consulting, Ltd,		Inspirations Hair Art, Ltd, Hair Salon,		382 Ley St Ilford.....
131 Queens Road Buckhurst Hill.....	(020) 8504 6712	668 Lea Bridge Road E10.....	(020) 8539 6515	IT IT,
Img Garage,		Instant Mortgages, Ltd,		273 Dersingham Avenue London.....
1b Colchester Avenue London.....	(020) 7998 0600	374 High Road Woodford Green.....	(020) 8498 9222	IT Positive, Ltd,
Immanuel Christian Centre,		FAX.....	(020) 8505 2260	11a Forest Road Loughton.....
89 Vallentin Road Walthamstow.....	(020) 8509 8838	Institute Of Cemetary & Crematorium Management,		IT Vantage,
89 Vallentin Road Walthamstow London.....	(020) 3827 6015	Aldersbrook Road Manor Park.....	(020) 8989 4661	Suite 202 Cranbrook Rd Ilford.....
Immediate Medical Solutions, Ltd,		Institute of Videography,The,		Ital Bangla Express, Ltd,
18 Raven Road E18.....	(020) 8885 5111	174 Roding Rd Loughton.....	(0845) 7413626	682 Romford Road E12.....
Immigration Advisory Bureau, Ltd,		Insu Inn, Ltd,		lvape London, Ltd,
179A Francis Rd E10.....	(020) 8558 2468	7 Cherrydown Avenue London.....	(020) 8529 1516	139 Ley Street Ilford.....
Imperial Carpet Traders, Ltd,		Integrity Claims Management, Ltd,		Iwant Design, Ltd,
Olympic Ho 28-42 Clements Rd Ilford.....	(020) 8478 6222	Partners House 22 Montague Road E11.....	(020) 8556 6363	2 Grove Park London.....
Imperial Homes & Developments, Ltd,		IntenseCity UK, Limited Company, Sports,		Izel Local, Ltd,
Unit 12, Bourne Ct Southend Rd Woodford Gn.....	(020) 8551 7888	105 Chingford Road Walthamstow.....	(020) 3375 8609	68 Borders Lane Loughton.....
Imperial Windows & Doors,		Interior Design, Wlppr & Paints,		Izmir Fashions,
101 Sunnyside Rd Ilford.....	(020) 8514 0170	17 High St E11.....	(020) 8989 9058	72-74 High Street London.....
Impress Retail Ltd., Gift Shop,		Internatioal Vegetables, Ltd,		Or.....
851 High Rd Leyton E10.....	(020) 8556 4749	Barrons of london New spitfields market 23 Sherrin Road E10.....	(020) 8556 2385	J A B Mirrors & Glass,
Impressions Worldwide Ltd., Gift Shop,		International Council Ophthalmology,		FAX.....
Henley Ct Ilford La Ilford.....	(020) 8514 5731	Unit 2 Forest Indust Pk Forest Rd Ilford.....	(020) 8500 7786	J & B Auto Spares, Mtr Sprs, Acces,
		Or.....	(020) 8500 8935	957 Romford Road E12.....
				J B Foods, Ltd, Vegetarian Catrers,
				Unit 1a, Lea Pk Trading Est Warley Clo E10.....

Or	(020) 8556 9283	Jakabs Tailor Shop,		Jewel Lock & Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith,	
J Bianca, Ltd,		46A Queens Road London	(020) 3560 5857	Grange Pk Rd London	(0845) 1647389
119 High Street Wanstead E11	(020) 7998 1518	Jakes Hamburgers,		JEWISH BLIND & DISABLED (JBD), (Formerly The Jewish Blind & Physically Handicapped Society),	
J B K Off Licence, Ltd,		631 High Road Ilford	(020) 8599 4990		
387 High St Nth E12	(020) 8470 0965	Jamaica & Asian Groceries, Ltd, Wholesale Retail,		The Sheltered Housing Projects	
Or	(020) 8586 0064	6 Palace Parade High Street E17	(020) 8521 4090	Milne Court	
J & B Leathers,		James Brown Unisex Hairdressers,		14 Churchfields, S Woodford E18	(020) 8559 7529
37 Orford Gdns E17	(020) 8923 7719	2 West Grove Woodford Green	(020) 8505 8709	Jewish Blind & Physically Handicapped Society,	
J.C.J Locum, Ltd,		James Dry Cleaners,		Flat 14 Aztec House 163 Tomswood Hill Ilford	(020) 8500 0009
8 Gainsborough Rd E11	(0800) 590979	632 Chigwell Rd Woodford Gn	(020) 8505 9185	Jewish Care,	
J D Sports, Ltd,		James, J,		Residential Homes	
177 High Road Ilford	(020) 8911 8164	11 Woodford Av Ilford	(020) 8551 1933	Vi & John Rubens Ho 5 Clarence Av Ilford Resdts(2nd Flr)	(020) 8518 2830
J H Plant Services, Ltd,		James Meryl Opticians,		Jewish Joint Burial Society,	
30 St. Ronans Cres Woodford Gn	(020) 8505 7020	24 Forest Road Loughton	(020) 8508 1325	1 Victory Rd E11	(020) 8989 5252
Or	(020) 8505 7030	James Randall,		1 Victory Rd E11 FAX	(020) 8989 6075
J & H Sales International,		29 Ashford Road London	(020) 8062 4594	Jewish Lads' & Girls' Brigade,	
11A Cambridge Pk E11	(020) 8989 6606	James Town Foods, Convenience Store,		3 Beechcroft Rd E18	(020) 8989 8990
J & H Trading, Ltd,		650 Lea Bridge Road E10	(020) 8539 7766	Jewson, Ltd, Bldrs Mrcnts,	
Pegasus Wks Roebuck Rd Hainault Bsns Pk Ilford	(020) 8559 8651	James William Estate Agents,		Leytonstone	
J.J. Moss, & Sons Ltd,		140 Hoe St E17	(020) 8509 8666	Joseph Ray Rd E11	(020) 8556 8844
2 Acacia Business Centre Howard Road E11	(020) 8539 5884	Janata Mini Cabs,		FAX	(020) 8558 4839
Loughton Seedbed Centre Langston Road		461 High St Nth E12	(020) 8478 1032	Jey, & Sons Ltd,	
Loughton FAX	(020) 8559 3223	Jane Nash Hair Studio, The,		749 High Road Leytonstone Leytonstone London	(020) 7062 9069
J J Network Services, Ltd, J & J Solutions Group, Ltd,		149A Queens Rd Buckhurst Hl	(020) 8504 1663	Jeya, & Co, Solrs,	
J & J Solutions Group, Ltd,		Janice Tildsley Associates, Ltd,		322 High St Nth E12	(020) 8552 1999
Floor Second 117 George Lane		71A Grove Rd E17	(020) 8521 1888	FAX	(020) 8552 9933
South Woodford London	(020) 3751 4267	Jannat Halal Meat, Ltd,		Jfades, Barb Shop,	
J K Accountants,		247 Beehive Lane Ilford	(020) 8551 6363	42a Woodford Avenue Ilford	(020) 8127 1238
230 High St Nth E12	(020) 8471 0101	Jan'S Jewellers,		J'harts Repro Services, Prntg & Wedding Stry,	
FAX	(020) 8471 2200	Unit 4 113 Ilford Lane Ilford	(020) 8911 9678	119 Markhouse Road E17	(020) 8503 7633
J K Roofing Specialists, Ltd,		Jas Beauty, Sal,		Jl Financial Services, Ltd,	
62 Station Rd E4	(020) 8524 8577	113 Ilford La Ilford	(020) 8911 9123	30 Regents Drive Woodford Green	(020) 8501 1743
J & L Double Glazing, Ltd,		Jas Cash & Carry, Ltd,		Jigsaw Day Nurseries, Ltd,	
444 High Road Leyton London	(020) 3874 8975	Unit 5 167 Ilford Lane Ilford	(020) 3149 1633	Head Office	
J Markfield, Ltd,		Jas Store London, Convenience Store,		Jigsaw Day Nursery	
2 Diggins Court High Road Loughton	(020) 8502 1883	227 High St E17	(020) 8520 6183	Unit 2 Larkwood Leisure Pk 175 New Rd E4	(020) 8524 7063
J M Autos, Ltd,		Jasmine Designer, Ltd, Jwlrs,		Jigsaw Mortgages, Ltd,	
234 Billet Rd E17	(020) 8531 1418	127 Ilford Lane Ilford	(020) 8478 2553	Bosworth House 4 Church Hill Loughton	(020) 8502 2980
J & M Motors, Ltd,		Jasmine Tandoori,		Jilani Chicken & Chips,	
234 Billet Rd E17	(020) 8523 5577	169 Dersingham Avenue London	(020) 3149 1891	38 Claybury Broadway Ilford	(020) 8550 8833
J P Aero-Com Engineering, Co Ltd,		Jason The 24H Locksmith Service, Emergency 24hr locksmith,		Jimmy Vachou Agencies Supplies, Ltd,	
Station App Cherry Tree Rse Buckhurst Hl	(020) 8504 8833	Ley Street Essex	(0845) 1647187	54 Chingford Mt Rd E4	(020) 8531 9919
J.P.C Electrical Wholesalers, (Woodford Ltd),		Jauri, Ltd,		JJI, Co Ltd,	
8 Jubilee Pde Woodford Gn	(020) 8505 5123	176 Hoe Street E17	(020) 8509 1941	77-79 Grove Road London	(020) 8509 9700
J P Pan Centre,		Javid Nazir Solicitors, Solicitors,		JJ's Paws, Ltd,	
142 Ilford Lane Ilford	(020) 3490 3641	Suite 501 1-3 Coventry Road Ilford	(020) 8554 1666	287 Ilford Lane Ilford	(020) 3062 3726
J P Pan Centre, Ltd,		Jay London, Ltd,		Jjsains, Ltd,	
220 High Road Ilford	(020) 3551 7411	127 Millfield Avenue Walthamstow London	(020) 3794 3129	C & C Solicitors 121 Eastern Avenue Ilford	(020) 8551 6222
J Reynolds Builders,		Jay Newsagent,		Jm, Takeway,	
J Reynolds (Builders) Ltd 46-48 Nightingale Lane		106 Woodhouse Road E11	(020) 8221 2345	123 Fulbourne Road Walthamstow London	(020) 8531 4112
London	(020) 8530 7777	Jaycan Ltd,		JMP Plumbing & Heating,	
J & R News,		438 High Road Leyton London, London	(020) 3302 8590	9 Pelham Rd E18	(020) 8989 2218
437 High St Nth E12	(020) 8552 8694	JB Investigations, Private Investigator,		Job Space Europe,	
J & S Autos,		1 High Road	(020) 0888 0404	Lex House 1-7 Hainault Street Ilford	(020) 8478 8222
739 Romford Rd E12 Mobile	(07071) 229745	Jb Newsagents, Servs,		Job Space Europe,	
J S Entertainments,		178 Higham Hl Rd E17	(020) 8527 8286	Lex House 1-7 Hainault Street Ilford	(020) 8514 3572
Unit 5-7A, 109 Maybank Rd E18	(020) 8505 8115	Jb Transmission Serviced Ltd,		Jodi Group Company,	
J T K Food & Wine, Ltd,		Unit 15 Staffa Road London	(020) 3652 4801	62 Bloxhall Road Leyton	(020) 8281 2354
279 Hampton Road Ilford	(020) 8478 7800	JB Transmissions Services,		Joevic Security Services, Ltd,	
J.T.L Hire Company,		Unit 15 Cromwell Industrial Estate Staffa Road		Unit E 11-17 Fowler Road Hainault Business Park	
67 High Street Walthamstow, London	(0870) 1165138	E10	(020) 8616 9939	Ilford	(020) 8500 7510
J.T Produce, Ltd,		JBBC Contractors, Ltd,		Johal Regan, Ltd, Chrtd Survr,	
24 Market Pavilion New Spitalfields Mkt, Sherrin Rd		363 Ley Street Ilford Essex	(020) 8553 7793	87A High St Wanstead E11	(020) 8532 2222
E10	(020) 8558 8757	Jbiz Services, Ltd,		FAX	(020) 8532 2233
Stand 26 Market Pavilion New Spitalfields Mkt E10	(020) 8556 3228	26 Church Lane London	(020) 8556 3650	John Bidd, & Co,	
FAX	(020) 8556 5873	JDS Recruitment, Ltd,		1e Willow Street, Chingford E4	(020) 8524 9090
J.T.S Constructions,		19-20 Bourne Ct Southend Rd Woodford Green	(020) 3794 6662	John Hill Associates, Ltd,	
65 Dore Road London	(0870) 3612114	Jees Drycleaning, Drycleaning,		Fax	(020) 8559 4969
Jack'S Diy And Joinery Ltd,		499 Hale End Road Chingford London	(020) 8531 6567	John Hyman House,	
1 Chigwell Road London	(020) 8530 2042	JEHOVAH'S WITNESSES,		Residents 36 Goodmayes La Ilford	(020) 8598 2179
Or	(020) 8530 4453	Chingford, Kingdom Hall 86 Larkshall Rd E4	(020) 8524 8985	John Maclennan Textiles,	
Jackson & Jackson Accountants, Ltd, Chrt'd Acctnts,		Lea Bridge & Walthamstow Congregation 5a-7A HOE STREET		Golfe Ho Golfe Rd Ilford	(020) 8553 1503
33 Chingford Mt Rd E4	(020) 8527 6912	WALTHAMSTOW	(020) 8520 6411	John Price, & Co, Property Conslts,	
Jackson, R.L. & Co, Acctnts & Auditors,		Jenkin Partnership, Ltd, The,		100 High Rd Loughton	(020) 8502 0202
370 Cranbrook Rd Ilford	(020) 8518 1006	38 Church Hl Loughton	(020) 8502 1339	FAX	(020) 8502 3444
Or	(020) 8518 1032	Jennngs Bet,		John Simmons, & Co, Prpty Mngmt,	
Jacobs Solicitors,		27 Old Church Road London	(020) 8091 6727	141 High Rd Loughton	(020) 8502 4455
723A Romford Rd E12	(020) 8911 9171	Jenpiana Hafia,		FAX	(020) 8508 0195
Jade Financial, Ltd,		354 High Street North E12	(020) 8471 1496	Johns, D.W. & Sons, Funrl Dir,	
38 Selbourne Road Ilford	(0845) 0179859	Jerk Hut, Ltd,		108 Station Rd E4	(020) 8529 1154
Jade Hair, Ltd,		257 Hoe St E17	(020) 8520 8599	Johns School Of Motoring,	
Prestige House, 84 Queens Road Buckhurst Hill	(020) 8504 2585	Jerk & Juice Restaurant, Fast Food Restaurant,		162 Hoe St E17	(020) 8520 1033
Jade Palace Restaurant,		268 High Road Leytonstone E11	(020) 8555 5909	Johnson, F.V,	
726 Lea Bdge Rd E10	(020) 8539 7988	Jesses Cafe,		Cromwell Indust Est Staffa Rd E10	(020) 8558 6686
Jaffe Group, Ltd, The,		68 High Street E17	(020) 8521 5215	Johnson, G.C,	
7 Laurel Close Ilford	(020) 8500 1063	Jessgrove, Ltd,		32 High Rd Buckhurst Hl	(020) 8504 7925
Jaffrey, Dr, S.M.T,		Higham Hl Joint Service E Billet Rd E17	(020) 8531 2665	Johnston's Cafe,	
15 Broadstrood Loughton	(020) 8532 1064	Jesus Power House Ministries, Ch Charity,		626 Lea Bridge Road London	(020) 8539 2802
Jafor Hjalad Bashir, T/A Compensation Claims Network,		Suite 10 Cranbrook Ho 61 Cranbrook Rd Ilford	(020) 8478 4766	Jolliffe, J, Bldrs,	
Suite 8 Cranbrook House 61 Cranbrook Road		Jet Enterprise London Ltd,		Gwynne Ho High St Wanstead E11	(020) 8989 0094
Ilford	(020) 3759 3030	27 Waverley Avenue London	(020) 3685 2923	Jolly Learning, Ltd,	
Jafran,		Jet Fly, Ltd,		Tailours Ho Tailours 59 High Road Chigwell	(020) 8501 0405
135 George Lane London	(020) 3091 0972	303 High Rd Leytonstone E11	(020) 8556 1818	Jolly News, Nws Agt,	
Jag Spares,		Jet, (Murco) Ltd, Petrol Stns,		867 Lea Bridge Road Walthamstow London	(020) 8520 1434
163 Wood Street E17	(020) 8520 8565	Leyco Filling Station 462 Leyton High Rd E10	(020) 8558 9882	Jolly's Sandwich Bar, Ltd,	
Jaggar Support Services,		Jewel Lock & Locksmith, Locksmiths, 24 Hour Emergency Auto		707 Romford Road E12	(020) 8911 8736
9 Englands La Loughton	(020) 8502 2359	Locksmith,			
Jaipur Indian Foods, Ltd,		Chigwell Rd Woodford Green	(0845) 1647429		
734 Chigwell Road Woodford Green	(020) 8504 0248				

Jomana, Ltd, Warehouse Forest Farm Forest Road Ilford (020) 8500 7636 Or (020) 8500 9971	K C Systems, Ltd, 11 Dacre Gardens Chigwell (020) 3089 7579 K G Fabrications, Ltd, 210 Maybank Rd E18 (020) 8505 8420	65 Blithswood Rd Ilford (0845) 2637994 Keen Hallifax, & Assoc Ltd, 391 Hale End Rd Woodford Gn (020) 8503 3050 FAX (020) 8503 3090
Jonathan, Norris, Ltd, 35 Wadley Road London (020) 3161 5996	K G M Motor Insurance Services, Ltd, KGM Ho Eastwood Clo E18 (020) 8530 7351 K G M Motor Insurance Services, Ltd, 14 Eastwood Close South Woodford (0843) 8162986	Keeran Designs, Ltd, 157 Forest Rd E17 (020) 8531 6000 FAX (020) 8531 5444
Jonathan Richards Accountants, Acctnts, 487A Hale End Road E4 (020) 8531 3066	K G M Motor Policies at Lloyd's, Undwtrs, KGM Ho Eastwood Clo E18 (020) 8530 7351 K G M Underwriting Agencies, Ltd, KGM Ho Eastwood Clo E18 (020) 8530 7351	Keith Turner Motors, Ltd, Auto Elec Engrs, 224 Billet Rd E17 (020) 8531 9772
Jones Bespoke Interiors, Ltd, Unit 3 Roebuck Mews Hainault Business Park Ilford (020) 8617 8030	K & H Timber, Timb, Bldg, D-i-Y, 460 Lea Bdge Rd E10 (020) 8539 6137 FAX (020) 8556 0886	Keith's Greetings Cards, 18 Station Rd E4 (020) 8524 2554
Jones, & Co, 5 Broadway Mkt Ilford (020) 8501 1197 Or (020) 8501 0318	K L F Domestic Cleaning Service, 34 Markhouse Rd E17 (020) 8509 2222	Kelmscott School, 245 Markhouse Rd E17 (020) 8521 2115
Jones, J, & Sons, 150 Loughton Wy Buckham (020) 8281 0881	K M Food & Wine, 653 High Road Ilford (020) 8597 8844	Kelsall F & Barron M, Office 8 First Floor New Spitalfields Market 23 Sherrin Road E10 (020) 8558 7274
Jones, Muriel, 119 Ching Way London (020) 8527 6062	K M S, Acctnts & Tax Conslts, 161 Forest Rd E17 (020) 8503 3375	KELVIN HUGHES, Ltd, Charts & Maritime Supplies New North Rd Ilford (020) 8502 6887
Jones, & Sons South Woodford, 98-106 High Road E18 (020) 3336 7579	K & P Fresh Foods Ltd, 43 The Broadway Loughton (020) 8508 6599	FAX (020) 8559 8535
Jono's Of Ilford, 37 Cranbrook Road Ilford (020) 8514 6676	K R, (London) Ltd, 98 Cann Hall Road E11 (020) 8555 3313	Maritime Radar Systems New North Rd Ilford (020) 8502 6887
Jordan James, Ltd, Unit 10 Southend Road Woodford Green (020) 3225 2021	K S Domestic Appliances, 54 Beulah Road London (020) 8509 3772	FAX (020) 8500 0837
Joseph Clarke School, 31 Vincent Rd E4 (020) 8523 0774 Or (020) 8531 3226	K1 Tyres & Wheels, Ltd, 41 Chigwell Road London (020) 8518 8010	Kem & Tan, Ltd, 682 High Road Leytonstone E11 (020) 3340 0340
Joseph, Ms, 76 Markhouse Road London (020) 8509 0998	K9 Clinic, 194 Green Lane Ilford (020) 3904 7288	Kem & Tan Ltd, 682 High Road Leytonstone London (020) 8711 0365
Josh Properties, Ltd, 5 Central Pde, Ley St Ilford (020) 8518 0444	Kaba, (UK) Ltd, 20 Waltham Park Way Billet Road E17 (020) 8523 2187	Kemsley, J.T, (London) Ltd, Frt/Veg Slsmn, 99 New Spitalfields Market, Sherrin Road Leyton (020) 8558 7711
Jothno Care Agency, Ltd, 436 High Street North London (020) 3092 2546	Kabelan, Ltd, 758 Eastern Av Ilford (020) 8518 2120 Or (020) 8554 2991	Kemz, Ltd, Barbs, 74 Chingford Mount Road London (020) 3774 8565
JP & S Services, Ltd, 339 Hall La E4 (020) 8531 2916	KAH Technologies, Ltd, 90 Trotwood Chigwell (01268) 222921	Kendal Office Contracts, Ltd, Off Furn, Kendal Ltd 400 Roding Lane South Woodford Green (020) 8550 6711
JPS Carpets, Ltd, 6A Valley Hill Loughton (020) 8502 2422	Kai Corporation, The, Ltd, Management Consultancy, E14 (07071) 224913 FAX (07071) 224913	Kennard Street Health Centre, 45 Coventry Rd Ilford (0844) 4778949
JR Account Compilations, Ltd, 164 High Rd Ilford (020) 8911 8899	Kai Ren Lin Ta Oriental Chef, 78 Woodford Green (020) 8505 5704	KENNARD WELLS, Solrs, FAX 6 Roding La Sth Redbridge (020) 8550 9148
Jr Printers, 61 Hoe St E17 (020) 8521 3967	Kaizen Now, Ltd, 135 Redbridge Lane East Ilford (020) 8551 2866	718 High Rd Leytonstone E11 (020) 8539 8258 Or (020) 8539 8338
Jrc Maintenance, Ltd, Jrc Maintce Ltd, 742 Forest Road London (020) 8520 0803	Kalisi Motors, Ltd, Unit 36 Staffa Road, Cromwell Industrial Estate E10 (020) 8539 6119	Kennard Wells Solicitors, 718 High Road Leytonstone E11 (020) 8988 3608
JS Surveying Design Services, Ltd, 110 Goodmayes Road Ilford (020) 8597 2827	Kamile Hair & Beauty Salon, 747 High Rd Leytonstone E11 (020) 8539 6531	Kennedy, Solrs, West Essex Golf Club Ltd Bury Road E4 (020) 8529 7558
Jude Consultancy, Ltd, 2 Woodford Avenue Ilford (020) 8551 1767	Kans Chinese Restaurant, 554 High Rd Leytonstone E11 (020) 8539 2573	Kenner, Ltd, 169 High Road Loughton (020) 8508 0555
Judiya Enterprises, Ltd, 171 Longwood Gdns Ilford (020) 8551 3121 Or (020) 8551 4576	Kan chans, 53-55 Perth Road Ilford (020) 8518 9282	Kenneth More Theatre, Oakfield Road, Ilford Box Office (020) 8553 4464 Administration (020) 8553 0444
Jump Factory, Ltd, Jumping Boots Supplier, 113 George Lane London (0845) 1304147	KANR Legal Services, Limited Company, Business, 5 Burns Close London (020) 7871 3076	Costume Hire (020) 8553 5476 FAX (020) 8553 5476
junkanddisorderly.com, Waste disposal & domestic, Church Hill London (0844) 3345508	Kapasi Auto Spares, Car Acces, 768 High Rd Leyton E10 (020) 8539 7968	Kenton, E, Flat 14 All Saints Tower Beaumont Road London (0843) 5156793
Junkanddisorderly.com, House Clearances, Church Hill London (0844) 3345644	Karak Chai, 128 Hoe Street Walthamstow (020) 3340 9287	Kentucky Fried Chicken, K F C 157 High Street Barkingside (020) 8503 9710
junkanddisorderly.com, Waste disposal & domestic, George Lane London (0844) 3345509	Karbhari, & Co., 133 Ley Street Ilford (020) 8911 8111	Kenward, Denis, 5 Belgrave Road London (020) 8530 8594
Junkanddisorderly.com, House Clearances, George Ln London (0844) 3345645	Karbhari Kour Accountant, Acctnts, 133 Ley St Ilford (020) 8911 6120	Kenya Veg, Ltd, 58 Market Pavilion New Spitalfields Market Sherrin Road London (020) 8558 4935
Junkanddisorderly.com, House Clearances, High Rd, Leyton London (0844) 3345637	Karen Janes Florist, 9a The Broadway Chingford (020) 8527 4439	Or (020) 8558 5056
junkanddisorderly.com, Waste disposal & domestic, High Road Leyton London (0844) 3345501	Kashif Khan T/A Gps Management, 14 Hoe Street Hoe (020) 8062 4571	New Spitalfields Mkt Ruckholt Rd E10 (020) 8558 5180
junkanddisorderly.com, Waste disposal & domestic, Manor Park Road London (0844) 3345503	Kashmir Bazar, Ltd, 705-07 Cranbrook Road Ilford (020) 8551 6959	Keppler, B.J, Precision, Gen Engng, 133 Gordon Rd Ilford (020) 8514 2408
Junkanddisorderly.com, House Clearances, Manor Pk Rd London (0844) 3345639	Kashmir Food Store, Ltd, 705 Cranbrook Rd Ilford (020) 8551 0042	Kerrys Caterers, Clubhouse 156 High Road Chigwell (020) 8559 9434
Junkanddisorderly.com, House Clearances, Station Rd, Chingford London (0844) 3345648	Kashmir Halal Foods, Ltd, 28 Sackville Gdns Ilford (020) 8554 3008	Kestrel House, Residents 75 Harold Rd E11 (020) 8558 5423
junkanddisorderly.com, Waste disposal & domestic, Station Road Chingford, London (0844) 3345512	Kaska, UK Ltd, Kaska UK Ltd, Suite 1a Elmhurst 98 High Rd E18 (020) 8504 4666	Kevin Cook, 24 Stanmore Way Loughton (020) 3602 3356
Junkanddisorderly.com, House Clearances, Wallwood Rd London (0844) 3345638	Kassandra 24/7 Locksmith Service, Locksmith, Woodbine Pl London (0845) 1283716	Key Locators, 423 Lea Bdge Rd E10 (020) 8988 3835
junkanddisorderly.com, Waste disposal & domestic, Wallwood Road London (0844) 3345502	Kathro Consultancy, Ltd, 21 Warwick Road Manor Park (020) 8923 5272	Keys, H.H, Estates Ltd, 27 St. Albans Cres Woodford Gn (020) 8504 1813
Jupp, D, 38 New Road Ilford (020) 8590 1089	Kays Corner Shop, 371 Green Lane Ilford (020) 8599 8883	Keystar Computer Training, Ltd, 110 High Rd Chigwell (020) 8559 8097
Just Hospitality, 110 Station Road London (020) 3982 2807	Kaysted, Ltd, 137 Beehive Lane Ilford (020) 8551 0381	Keywise Properties, 36 Goodmayes Rd Ilford (020) 8590 1288
Just Learning, Ltd, 157 Barley La Ilford (020) 8599 0066	Kaz Takeaway, Ltd, 45 Queens Road Buckhurst Hill (020) 8504 5299	Keywise Properties, Ltd, 36 Goodmayes Rd Ilford (020) 8983 8218
Higham Hill Day Nursery 20 Sutton Rd E17 (020) 8527 9711	Kc Eggs, 69 Cambridge Park E11 (020) 8989 6442	KFC, Drive Thru 590 Lea Bdge Rd E10 (020) 8518 7102
20 Sutton Rd E17 (020) 8531 9767	Kc Kitchen, Grill Peri Peri Chicken, 777 Cranbrook Road Ilford (020) 8551 9990	Or (020) 8988 0654
Whipps X Hosp Whipps X Rd E11 (020) 8988 0818	Kds Appliances, Ltd, K D S Appliances Ltd 33-35 Beehive Lane Ilford (020) 8518 1988	Restaurant Leytonstone (Express) 638 High Rd (020) 8532 8810
Just Move Estate, 44 Hoe Street E17 (020) 8520 7373	Keating Jewellers, Ltd, 123A High St E11 (020) 8989 2532	KFC, 204 High Rd Ilford (020) 8514 3710
Just Tanned, Tanning Studio, 608 Chigwell Rd Woodford Gn (020) 8502 9559	Kebab World, 151 QUEENS ROAD BUCKHURST HILL, ESSEX (020) 8506 0394	Khakhar Solicitors, 8A Cranbrook Rd Ilford (020) 8478 9881
K 1 Tyres, Ltd, 115 Ilford La Ilford (020) 8514 0600	Kedron Marketing, 151 QUEENS ROAD BUCKHURST HILL, ESSEX (020) 8506 0394	FAX (020) 8478 9890
K A Insurance Services, 118D Windsor Rd Ilford (020) 8478 3199		Khalique Kingsley, 175a Hoe Street London (020) 7998 3364
K A Insurance Services, Ltd, 118 Windsor Road Ilford (0843) 8163452		Khan Adams, Ltd, Khan Adams Estates 347 Ley Street Ilford (020) 8617 3082
K.B Carpets, Carpet Whipping & Fringing, The Sidings Hainault Rd E11 (020) 8558 4818		Khan G Kebabish, 341 Lea Bridge Road London (020) 8558 3636
FAX (020) 8556 1634		Khan, M, (Mobile), 716 High Road Leyton E10 (07956) 198461
K C Fisheries, 1 Oakwood Hill Loughton (020) 8508 4372		

Khan Super Foods, 396-398 GREEN LANE ILFORD	(020) 8597 4934	Unit 1, Balfour House 390-392 High Road Ilford	(020) 3489 7500	94 Blackhorse Lane E17	(020) 8527 7558
Khans Butchers East Ham, Ltd, 21 Torquay Gardens Ilford	(020) 8551 1996	Kings & Queens, 1 Queens Mews Queens Road Buckhurst Hill	(020) 8505 1199	KSI Food, Ltd, 200 High Street E17	(020) 8521 1498
Khans Fruit & Veg, Frt & Veg, 1b Balfour Road Ilford	(020) 8553 0430	Kings Wines, 34 Kings Road E4	(020) 8529 0026	Ktm London, Ltd, 160b Midland Road London	(020) 8556 4278
Khans Solicitors, 165 Ley St Ilford	(020) 8553 5995	Kingsbridge Estate Agents, 96 George La E18	(020) 8989 9811	Kudhail Quilting, Co, 68 Little Ilford Lane E12	(020) 8514 0605
FAX	(020) 8553 0950	FAX	(020) 8989 9851	Kugapala, Dr, G, 243 High St Nth E12	(020) 8470 2500
Khaya Project, Ltd, 71 Wellesley Road Ilford	(020) 8316 4051	Kingsdale Group, Ltd, Limewood Ct 162 Limewood Ct Beehive La Ilford	(020) 8550 4592	FAX	(020) 8470 2200
Khaya Project, Ltd, 71 Wellesley Road Ilford	(020) 8554 7902	Kingsley, & Co, 20 Kirkdale Road Leytonstone	(020) 8556 0888	Kugathasan, Mrs, M, Unit 3, seven Ways Parade Woodford Av Ilford, Essex	(020) 8141 2410
Khubsoorat Collections, 4 Raven Rd E18	(020) 8475 0037	Kingsley Preschool, 5 Austen Close Loughton	(020) 8508 4353	Kuknus International, Ltd, Unit 9 Cromwell Centre Roebuck Road Hainault Business Park Ilford	(020) 8500 2299
Khyber Grill, Ltd, 765 High Rd Ilford	(020) 8597 7272	Kingsleybusiness Online, Ltd, 1-3 Woodford Avenue Ilford	(020) 8551 0222	Kukus Peri Peri, 629 High Road Ilford	(020) 8599 1111
Khyber Grill Restaurant, Rstnt, 832 Romford Road Manor Park London	(020) 8478 2200	Kingsman Turkish Barber Ltd, 25A The Broadway Woodford Green	(020) 3590 5433	Kulan Restaurant, Ltd, 347 Lea Bridge Road London	(020) 8539 6619
Kickin Chicken, Mr, Fried Chicken Takeaway, 232 Chingford Mount Road Chingford London	(020) 8524 4552	Kingsman Turkish Barber, Ltd, Healthcare & Social, 25A The Broadway Woodford Green	(020) 8506 0370	Kum, Kum, 249 Aldborough Road South Ilford	(020) 3645 4084
Kiddy Care Nursery, Admiral, Ltd, The Acorn Centre 2B Ashgrove Road Ilford	(020) 8599 2481	Kingston College Of London, Ltd, Olympic Ho Clements Rd Ilford	(020) 8514 6446	Kumar Legal, Ltd, 367 High St. Nth E12	(020) 8552 4255
Kids Inc Day Nurseries, 71 Cleveland Rd E18	(0843) 5154741	Kingsway International Christian Centre, 466 Hoe Street E17	(020) 8558 0975	Kumar, Dr, S, 287 High Road Leytonstone E11	(020) 8532 8460
Kids Inc Day Nursery, Beehive Lane	(020) 8550 7400	Kip McGrath, 57 Green Lane Ilford	(020) 8598 9922	Kumarans, 144 Hoe Street London	(020) 8521 4955
231 Beehive La Ilford	(020) 8550 7400	Kiri's Food & Wine, Ltd, 250 Blackhorse Lane E17	(020) 8531 4554	Kumon Higham Hill, 307 Higham Hill Road London	(020) 7998 6670
Chingford 3 Friday HI Wst E4	(020) 8524 6745	Kishaan Food & Wine, 41 Meads Lane Ilford	(020) 8599 9726	Kurtis Estates, Est Agts, 600 Green La Ilford	(020) 8598 9151
Ilford Crown Ho 227 Aldborough Rd Sth	(020) 8598 2600	Kishone Enterprises, Ltd, 378 High Road Woodford Green	(020) 8505 0547	Kuttin Krew, 682A Cranbrook Road Ilford	(020) 8518 4053
Loughton Lex House 29 Old Station Road	(020) 8502 4488	Kismat Tandoori, 82 Lambourne Road Chigwell	(020) 8500 1700	Kwik Cross, Ltd, 36 Woodlands Rd Ilford	(0845) 2177916
South Woodford 71 Cleveland Rd E18	(020) 8518 8855	Kitchen Studio, High Road Ilford	(0870) 2910016	Kwik-Fit, Tyre, Exhaust & Brake, Chingford Unit 5 Deacon Industrial Est	(0870) 9997470
York Road 81 York Rd Ilford	(020) 8478 6510	Kleinevangelou, Cert Chrted Acctnts, 368 Forest Rd E17	(020) 8509 3232	Gants Hill 480 Cranbrook Rd	(020) 8518 6939
Kids In Charge, (Making A Choice For A Better Future) Ltd, Wanstead Youth Cntr Elmcroft Av E11	(020) 8530 7075	FAX	(020) 8509 3220	Ilford 480 Cranbrook Rd	(0870) 9997322
Kids R Us, 881 High Rd Leytonstone E11	(020) 8530 5333	Klew, 28 High Road E18	(020) 8530 1500	Ilford Manor Park 1041 Romford Road London	(0870) 9997200
Kids Uni-Day Care Centre, 566 Romford Road Manor Park	(020) 8075 4299	Klore Tikva School, Clare Tikva School 115 Fullwell Avenue Ilford	(020) 8551 1097	Ilford 1041 Romford Rd	(020) 8553 2320
Kier, Ltd, Kier London Ltd Elizabeth French House 2 Langston Road Loughton	(020) 8418 8000	KMC Dynasty, Ltd, 122 James Lane E10	(020) 8556 8820	Leyton 344-346 High Rd	(020) 8539 6118
Kilroy Developments, (London) Ltd, 175 High Street Barkingside	(020) 3874 0533	Kni Foundation, 236 Chingford Mt Rd E4	(020) 8524 0008	Leyton 344-346 High Road	(0870) 9997111
Kim Betts Solicitors, 231A High Rd Loughton	(020) 8508 5505	Knighon Cleaning Services, Ltd, Unit 1 Curlew Ho Trinity Pk, Trinity Wy E4	(020) 8531 4616	Leyton 225-227 Lea Bridge Rd	(020) 8539 1137
Kim Son, Ltd, 4 Estate Way E10	(020) 8558 9171	Unit 1 Avocet Ho Trinity Pk, Trinity Wy E4	(020) 8531 9149	Leyton 225-227 Lea Bridge St Leyton Manor Park	(0870) 9997258
Kimono, & Co, Hrdsg, 167 Manor Road Chigwell	(020) 8500 2321	KNS Insurance Services, 43 Malvern Dv Woodford Gn	(020) 8506 0601	409 High Street North Eastford Manor Park	(0870) 9997174
Kind, & Co (Bldrs), 530 High Rd Leytonstone E11	(020) 8988 7600	Koala Bear Day Nursery, Ltd, Ross Wyld Hall Church HI E17	(020) 8520 0762	Manor Park 409 High Street North E12	(020) 8472 4744
Kind, & Co (Builders) Ltd, 530 High Road Leytonstone Leytonstone FAX	(020) 8558 7566	Koli & Sons Ltd, 42 St. James'S Street London	(020) 3669 3228	Seven Kings 597-601 High Rd	(0870) 9997020
Kindred Tattoo, Ltd, 155 High Road E18	(020) 8506 0826	Kombe 68, Cafe, 34-40 High Street Wanstead E11	(020) 8989 7059	Seven Kings 597-601 High Rd	(020) 8599 9021
King Edward VII's Hospital, Sister Agnes, 10 Beaumont St W1	(020) 7486 4411	Kompas, Ltd, 16 Electric Parade, Seven Kings Road Ilford	(020) 8599 3773	Walthamstow 2-10 Billet Rd E17	(020) 8527 2181
King Glazing, Double Glazing, 377 High Road Ilford	(020) 8911 6377	Komphomes, Ltd, 16 Electric Parade, Seven Kings Road Ilford	(020) 8590 0002	Kybele Group, Ltd, Unit E Pegasus Works Hainault Business Park Ilford	(020) 3971 8418
King Home & Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith, Wanstead High St London	(0845) 1647390	Kono, Ltd, 181 Lea Bridge Road E10	(020) 8556 4110	Kzm Brothers, Rstnt, 825 High Road Ilford	(020) 8599 3737
King Home & Auto Locksmiths, Locksmiths, 24 Hour Emergency Auto Locksmith, Monalt Rd Woodford Green	(0845) 1647430	Kool Cuts, Hrdrsrs, 760 Lea Bridge Road Walthamstow London	(020) 3952 8218	LA Stretched Limo, Carl Westwood T/A L.A Stretched Lioim, 115 Beehive Lane Ilford	(020) 8554 9292
King Solomon High School, Forest Rd Ilford	(020) 8498 1300	Kool Kidze, Ltd, St Barnabas Church Browning Road Manor Park London	(020) 8821 9022	L & H, Tents, Marquee, Tent Mkrs, 362 High Rd Leyton E10	(020) 8539 8987
Kingham, W.J, Mtrs Ltd, Mtr Rprs, 630 Chigwell Rd Woodford Gn	(020) 8505 7524	Koolkrew, Unit 24c Fairways Bsns Pk Lamma S Rd E10	(020) 8539 6867	L & M, Food Group Ltd, Imptrs & Exptrs, Rolls Pk Fm High Rd Chigwell	(020) 8501 1053
Kings Dry Cleaner, Dry Cleaner, 25 Winchester Rd E4	(020) 8523 1440	Korosec, G, T/A G K Locksmiths, Locksmiths, 96 Old Church Rd Chingford	(0871) 3308247	L & M Installing, Ltd, Unit 4a Cromwell Centre Roebuck Road Hainault Business Park Ilford	(020) 8172 0032
Kings Eyecare, 608 High Rd Ilford	(020) 8590 2710	Kounnis Insuforce, Ltd, Sterling House 2b Fulbourne Road E17	(020) 8527 0028	L.P.L Commercial Investigations, Credit Collection Agcy, Newbury Ho 890 Eastern Av Ilford	(020) 8597 2229
Kings Florist, Flor, 119a Old Church Road Chingford London	(020) 8524 0222	Kounnis Insuforce, Ltd, Insurance Providers, 2B Fulbourne Road Walthamstow	(0843) 8162954	FAX	(020) 8597 1180
Kings Green Dental Surgery, 2 Kings Green Loughton	(020) 8508 6687	Kounnis & Partners, Plc, Sterling House 2b Fulbourne Road E17	(020) 8498 2777	L & Q, Flat 1 227 Goodmayes Lane Ilford	(020) 8597 7316
Kings Group, 97 George La E18	(020) 8530 2323	KPL Solicitors, 9 Hatch La E4	(020) 3875 5090	L & Q Housing Trust, 34-64 Fixie Building 6 Track Street E17	(020) 8509 3008
Kings Group, 84 Old Church Rd E4	(020) 8524 7444	KPM Coopers, 186 Cann Hall Rd E11	(020) 8522 6655	L & Q London Housing Trust, Riders Tower 39 Track Street E17	(020) 8509 1659
Kings Group, 32 Station Rd E4	(020) 8529 7685	Kps Flooring & Carpets, 131 Woodlands Road Ilford	(020) 3742 2453	Or	(020) 8509 8966
Kings Medical Centre, 23 Kings Av Buckhurst Hill	(020) 8504 0122	Krazykopy, 26 Park Rd E17	(020) 8521 6297	Or	(020) 8520 4142
23 Kings Av Buckhurst HI	(020) 8506 9830	Krcf Chicken, Takeaway, 65 St. James's Street Walthamstow London	(020) 8520 6141	L & Q London Housing Trust, 65-97 Fixie Building 66 South Grove E17	(020) 8520 0510
Kings Oak Hotel, Paul's Nursery Road High Beech	(020) 8508 5000	Kribi Coffee Uk, Coffee Shop, Unit C8 Leyton Industrial Village Argall Avenue London	(020) 7998 7135	L & Q London Housing Trust, 65-97 Fixie Building 66 South Grove E17	(020) 8520 7249
Kings of North Chingford, Hair Drsr, 4 Kings Rd E4	(020) 8529 6049	Kristoffs Barbers Shop, 244 High Rd Loughton	(020) 8508 9177	L Q London Housing Trust, Wells Apartments 79 Sutherland Road E17	(020) 8527 4160
Kings Of Walthamstow, 248 Hoe St E17	(020) 8521 1122	Krypto Security, Security Conslts, 564 High Rd E11	(020) 8556 1000	L & Q London Housing Trust, 34-64 Fixie Building 6 Track Street E17	(020) 8520 9229
Kings Private Clinics, Unit 1, Balfour House 390-392 High Road Ilford	(020) 3489 7500	Krypton Consulting, Ltd, 67 Bawdsey Avenue Ilford	(020) 8599 8348	La Boucherie, (Kosher) Ltd, 145 High Street Barkingside	(020) 8551 9215
1 Queens Mews Queens Road Buckhurst Hill	(020) 8505 1199	Krypton Comics, Unit 1, Balfour House 390-392 High Road Ilford	(020) 3489 7500	La Falaise, Boulangerie, 87 Station Road Chingford London	(020) 3581 2791
34 Kings Road E4	(020) 8529 0026	94 Blackhorse Lane E17	(020) 8527 7558	La Faux Magerie, Leyton Industrial Village Unit T16 Argall Avenue London	(020) 8127 8116
96 George La E18	(020) 8989 9811	KSI Food, Ltd, 200 High Street E17	(020) 8521 1498	La Gateau, 132 Cranbrook Rd Ilford	(020) 8554 0777
FAX	(020) 8989 9851	Ktm London, Ltd, 160b Midland Road London	(020) 8556 4278	La Marcel, 812 Romford Road London	(020) 3417 3730
Kingsdale Group, Ltd, Limewood Ct 162 Limewood Ct Beehive La Ilford	(020) 8550 4592	Kudhail Quilting, Co, 68 Little Ilford Lane E12	(020) 8514 0605	La Rocca, Unit 3, seven Ways Parade Woodford Av Ilford, Essex	(020) 8141 2410
Kingsley, & Co, 20 Kirkdale Road Leytonstone	(020) 8556 0888	Kugapala, Dr, G, 243 High St Nth E12	(020) 8470 2500		
Kingsley Preschool, 5 Austen Close Loughton	(020) 8508 4353	FAX	(020) 8470 2200		
Kingsleybusiness Online, Ltd, 1-3 Woodford Avenue Ilford	(020) 8551 0222	Kugathasan, Mrs, M, Unit 3, seven Ways Parade Woodford Av Ilford, Essex	(020) 8141 2410		
Kingsman Turkish Barber Ltd, 25A The Broadway Woodford Green	(020) 3590 5433	Kuknus International, Ltd, Unit 9 Cromwell Centre Roebuck Road Hainault Business Park Ilford	(020) 8500 2299		
Kingsman Turkish Barber, Ltd, Healthcare & Social, 25A The Broadway Woodford Green	(020) 8506 0370	Kukus Peri Peri, 629 High Road Ilford	(020) 8599 1111		
Kingston College Of London, Ltd, Olympic Ho Clements Rd Ilford	(020) 8514 6446	Kulan Restaurant, Ltd, 347 Lea Bridge Road London	(020) 8539 6619		
Kingsway International Christian Centre, 466 Hoe Street E17	(020) 8558 0975	Kum, Kum, 249 Aldborough Road South Ilford	(020) 3645 4084		
Kip McGrath, 57 Green Lane Ilford	(020) 8598 9922	Kumar Legal, Ltd, 367 High St. Nth E12	(020) 8552 4255		
Kiri's Food & Wine, Ltd, 250 Blackhorse Lane E17	(020) 8531 4554	Kumar, Dr, S, 287 High Road Leytonstone E11	(020) 8532 8460		
Kishaan Food & Wine, 41 Meads Lane Ilford	(020) 8599 9726	Kumarans, 144 Hoe Street London	(020) 8521 4955		
Kishone Enterprises, Ltd, 378 High Road Woodford Green	(020) 8505 0547	Kumon Higham Hill, 307 Higham Hill Road London	(020) 7998 6670		
Kismat Tandoori, 82 Lambourne Road Chigwell	(020) 8500 1700	Kurtis Estates, Est Agts, 600 Green La Ilford	(020) 8598 9151		
Kitchen Studio, High Road Ilford	(0870) 2910016	Kuttin Krew, 682A Cranbrook Road Ilford	(020) 8518 4053		
Kleinevangelou, Cert Chrted Acctnts, 368 Forest Rd E17	(020) 8509 3232	Kwik Cross, Ltd, 36 Woodlands Rd Ilford	(0845) 2177916		
FAX	(020) 8509 3220	Kwik-Fit, Tyre, Exhaust & Brake, Chingford Unit 5 Deacon Industrial Est	(0870) 9997470		
Klew, 28 High Road E18	(020) 8530 1500	Gants Hill 480 Cranbrook Rd	(020) 8518 6939		
Klore Tikva School, Clare Tikva School 115 Fullwell Avenue Ilford	(020) 8551 1097	Ilford 480 Cranbrook Rd	(0870) 9997322		
KMC Dynasty, Ltd, 122 James Lane E10	(020) 8556 8820	Ilford Manor Park 1041 Romford Road London	(0870) 9997200		
Kni Foundation, 236 Chingford Mt Rd E4	(020) 8524 0008	Ilford 1041 Romford Rd	(020) 8553 2320		
Knighon Cleaning Services, Ltd, Unit 1 Curlew Ho Trinity Pk, Trinity Wy E4	(020) 8531 4616	Leyton 344-346 High Rd	(020) 8539 6118		
Unit 1 Avocet Ho Trinity Pk, Trinity Wy E4	(020) 8531 9149	Leyton 344-346 High Road	(0870) 9997111		
KNS Insurance Services, 43 Malvern Dv Woodford Gn	(020) 8506 0601	Leyton 225-227 Lea Bridge Rd	(020) 8539 1137		
Koala Bear Day Nursery, Ltd, Ross Wyld Hall Church HI E17	(020) 8520 0762	Leyton 225-227 Lea Bridge St Leyton Manor Park	(0870) 9997258		
Koli & Sons Ltd, 42 St. James'S Street London	(020) 3669 3228	409 High Street North Eastford Manor Park	(0870) 9997174		
Kombe 68, Cafe, 34-40 High Street Wanstead E11	(020) 8989 7059	Manor Park 409 High Street North E12	(020) 8472 4744		
Kompas, Ltd, 16 Electric Parade, Seven Kings Road Ilford	(020) 8599 3773	Seven Kings 597-601 High Rd	(0870) 9997020		
Komphomes, Ltd, 16 Electric Parade, Seven Kings Road Ilford	(020) 8590 0002	Seven Kings 597-601 High Rd	(020) 8599 9021		
Kono, Ltd, 181 Lea Bridge Road E10	(020) 8556 4110	Walthamstow 2-10 Billet Rd E17	(020) 8527 2181		
Kool Cuts, Hrdrsrs, 760 Lea Bridge Road Walthamstow London	(020) 3952 8218	Kybele Group, Ltd, Unit E Pegasus Works Hainault Business Park Ilford	(020) 3971 8418		
Kool Kidze, Ltd, St Barnabas Church Browning Road Manor Park London	(020) 8821 9022	Kzm Brothers, Rstnt, 825 High Road Ilford	(020) 8599 3737		
Koolkrew, Unit 24c Fairways Bsns Pk Lamma S Rd E10	(020) 8539 6867	LA Stretched Limo, Carl Westwood T/A L.A Stretched Lioim, 115 Beehive Lane Ilford	(020) 8554 9292		
Korosec, G, T/A G K Locksmiths, Locksmiths, 96 Old Church Rd Chingford	(0871) 3308247	L & H, Tents, Marquee, Tent Mkrs, 362 High Rd Leyton E10	(020) 8539 8987		
Kounnis Insuforce, Ltd, Sterling House 2b Fulbourne Road E17	(020) 8527 0028	L & M, Food Group Ltd, Imptrs & Exptrs, Rolls Pk Fm High Rd Chigwell	(020) 8501 1053		
Kounnis Insuforce, Ltd, Insurance Providers, 2B Fulbourne Road Walthamstow	(0843) 8162954	L & M Installing, Ltd, Unit 4a Cromwell Centre Roebuck Road Hainault Business Park Ilford	(020) 8172 0032		
Kounnis & Partners, Plc, Sterling House 2b Fulbourne Road E17	(020) 8498 2777	L.P.L Commercial Investigations, Credit Collection Agcy, Newbury Ho 890 Eastern Av Ilford	(020) 8597 2229		
KPL Solicitors, 9 Hatch La E4	(020) 3875 5090	FAX	(020) 8597 1180		
KPM Coopers, 186 Cann Hall Rd E11	(020) 8522 6655	L & Q, Flat 1 227 Goodmayes Lane Ilford	(020) 8597 7316		
Kps Flooring & Carpets, 131 Woodlands Road Ilford	(020) 3742 2453	L & Q Housing Trust, 34-64 Fixie Building 6 Track Street E17	(020) 8509 3008		
Krazykopy, 26 Park Rd E17	(020) 8521 6297	L & Q London Housing Trust, Riders Tower 39 Track Street E17	(020) 8509 1659		
Krcf Chicken, Takeaway, 65 St. James's Street Walthamstow London	(020) 8520 6141	Or	(020) 8509 8966		
Kribi Coffee Uk, Coffee Shop, Unit C8 Leyton Industrial Village Argall Avenue London	(020) 7998 7135	Or	(020) 8520 4142		
Kristoffs Barbers Shop, 244 High Rd Loughton	(020) 8508 9177	L & Q London Housing Trust, 65-97 Fixie Building 66 South Grove E17	(020) 8520 0510		
Krypto Security, Security Conslts, 564 High Rd E11	(020) 8556 1000	L & Q London Housing Trust, 65-97 Fixie Building 66 South Grove E17	(020) 8520 7249		
Krypton Consulting, Ltd, 67 Bawdsey Avenue Ilford	(020) 8599 8348	L Q London Housing Trust, Wells Apartments 79 Sutherland Road E17	(020) 8527 4160		
Krypton Comics, Unit 1, Balfour House 390-392 High Road Ilford	(020) 3489 7500	L			

43 Old Church Road Chingford	(020) 3601 2892	Larkwood Primary School, 70-72 New Road E4	(020) 8529 4979	Legal Solutions, Legal Advice, 6 Woodford Av Ilford	(020) 8551 0151
Labh Ltd T/A Budgens, (481), 109 Snakes Lane Woodford Green	(020) 8504 0594	LASERASE LONDON CITY & EAST, Tattoo & Hair Removal, Marlborough Cntr,96 George La,E18 Admin	(020) 8530 7873	Legal Workshop, Ltd, 184 Queens Rd Buckhurst Hl	(020) 8505 4110
Laboss Beauty Salon, H, 723 High Road Leytonstone London	(020) 8925 4444	Latif, Mini Cars, 794 High Rd Ilford	(020) 8599 5555	Leisure Entertainment Holders, Ltd, 630 Lea Bdge Road E10	(020) 8556 2459
LABOUR PARTY, THE, Constituencies Walthamstow 23 Orford Rd E17	(020) 8520 6586	Laurence, Jenny, Ltd, 117 Roding Rd Loughton	(020) 8502 2244	Leonard Magee, Ltd, 21 Market Pavilion New Spitalfields Market Sherrin Road E10	(020) 8558 6000
For Labour MPs See Entry Under "Members of Parliament" LAC, Unit M, Forest Indust Pk Forest Rd Ilford	(020) 8501 0110	Laurence London, Hdrsr, 100 Station Rd E4	(020) 8529 7749	23 Market Pavilion New Spitalfields Market Sherrin Road E10	(020) 8556 1416
Or	(020) 8501 0117	Lavender Flowers, Florist, 103 Falmouth Av London	(0844) 4113311	Leonardo, 49 Queens Rd Buckhurst Hl	(020) 8504 5034
Lachic Beauty, Salon, 169 Longwood Gardens Ilford	(020) 3689 7667	Lawlors Letting Services, 165 High Rd Loughton	(020) 8502 3388	Les Enfants Parties, Ltd, 14 The Meadway Buckhurst Hl	(020) 8502 9988
Laderman, & Co, 4 The Shrubberies, George Lane South Woodford	(020) 8530 7319	457 High Rd Woodford Green	(020) 8506 0828	Les Paul Motors, Ltd, Les Pauls Motors Ltd Unit 7 Anderson Road Woodford Green	(020) 8551 8537
FAX	(020) 8530 6805	Lawlors Property Services, 165 High St Loughton	(020) 8502 5588	Leslie Rosner, & Co, Accountants, 603 CRANBROOK ROAD ILFORD	(020) 8550 4441
Lagoon Dry Cleaners, 18 High St Barkingside	(020) 8551 0097	Lawrence E Regan & Associates, 4 Cobbetts Avenue Ilford	(020) 8252 2888	Lesser, & Co, Chrt'd Acctnts, 147 Station Rd E4	(020) 8524 2556
Lagos Island Restaurant, 417 Lea Bridge Road London	(020) 3686 5031	Laxmi Property, Prpty Mngmt, 1e Kensington Avenue E12	(020) 8552 3555	FAX	(020) 8529 9097
Lahore Spice, Takeaway, 621 High Rd Ilford	(020) 8503 8157	Layla's Beauty, Ltd, 570 Romford Road E12	(020) 8514 6777	Let Homes, Ltd, 859 Romford Road London	(020) 8478 4600
Lahori Darbar, Ltd, 62 Ilford Lane Ilford	(020) 8911 8800	Lazza Sandwich Bar, Cafe & Sandwich Bar, 253 Chingford Mt Rd E4	(020) 8529 0089	Letting International, Ltd, Gabrielle Ho 332 Perth Rd Ilford	(020) 8554 9999
Laima Beuty, Beauty Salon, 39 New North Road Ilford	(020) 8500 6923	Lb Property Lawyers, Flat 15, Henley Lodge 2 Willow Walk London	(020) 8885 1553	Lettkings, Est Agt, 202 Francis Road E10	(020) 8988 4123
Laine Pub Company, The, The Drum Ph 557 Lea Bridge Road E10	(020) 8539 9845	Lca Consultants, Lca Conslts, 9 The Broadway Woodford Green	(020) 8505 5444	Levelheaded, 9 Brancepeth Gardens Buckhurst Hill	(020) 8505 2151
Laing, Eleanor, MP, Epping Forest Constituency Thatcher Ho Meadow Rd Loughton	(020) 8508 6608	Lcc Trans-Sending, Ltd, 143 Ley St Ilford	(020) 8553 4408	Levy, A, & Son Ltd, Uplands Bsns Pk E17	(020) 8531 7651
FAX	(020) 8508 8099	Ldn Fashion Design, Ldn Fash Design, 2 Station Pde Cherry Tree R Ise Buckhurst Hl	(020) 8505 4152	LEVY, Lawrence Andrew, BDS(Lond) LDS,RCS(Eng), Dent Surg, 620 Romford Rd E12	(020) 8478 1431
Lake Bushells, Chrt'd Acctnt, FAX 342 Hoe St E17	(020) 8223 0222	Le Delice Cafe, Ltd, 114 Hoe Street London	(020) 3719 9268	LEWDEN METAL PRODUCTS, Ltd, Die Casters Elec Mfrs, 5 Argall Av E10 (Sales)	(020) 8539 0237
Lakeside Double Glazing, Ltd, 255 Aldborough Road South Ilford	(020) 3538 3325	Le Parisien Cafe, Leytonstone Station Church Lane E11	(020) 8558 2010	Lexus Woodford, 536 High Rd Woodford Gn	(020) 8559 7660
Lakeside Uk Limited, Ltd, Ins Providers, 351-353 Lea Bridge Road Leyton, London	(0843) 8162861	Le, T, Kims Nail Bar 6 High Street Barkingside	(020) 8551 7536	Leyton Bespoke Mortgages, Mortgages, High Road Leyton, London	(0845) 6676964
Lakeside (UK), Ltd, Insurance, 351 Lea Bdge Rd E10	(020) 8558 4040	Lea Avon Sailing Club, Lea Valley Sailing Club The Charter Road Woodford Green	(020) 8527 3297	Leyton Dental Surgery, 724 High Road Leyton London	(020) 8539 6022
351 Lea Bridge Rd E10	(0872) 4365649	Lea Bridge Ceramic, Ltd, 221-223 Lea Bdge Rd E10	(020) 8558 8181	Leyton Dining Club, Ltd, 815 High Road LONDON	(020) 8556 6717
351 Lea Bdge Rd E10	(020) 8988 3414	Lea Bridge Dental Practice, 433 Lea Bridge Road Leyton	(020) 8539 6152	Leyton E10 Locksmith, Locksmith Services, Hainault Buildings High Road London	(07010) 600495
Lakshmi Enterprises Divine Home, Ltd, 241c High Street North London	(020) 8471 2853	Lea Car Services, 370 Lea Bdge Rd E10	(020) 8539 4424	Leyton Emergency Drain Cleaners, Drain Cleaners, High Road Leyton, London	(0845) 6604919
Lakshmi Jewellers, 276 High Street North E12	(020) 8470 3448	Lea Valley Motor Company, (Chingford) Ltd, (Garage) 3 Lea Valley Rd E4	(020) 8559 4050	Leyton Emergency Plumbers, Plumbers, High Road Leyton, London	(0845) 6604198
276 High Street North Manor Park	(020) 8472 6800	Leadale Upholsterers, Manufacture Of Chairs, 162A Chingford Mt Rd E4	(020) 8529 1546	Leyton Engineering, Fairways Business Park Lammars Rd E10	(020) 8556 3709
Lall Ondhia, Ltd, 10 Station Rd E12	(020) 8478 0800	Leaders Romans Bidco, The, 207 Cranbrook Road Ilford	(020) 8091 4068	Leyton Green NHS, Neighbourhood Health Service, 180 Essex Rd E10	(020) 8539 0756
10A Station Road E12	(020) 8478 5054	Leagold, Ltd, 127 Station Road E4	(020) 8506 3920	Leyton Green Post Office, 674 High Road Leyton E10	(020) 8558 8313
Lambourne Carpets & Flooring, 246 Chingford Mount Rd E4	(020) 8529 3496	Leagold Miller, Ins Brokers, Ilford	(020) 8550 5888	Leyton Insurance Consultants Limited, Ltd, Ins Prodivers, 430 High Road Leyton, London	(0843) 8162863
FAX	(020) 8523 9441	34 High St Barkingside	(020) 8550 5577	Leyton Legend Barbers, Barbershop, 269 High Road Leyton Leyton London	(020) 8556 1685
LAMBOURNE REFRIGERATION, 51-55 Fowler Road Hainault Business Park Ilford FAX	(020) 8501 5500	League Of British Muslims, U K, Lift Line Muslim Community Centre Eton Rd Ilford	(020) 8514 0706	Leyton Midland Cars, 637 High Rd Leyton E10	(020) 8539 0127
Lambourne Refrigeration, Ltd, 51-55 Fowler Road Hainault Business Park Ilford	(020) 8501 0500	Learn Centres London, Ltd, 660 Lea Bridge Road London	(020) 8988 2928	Or	(020) 8558 1100
Lancashire Flooring, Ltd, Flooring Contrs, Unit 23 Oakwood Hl Indust Est, Oakwood Hl Loughton	(020) 3225 5050	Learning For Life London, 194 High Road Leytonstone Leytonstone London	(020) 8555 5200	Or	(020) 8558 8642
Lancaster, E J, Ltd, The Old Station Yard 186 Unit 2 Wood Street London	(020) 8520 1088	LEATHER WORKSHOP, Reproduction & Chesterfield Mkrs, 69 Chingford Mt Rd E4	(020) 8531 4914	Or	(020) 8558 8644
Land Commercial, 143 Beehive La Ilford	(020) 8498 8080	Leaver Charles Granger, Ltd, 8 BARTON CLOSE CHIGWELL	(020) 7018 1156	Leyton Midland Cars E10, Ltd, Leyton Midland E10, 637 High Road Leyton E10	(020) 8988 1762
Landmark House, Landmark House Uplands Business Park Blackhorse Lane Walthamstow	(020) 8527 5301	Leberta London Furniture, Bespoke Furniture, 7 Hall Lane Chingford	(020) 8529 2222	Leyton Office Cleaning, Ltd, 41A St. Georges Rd Leyton	(0845) 2692985
Landmark House, Landmark House Uplands Business Park Blackhorse Lane Walthamstow	(020) 8531 4426	Lee & Alan, Chapman Butchers, 415 High Road Woodford Green	(020) 8504 1715	Leyton Orient Community Sports Programme, 100 Oliver Rd E10	(020) 8556 5973
Landmark Housing Group, Ltd, 54 Mansfield Road Ilford	(020) 8554 5009	Lee Bridge Supermarket, Convenience Store, 301 Lea Bridge Rd London	(020) 8556 3233	Leyton Plumbers Merchant, 712 Lea Bridge Road E10	(020) 8556 4981
Lane, F A, & Son, Hazelwood Wks Larkshall Rd E4	(020) 8523 9098	Lee Valley Audi, Corktree Wy Cork Tree Wy Hall La E4	(020) 8529 7077	Leyton Private Investigations, Private Investigator, 644 High Road	(0844) 5007688
Lane, The, Indian Bar Rstnt, 82 Nightingale La E11	(020) 8989 1500	Lee Valley Estates, 13 Argall Av E10	(020) 8558 7000	Leyton Removals, Removals & Storage - Domestic, High Road Leyton, London	(0845) 6600556
Langthorne Grocers, Ltd, Langthorne Road London	(020) 8539 6490	Lee Valley, Regional Park Authority, Sports & Leisure Lee Valley Golf Course (18 Holes Par 3) Leyton	(020) 8988 7566	Leyton Rubbish Clearance, Waste Disposal Services, High Road Leyton, London	(0845) 6684355
Langthorne Pharmacy, Langthorne Health Cntr 13 Langthorne Rd E11	(020) 8539 4324	Ice Centre Leyton	(020) 8533 3155	Leyton Senior High For Girls, London Borough Of Waltham Forest Colworth Rd E11 ..	(020) 8496 2800
Or	(020) 8539 7433	Lee Valley Solicitors, Office 26, 806 High Road Leyton London	(020) 8617 3230	Leyton Sixth Form College, 100 Essex Rd E10	(020) 8928 9000
Language Business, The, Hilton Gro Bsns Cntr Hatherley Mws E17	(020) 8503 7766	Lee Valley Solicitors, Office 26, 806 High Road Leyton London	(020) 8617 3230	Leyton Taxi Parts 2004, Unit 6 Acacia Business Cntr 3 Howard Rd E11	(020) 8556 4433
Laptop Outlet, Ltd, Unit 10 Woodford Trading Est, Southend Rd Woodford Green	(020) 8551 5650	Leeds Building Society, Barkingside 84 High St Barkingside	(020) 3305 6538	Leyton Telecom, FAX	(020) 8558 2163
Larauc, Messrs, J, Ltd, 12 Chapel Rd Ilford	(020) 3288 0001	Lees Garden Centre, 14 Mossford Gn Ilford	(020) 8550 8475	Leyton's Mortgage Shop, 48 Chingford Mount Road London	(020) 8539 2600
Larder, The, 12 Rangers Road Chingford London	(020) 8989 7181	Lees Spiritual Healing, 38 High Street London	(020) 4501 7032	Leytonstone Bespoke Mortgages, Mortgages, Hainault Road Leytonstone, London	(0845) 6676965
Larkshall Medical Centre, 1 Larkshall Road E4	(020) 8524 6355			Leytonstone Emergency Drain Cleaners, Drain Cleaners, Hainault Road Leytonstone, London	(0845) 6605058
Larkwood Primary Academy, 70-72 New Road E4	(020) 8524 2975			Leytonstone Emergency Plumbers, Plumbers, Hainault Road Leytonstone, London	(0845) 6604238
				Leytonstone Halal Meat, Ltd, 765 High Road Leytonstone E11	(020) 8556 3520
				Leytonstone Islamic Association,	

8 London.....	(020) 8539 7251	Linkhaven Estates, Ltd, Amanveer House 523 Green Lane Ilford	(020) 8599 4922	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217957
Leytonstone Kiosk, Leytonstone Underground Stn Church Lane London.....	(020) 8558 5887	Links Legal Solicitors, 42 Redbridge La East Ilford	(020) 8551 0999	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217962
Leytonstone Local, Off Lic, 749 High Rd Leytonstone E11.....	(020) 8539 3920	Linkside Lawn Tennis Club, Linkside Lawn Tennis Club Overton Drive London	(020) 8989 5773	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217963
Leytonstone Removals, Removals & Storage - Domestic, Hainault Road Leytonstone, London	(0845) 6600558	Linton Contractors, Linton Contrs Ltd Ltd, Civ Engng, 26A Roding La 5th Ilford	(020) 8550 6800	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217967
Leytonstone Rubbish Clearance, Waste Disposal Services, Hainault Road Leytonstone, London	(0845) 6684356	Linus Auto Locksmith Serv, Locksmith, Chingford Rd London	(0845) 1283717	Locksmiths Shop, Locksmith, 24 Hour, Higham Hill London.....	(0844) 4117237
Leytonstone School, Leytonstone Bsns & Enterprise School 159 Colworth Rd E11	(020) 8988 7420	Linus Auto locksmith services, Emergency 24hr locksmith, Woodbine Pl London	(0845) 1647293	Locksmiths Shop, Locksmiths, 24 Hour, Manor Rd Chigwell	(0844) 4117277
Leytonstone Spice, Ltd, 639 High Road Leytonstone E11	(020) 8558 4275	Lion Care, Ltd, 186 Forest Rd Loughton.....	(020) 3225 5500	Locktec Security Group, Unit 1 24-26 Fowler Road Hainault Business Park Ilford	(020) 8500 0014
Lfs, UK Ltd, Upholstery, 406 Roding La 5th Woodford Gn	(020) 8550 0333	Lion & Key Hotel, Lion & Key Ho 475 High Rd Leyton E10.....	(020) 8556 5498	Loders Crocklaan, Ltd, 65 Rokeby Gardens Woodford Green	(020) 3971 2086
Libda Building Supplies, Ltd, 227 Clayhall Av Ilford	(020) 8551 5211	Or	(020) 8558 7850	Loft Rooms Staircase Company,The, Ltd, 12-13 Raven Road E18	(020) 8559 0008
Libertalia Brewing, Co, XX X Arch 142, Tilbury Road London.....	(020) 3802 5824	Lions Gents Hairdressers, 636 Lea Bridge Road London.....	(020) 8988 0900	Loft Shop,The, Ltd, 137 Beehive La Ilford.....	(020) 8551 5800
Liberty Legal Solicitors Llp, 182 High Road Roman Road Ilford.....	(020) 7377 6804	Lisa 'n' Girls, 79 Station Road Chingford.....	(020) 8529 1036	Logistrans, Ltd, UNIT 2 FIRST FLOOR SWAN HOUSE 9-10 Johnston Road Woodford Green	(020) 8075 0780
Libraries, Branches Debden	(020) 8508 5869	Lists The Bakers, 46 Hatch La E4	(020) 8524 8614	Logo This, Ltd, 69 Sewardstone Road E4	(020) 8524 9955
Harrow Green Library 6a Cathall Rd E11	(020) 8496 1063	Little Angels, (London) Ltd, 20 Addison Road London	(020) 8520 1329	Lohia Electronics, 186 High Road Leytonstone London	(020) 8519 6981
Loughton	(020) 8502 0181	Little Bears Nursery School Limited, 3 The Green E11	(020) 8532 9562	Lola, A, 799A Romford Road E12.....	(020) 8514 3565
Libraries - Essex County Council, Buckhurst Hill 165 Queens Road	(03456) 037628	Little Characters, 12 Station Rd E4	(020) 8559 3667	Lond Catering Equipment Supply, Catering Equipment Supply, 4 Lorne Road E17	(020) 8509 1263
Chigwell Hainault Road.....	(03456) 037628	Little Diamonds Nursery, 206 Northcote Road E17.....	(020) 8509 3420	Londek, Retail, 66 Cranbrook Road Ilford.....	(020) 8478 2548
Debden	(020) 8508 5869	Little Fidgets, 7b Forest Road Loughton.....	(020) 3305 9136	London Academy Of Culinary Arts And Healthcare, Sixth Floor 16-20, Forest House Clements Road Ilford	(020) 3015 8117
Harrow Forest College Borders Lane	(03456) 037628	Little Green Man Nursery, 15 Lemna Road Leytonstone.....	(020) 8539 7228	Or	(020) 3015 8118
Loughton Traps Hill	(03456) 037628	Little, K.A, Turf Acctnts Ltd, 162 Loughton Wy Buckhurst HI.....	(020) 8505 7911	London Airports Taxi Transfer, Taxis, Hainault Road London	(0871) 2217441
Traps Hill	(03456) 037628	Little Kidsown, Ltd, 208 Maybank Road E18	(020) 8504 5757	London Airports Taxi Transfer, Taxis, High Road London	(0871) 2217440
Or	(03456) 037628	Little Miracles Day Nursery, 58 Friday Hill East E4	(020) 8524 4700	London Airports Taxi Transfer, Taxis, High Street London	(0871) 2217442
Lifeboats - RNLI, see RNLI In EMERGENCY dial 999 and ask for "COASTGUARD"		Little Rainbow Nursery, Ltd, 64 Essex Road E12.....	(020) 8471 7370	London Airports Taxi Transfer, Taxis, Hoe Street London	(0871) 2217448
Lighthouse Fish Bar London, Ltd, 8 Clock House Parade High Street Wanstead E11	(020) 8989 8740	Little Temptations, Ltd, 97 Sixth Avenue E12	(020) 8514 3080	London Airports Taxi Transfer, Taxis, Mile End Road London.....	(0871) 2217434
Lightside,The, 6 Gainsborough Rd E11	(020) 8556 2776	Littlecroft Properties, Ltd, Gable Ho Balfour Rd Ilford.....	(020) 8478 5947	London Airports Taxi Transfer, Taxis, Woodford Road London	(0871) 2217449
Lilac Investments Essex Limited, 1 Empress Avenue London	(020) 3663 6428	Littlemoore Food, Ltd, 771 Romford Road E12	(020) 8478 5224	London Anglers Association, Forest Rd Hall Harvey Pk Rd E17	(020) 8520 7477
Lilian Davis Group, Lionel, Ltd, 48 Penrhyn Avenue London	(020) 3638 2376	Living Flames Baptist Church, Charity, 363 Fulbourne Road E17.....	(020) 8523 0811	London Auto Centre, Gar Repair Servs, 355-359 Ley Street Ilford	(020) 8478 3817
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(01843) 491443	Lloyds Bank, Plc, Personal Customers	(03453) 000000	Or	(020) 8478 6680
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3302 1735	Lloyds Pharmacy, Chigwell 155 Manford Wy.....	(020) 8500 4929	London Borough Of Waltham Forest, Births Deaths and Marriages 106 Grove Rd Walthamstow.....	(020) 8496 2716
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3302 7142	413 Hoe St E17 FAX	(020) 8503 7312	Environmental Health & Trading Standards Sycamore Ho, Town Hall Complex Forest Rd Walthamstow	(020) 8496 3000
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3602 5387	Ilford 2 Brooks Pde Green La	(020) 8599 2495	Walthamstow Central Library High St Walthamstow	(020) 8496 1100
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3620 2877	208 New North Road Ilford	(020) 8500 2099	London Building Maintenance, Ltd, 558 Romford Rd E12	(020) 8514 8088
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3674 1303	Walthamstow 196 Higham Hill Rd E17.....	(020) 8531 9057	London Carpets And Flooring, Ltd, 129 Woodlands Road Ilford	(020) 8514 1777
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3759 4054	Lloyds Residential Property Services, Ltd, Woodford Green 356 High Rd Woodford Gn.....	(020) 8505 5005	London & City Contracts, Wanstead Golf Club Overton Drive E11.....	(020) 8532 2299
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3784 8618	Lmo Uk Llp, Unit 126a The Legacy Business Centre 2a Ruckholt Road E10	(020) 8558 3670	London & City Finance, 28 Monkwood Gardens Ilford	(020) 8550 9050
Lilian Davis Group, Ltd, Ltd, 48 Penrhyn Avenue London	(020) 3952 0484	Lmsl Group, Ltd, Landlord, 63 New Wanstead E11.....	(020) 8530 7133	London & City Property Investments, Ltd, Ground Floor 13-17 High Beech Road Loughton.....	(020) 8508 8119
Li-Lo Leisure Products, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8532 5800	Local Boy'z, Ltd, Loughton Business Centre Langston Road Loughton.....	(020) 8498 6590	London City Shopfront, Ltd, Unit 1 Opal Mws Ilford.....	(020) 8911 6000
Lime Tree Surgery, 321 High Rd Leytonstone E11.....	(020) 8556 8911	Local Offy Limited,The, 167 Manford Way Chigwell	(020) 8500 1260	London Community Gospel Choir, Brookdale House 75 Brookdale Road Walthamstow.....	(020) 8509 2266
Lime Tree Surgery, 38 Cann Hall Rd E11	(020) 8519 9914	Lock & Locksmiths 24 Hours, Locksmiths, 24 Hour, Emergency Auto Locksmith, Capel Rd London	(0845) 1647391	London Darbar, Ltd, 198 Cranbrook Rd Ilford.....	(020) 8518 3533
Limes Farm Infant School, Limes Farm County Prim & Infant School Limes Avenue Chigwell	(020) 8501 1115	Locksmiths, High Rd Essex	(0845) 1647311	London Display, Co Ltd,The, 51-53 High St Wanstead E11	(020) 8530 4728
Limes Farm Junior School, Limes Av Chigwell	(020) 8500 7566	Locksmith, 62 Wandsworth Rd E4	(0800) 8186621	London D I Y Centre, 603 Lea Bdge Rd E10.....	(020) 8503 6820
Lin, Hrdrsrs, 29 Woodford Avenue Ilford.....	(020) 8551 1338	Locksmiths, Locksmith, 1 Heybridge Way, Lea Bridge Road London	(0844) 7723293	London Ductworks, Ltd, 1 Raven Rd E18.....	(020) 8270 8877
Linards Carpets, St. Swithins Fm Woodford Bdge Rd Ilford	(020) 8550 0016	Locksmiths, 24 Hour Locksmith, Salisbury Hall Gardens London	(0844) 4117613	London Ductworks Ser, 6 Raven Road London	(020) 3602 8178
Lincs Engineering & Formers, Ltd, Gen Engineering, 56 Grove Rd E17	(07071) 202890	Locksmiths 24hr Service, Locksmiths, Mobile Unit London.....	(0871) 2217669	London Ductworks Ser, 6 Raven Road London	(020) 3609 7603
Linear Kitchens, Ltd, 17 Lyndhurst Drive Leyton.....	(020) 8675 3605	Locksmiths 24hr Service, Locksmiths, Mobile Unit London.....	(0871) 2217670	London Ductworks Ser, Project House / 6 Raven Road London	(020) 3645 8327
Linebest, Ltd, 1c The Avenue Chingford London	(020) 3345 8647	Locksmiths 24hr Service, Locksmiths, Mobile Unit London.....	(0871) 2217671	London East Security Centre Limited, 21 Clarence Gate Woodford Green	(020) 8500 2062
Linens Direct, Ltd, 301A High Rd Loughton	(020) 8508 4229	Locksmiths 24hr Service, Locksmiths, Mobile Unit London.....	(0871) 2217677	London East Security Centre, Ltd, 641 Romford Rd E12	(020) 8553 9000
Linguine, Hainault Forest Golf Club Romford Road Chigwell	(020) 8500 1678	Locksmiths 24hr Service, Locksmiths, Mobile Unit London.....	(0871) 2217812	Or	(020) 8514 2000
Linguistics On Point, Translation Servs, 20 Rodney Place E17	(020) 8523 5791	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217955	London Educators Ilford, Cranbrook House, 61 Cranbrook Road Ilford	(020) 3302 4747
Link Legal Solicitors, 42 Redbridge La East Ilford	(020) 8551 2979	Locksmiths 24hr Service, 24 Hour Locksmith, Mobile Unit London.....	(0871) 2217956	London Electrical Lighting, Elec, 118d Windsor Road Ilford.....	(020) 8478 0778
Link Up Solutions, 39 St Georges Rd Leyton.....	(0845) 4569564				

London Energy, Ltd, 48 Kings Road E4 (020) 8524 2567 Or (020) 8529 2279	London & Quadrant Housing Trust, Ltd, St. Matthew's Court Reception Of Flats St. Matthews Court 49 Capworth Street London (020) 8558 0071	Adult Training Cent Torrington Dv Loughton (020) 8508 4537 Loughton Tyres, Ltd, Tyre Servs, Unit A4 Seebed Centre Langston Road Loughton (020) 8502 0208
London Essex Hot Tubs, Ltd, 13 Oakwood Hill Industrial Estate Oakwood Hill Loughton (020) 8508 0586	London Quakers Property Trust, Quaker Meeting House Bush Road Leytonstone London (020) 8989 2170	Love Toast, 215 High Street E17 (020) 8520 3926 Lovelock, & Taylor Ltd, Roebuck Ho Roebuck Rd Ilford (020) 8559 9949
London Fire Consultants & Design Associates, Ltd, Unit 3a Forest Indust Pk Fores T Rd Ilford (020) 8501 0295	London Removal Service, Removals & Storage, 6 Lorne Road London (0871) 4230542	Low Hall Nursery School, Low Hall La London (0843) 5154522
London Food Wholesalers, Ltd, Leyton Indust Village Argall Av E10 (020) 8539 6128	London School Of English Language, Ltd, 325-331 High Road Ilford (020) 8478 8748	Loxford School Of Science & Technology, Loxford School Of Science & Technology Loxford Lane Ilford (020) 8514 7754
London Hairdressing Apprenticeship Academy, Ltd,The, 22 Forest Road Loughton (020) 8508 6930	London School Of Scholars, 555-557 Cranbrook Road Ilford (020) 8617 0177	Loxford Social, (Non-Political) Club & Institute, 104 South Park Drive Ilford (020) 8598 1850
London Health & Beauty, 5 Ashford Road E18 (020) 8989 6011	London Speed-GS Jet Tech, 231 High Road (020) 8504 0011 Or (020) 8505 1795 Or (020) 8506 0755	Loyal Teddies, 216 New North Road Ilford (020) 3874 8026
London Hybrids, Ltd, 743-745 Romford Road E12 (020) 8553 2424	London Sri Murugan Temple, 78 Church Road E12 (020) 8478 8433	Loyola Preparatory School, 103 Palmerston Rd Buckhurst HI (020) 8504 7372
London Hyperbaric Medicine, Ltd, Whippis X Hosp Whippis X Rd E11 (020) 8539 1222 Or (020) 8558 1139 FAX (020) 8539 1333	Ave Hotel 90 Church Road E12 (020) 8478 0407	LPS Estates, Ltd, 625 High Rd Leytonstone E11 (020) 8539 3677
London Kitchen, Co,The, 210 Grove Green Road E11 (020) 8988 0809	London Tamil Sangam, 369 High Street North E12 (020) 8471 7672	LS Accountants Services, Ltd, 316 Ilford Lane Ilford (020) 3649 0474
London Landscapes, Ltd, 44 Forest Rd Loughton (020) 8418 9498	London Training Pool, Ltd,The, Wentworth Ho 350 Eastern Av Ilford (020) 8709 6540	Lucaray, 562 Cranbrook Road Ilford (020) 3754 0327
London Locksmith Service, 374 Forest Rd London (0800) 8186320	London Who'S Who, Ltd, 6Suite 2 Room 3 Trinity House Clements Court Clements Lane Ilford (020) 8553 4177	Lucas McMullen Jacobs, 258 High Rd Loughton (020) 8418 3222
London Locksmith Service, 301 Lea Bridge Rd London (0800) 8186174	London Zone Vehicles, Ltd, Unit 14a Chingford Industrial Centre Hall Lane E4 (020) 8529 6771	Lucilla Schoolwear, Ltd, 180A Cranbrook Road Ilford (020) 8554 5133
London Locksmith Service, 4 Station Rd London (0800) 8186370	Londonenergy, Ltd, 48 Kings Road E4 (020) 8529 0318	Lucky Castle, 8 Copper Beech Close Ilford (020) 8550 0177
London Locksmith Service, 62 Station Rd E10 (0800) 8186620	Longdan, Ltd, 4 Estate Wy E10 (020) 8556 8828	Lucky Centre, 304 High Street North London (020) 8586 8530
London Mint Office, Harmsworth House, 13-15 Bouverie Street London (0800) 0374321	Longwood Foot Clinic, 163a Longwood Gardens Ilford (020) 8551 6729	Lucky Inn, 321 High Street North E12 (020) 8552 8949
London Plumbing & Heating Supplies, Ltd, Valentines Motors Balfour Road Ilford (020) 8911 9211	Longwood House Dental Care, Dent, 150 Longwood Gdns Ilford (020) 8551 0088	Ludchumi Traders, Ltd, 66 Wetherden Street E17 (020) 8558 4512
London Property Solutions, Ltd, 334c Ley Street Street Ilford (020) 3887 2176	Longwood Parade Post Office, 156-158 Longwood Gardens Ilford (020) 8550 1516	Ludlow Thompson, Ltd, Est Agts, The Branches Walthamstow 159 Hoe St E17 (020) 8405 5430 Or (020) 8509 6650
London & Quadrant, Warden Call Flats 1-24 227 Goodmayes Lane Ilford (020) 8597 0599 Or (020) 8598 1574	Longwood Pharmacy, 164-66 Longwood Gardens Ilford (020) 8550 0895	Lugano, 3 Powell Road Buckhurst Hill (020) 8505 2695
London & Quadrant, Glebelands 33 Church Road E10 (020) 8558 5209	Looker's Garage, MOT & Servicing, Eynsford Road Ilford Essex (020) 8590 1820	Lulu Luxe, 76 High Street Ilford (020) 3560 2523 Or (020) 3560 2524
London & Quadrant, Fixie Building 6 Track Street E17 (020) 8509 3256	Lord Associates, Ltd, Office 15 First Floor Alfred House 9-11 High Beech Road Loughton (020) 8418 9101	Lumley's, Crpts & Flooring, 45b Queen's Rd Buckhurst HI (020) 8505 2800 Or (020) 8505 2255
London & Quadrant, Touers House 7 Track Street E17 (020) 8509 3433	Lords Solicitors, Sols, 466 Cranbrook Road Ilford (020) 8518 2244	Luna & Sunny, Ltd, 7 Church Lane E11 (020) 8518 7463
London & Quadrant, Touers House 7 Track Street E17 (020) 8520 2601	Lordz Catering, Ltd, Unit 20 Leyton Business Centre Etloe Road London (020) 3793 9267	L'unico Coffee, Unit 1 Uplands Bsns Pk,Blackhorse La E17 (020) 8531 2662 FAX Unit 2 Hookers Rd E1 (020) 8527 6667
London & Quadrant, Velo House 9 Track Street E17 (020) 8520 4383	Lorraine, Electronics Surveillance, 716 Lea Bdge Rd E10 (020) 8558 4226	Luongs Nail Studio, 31 The Broadway Loughton (020) 8508 3555
London & Quadrant, Velo House 9 Track Street E17 (020) 8520 4784	Lost Luggage Claims, Ltd, Enquiries (0845) 6027498	Luppulo Pizza, Ltd, 34-40 High Street Wanstead E11 (020) 8530 8528
London & Quadrant, Saddlers House 27 Track Street E17 (020) 8520 4539	Lotus Cafe, Ltd, 597 Cranbrook Road Ilford (020) 7585 5161	LUTON INTERNATIONAL AIRPORT, All Enquiries (01582) 405100
London & Quadrant, Saddlers House 27 Track Street E17 (020) 8520 9039	Lough, First Floor Rear 199 High Road Loughton (020) 8508 9368	Lux Electrical Contractors, 96 Old Church Road London (020) 3302 7110
London & Quadrant, Flat 1 Tyndall Gardens 60 Tyndall Road E10 (020) 8556 4715	Loughton Academy, The, The Loughton Acad, Sports Pavillion Langston Rd Loughton (020) 8502 8950	Luxurious Beauty Boutique, Laser & Skin Aesthetics Clinic, 253-269 High Road Woodford Green (020) 3976 7100
London & Quadrant Housing, Emanuel Court 29 Capworth Street E10 (020) 8556 5017	Loughton Bathrooms, Shwrm, 5 Peterson Ct Lower Rd Loughton (020) 8508 2985	Luxurious Beauty Boutique, Ltd, 253-269 High Road Woodford Green (020) 8505 0001
London & Quadrant Housing Trust, 1 George Davies Lodge 14 Veronique Gardens Ilford (020) 8518 1880	Loughton Bathrooms, Ltd, 4 Lower Rd Loughton (020) 8502 3800	LWC Engineering, Ltd, 92A Forest Rd Loughton (020) 8508 4063
London & Quadrant Housing Trust, Ltd, Emanuel Court 29 Capworth Street E10 (020) 8556 5017	Loughton Car Hire, Ltd, Debden Stn Chigwell La Loughton (020) 8508 0888	Lynk Management Consultants, Ltd, 83 Woodford Rd E18 (020) 8536 4100
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 15 Beaumont Road London (020) 8556 0144	Loughton Clinic, Ltd, 115 High Road Loughton (020) 8508 7741	Lynpat Services, Cash Regr Dirs, 120 Wood St E17 (020) 8521 8265
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 15 Beaumont Road London (020) 8988 1759	Loughton Community Gymnastics Cig, 40 Oakwood Hill Industrial Estate Oakwood Hill Loughton (020) 8532 0888	Lynridge Hotel, Ltd, 52 Eastwood Road Ilford (020) 8599 4187
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 15 Kings Close London (020) 8558 4894	Loughton Contracts, Plc, 8 Loughton Business Cntr 5 Langston Rd Loughton (020) 8508 9394	Lynx Dry Cleaning Supplies, Pegasus Wks Roebuck Rd, Hainault Business Pk Ilford (020) 8500 0202
London & Quadrant Housing Trust, Ltd, Emanuel Court 29 Capworth Street E10 (020) 8556 5017	8-9 Loughton Business Centre 5 Langston Road Loughton (020) 8508 2056	Lynx Dry Cleaning Supplies, Ltd, Unit S, Pegasus Wks Roebuck Rd Hainault (020) 8500 2786
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 16 Kings Close London (020) 8556 5366	Loughton Cricket Club, Gen Enqs (020) 8502 2064	2-8 Roebuck Road Hainault Business Park Ilford (020) 8172 0383 Or (020) 8501 5247
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 16 Kings Close London (020) 8558 8684	Loughton Dental Clinic, 98 High Rd Loughton (020) 8508 4195	Lyonswood Investigations and Forensics Group, Private Investigator, 228 High Street North Manor Park (0844) 7766255
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 16 Ryder Avenue London (020) 3208 0181	Loughton Glass, 11 Forest Road Loughton (020) 8508 6669	M.A.C Automotive Components, Ltd, 524-526 High Road Ilford (020) 8598 2000
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 16 Ryder Avenue London (020) 8558 6783	Loughton Mental Health Centre, 8 High Beech Rd (020) 8271 4000	M A Electronics, Ltd, 746a Romford Road E12 (020) 8553 3441
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 9A Beaumont Road London (020) 8539 9047	Loughton Methodist Church, 260 High Road Loughton (020) 8502 3071	M A Properties, (UK) Ltd, 56 Thornton Road Ilford (020) 8514 6458
London & Quadrant Housing Trust, Ltd, London & Quadrant Housing Trust Limited 9A Beaumont Road London (020) 8988 1622	Loughton Post Office, 197 High Road Loughton (020) 8508 4561	M A S, (London) Co, 56 Gordon Road Ilford (020) 3968 0256
London & Quadrant Housing Trust, Ltd, Ayerst Court 162 Beaumont Road London (020) 8539 2973	Loughton Scaffolding Merchants, Ltd, Enterprise House 10 Church Hill Loughton (020) 8532 0044	M Bhatti, Car Body Rprs, 64 Ravensbourne Gdns Ilford (020) 8551 9416
London & Quadrant Housing Trust, Ltd, Ayerst Court 162 Beaumont Road London (020) 8988 1744	Loughton Self Drive, Ltd, Debden Stn Chigwell La Loughton (020) 8508 0888	M B M Supermarket, 5 Redbridge La East Ilford (020) 8550 7910
	Loughton Town Council, 1 Buckingham Ct Loughton (020) 8508 4200	M & Carpet & Furniture, Crpt Shop, 237 Hoe St E17 (020) 8520 4100
	Loughton Training Centre For The Mentally Handicapped, 26 Heathfield London (020) 8524 0431	M Cook & Son Roofing Contractors, Ltd, 26 Heathfield London (020) 8524 0431

M D Motors (Walthamstow), Motor Repairs, 55 Hoe Street E17.....	(020) 8521 8460	Made In Portugal Delicatessen, Ltd, 171 Shernhall Street E17.....	(020) 8503 7970	MAN Financial Services, 2A Vaughan Gdns Ilford.....	(020) 8518 3484
M G A Ceramic Wholesale Distributor, 188 Chingford Mt Rd E4.....	(020) 8524 1326	Madina Foods, 793 Romford Road, Manor Park London.....	(020) 8514 8999	Man Foods, Ltd, Food Whslrs, Dorma Trdg Pk Staffa Rd E10.....	(020) 8556 1574
M.Gajendran, Financial Servs, 1 Stradbroke Gro Ilford.....	(020) 8550 2000	Or.....	(020) 8514 7779	Or.....	(020) 8558 6203
M.G Asbury Flooring Centre, Co Ltd, 188/192 Chingford Mount Road London.....	(020) 8524 0924	Madisons, Est Agt, 36A St. James's St E17.....	(020) 8509 0088	Man Foods, Ltd, Unit 3 Dorma Trading Park Staffa Road E10.....	(020) 8988 0932
M & G Construction, Ltd, Gilbert Ho Stanley Rd Ilford.....	(020) 8478 2725	Maedah Grill, 49 Hainault Rd E11.....	(020) 8539 7974	Man Foods, Ltd, Whsle Food Supplier, Unit 5 Dorma Trading Park Staffa Road E10.....	(020) 8558 2078
M G Hair & Body Treatments, Ayurvedik Treatment, 34-36 Cameron Road Ilford.....	(020) 8599 0909	Maendry Dental Practice, 147 Flat 6 Queens Road Buckhurst Hill.....	(020) 8504 5700	Man Foods, Man Foods Ltd, Ltd, Dorma Trdg Pk Staffa Rd E10.....	(020) 8539 6138
M G Products, Ltd, 137 Beehive La Ilford.....	(020) 8551 5565	MAESTRO LITE, Ltd, 5 Argall Av E10.....	(020) 8539 0237	Mandarin Palace, Chinese Rstnt, 559 Cranbrook Rd Ilford.....	(020) 8550 7661
M & H Retail, Ltd, 680 Chigwell Road Woodford Green.....	(020) 3337 9070	Magdal, Ltd, 624 High Road Leytonstone London.....	(020) 3952 2218	Or.....	(020) 8550 4882
M.J Stapleton, & Son Ltd, Unit 35 Forest Business Park South Access Road E17.....	(020) 8521 9209	Maghreb Food Store, 222 Hoe St E17.....	(020) 8520 8981	Mandora Leathercraft, FAX.....	(020) 8498 4801
M K Associates, Ltd, FAX.....	(020) 8418 3550	Magic Brick Properties, 116 High St Barkingside.....	(020) 8550 0088	Manforce Security, Ltd, 394 Ilford Lane Ilford.....	(020) 8911 8385
M K Carpets & Furniture, 192 Ilford La Ilford.....	(020) 8514 0442	Magic Lamp Entertainments & Events, 132 Fooks Cray La Sidcup.....	(0845) 6032817	Manford Barbers, 366 Manford Way Chigwell.....	(020) 3774 4679
M & K Cleaning Services, Cleaning and Maintenance, 130 Church HI Loughton.....	(020) 8502 1162	Magic Mouse Design Llp, Knight House Lenthall Road Loughton.....	(020) 8532 1000	Manford Motors, 300-02 Chigwell Road Woodford Green.....	(020) 8504 3182
M & M Accountants, 528 Forest Road Walthamstow.....	(020) 8509 9708	Magic Roundabout Nursery, Ltd, Wadham Rd FAX.....	(020) 8523 5557	Manford Way Supermarket, 360 Manford Way Chigwell.....	(020) 8500 7921
M.mile Studios, Ltd, 15 Clifford Road Walthamstow London.....	(020) 8531 8362	161 Wadham Road E17.....	(020) 8523 5551	Mangos Restaurant & Banqueting, Ltd, 717-719 High Road Ilford.....	(020) 8599 6948
M N S Motors, M N S Motors 710 Eastern Avenue Ilford.....	(020) 8518 3399	Magical Media, Ltd, Multimedia Services, 322 Green Lane Ilford, Essex.....	(020) 3051 4969	Manhattan Nights, Ltd, The Seedbed Centre Langston Rd Loughton.....	(020) 8501 2469
M P Builders, 9 Woodstock Gardens Ilford.....	(020) 8215 3148	Mahalingam Stores, 174 Billet Road E17.....	(020) 8527 4717	Manor, Fish & Chip Shop, 153 Manor Road Chigwell.....	(020) 8501 3345
M.Ps, See under Members Of Parliament		Mahj, Ltd, 27 High Street E17.....	(020) 8520 4105	Manor Aquatics, 653 Romford Road E12.....	(020) 8478 4478
M. R Solicitors, Montrose Ho 412-16 Eastern Av Ilford.....	(020) 8518 1956	Mahmood, A, 196 Francis Rd E10.....	(020) 8556 8699	Manor Bangla Kitchen, Ltd, 596 Romford Road London.....	(01708) 898240
M R Solicitors Llp, 140 High Road London.....	(020) 8091 9514	Mahmood, A, 732 High Road Leyton Leyton E10, London.....	(020) 8556 8397	Manor Beauty, 163 Manor Rd Chigwell.....	(020) 8500 8070
M R T Trade, Ltd, 445 High Street North London.....	(01708) 985960	Maibel's, Ltd, 179 Manor Road Chigwell.....	(020) 3971 1614	Manor Car Services, Mini Cabs, 420 High St Nth E12.....	(020) 8503 4444
M S, & Co, Acctnts, 7 Amwell View New North Road Ilford.....	(020) 8501 5122	Maidenway, Ltd, 175A Hoe St E17.....	(020) 8520 8638	Manor Deli, 716 Chigwell Rd Woodford Gn.....	(020) 8505 0634
M.T.B Computers, 1 Old Church Road London.....	(0870) 1164162	Mainline Hire, 271 High Rd Woodford Gn.....	(020) 8559 7333	Manor Glazing, Ltd, 863 Romford Rd E12.....	(020) 8514 0066
M T C Learning, 638 High Road Leytonstone E11.....	(020) 8556 3775	Mainstream Car Services, Ltd, 139 High Rd Loughton.....	(020) 8508 7777	Manor House, The, Pub, 129 High St Wanstead E11.....	(020) 8530 1442
M.T Grounds Maintenance, Ltd, 14 College Gdns E4.....	(020) 8524 8734	Maintenance Office, Ltd, 35 Dover Road London.....	(020) 4541 7092	Or.....	(020) 8530 2998
Ma Zero Shop, Ltd, Convenience Store, 619 High Rd Leyton E10.....	(020) 8539 1451	Maison Fraise Patisserie, 50 High Street Barkingside Ilford.....	(020) 8551 3726	Manor Lodge Court, 1- Residential Manageress Manor Court Lodge 175 High Road E18.....	(020) 8505 8352
Maace, Ltd, 6 Brook Parade High Road Chigwell.....	(020) 8501 0279	Maison Residential, Ltd, 22 Courtland Avenue London.....	(020) 8559 3377	Manor Lounge London Limited, 544 High Street North London.....	(020) 3715 4028
Maala Dining, Events, 300-10 High Road Ilford.....	(020) 8911 0500	Maitlands Limited, Maitlands 50 Church Hill Loughton.....	(020) 8502 0625	Manor Park Autos, Mtr Vncls Repair, 432b High St Nth E12.....	(020) 8552 5696
Maan Plumbing & Diy, 314 High Rd Leyton E10.....	(020) 8558 4855	Majestic Solicitors, Ltd, 97A Ilford La Ilford.....	(020) 8478 4492	Manor Park Bespoke Mortgages, Mortgages, High Street North Manor Park, London.....	(0845) 6676966
"MAC", m', Mc & Mac are to be treated as "Mac" & the next letter in the name determines position of the entry. Similarly , with names such as "Mace" & "Mack" the fourth letter determines t heir position.		FAX.....	(020) 8514 5476	Manor Park Christian Centre, High Street North London.....	(020) 8470 9930
Mac Joe Catering And Decoration Services Ltd, 627 High Road Leytonstone London.....	(020) 3632 3349	Majestic Wine Warehouses, Ltd, Branches Wanstead 60 High St E11.....	(020) 8530 5710	Manor Park Community Association, 524 London.....	(020) 8514 0903
McCarthy & Stone, (Developments) Ltd, Sales Office, Sovereign Pl 2 St. Johns Rd Loughton.....	(020) 8502 3640	Majid, Sons Ltd, 207 Ilford La Ilford.....	(020) 8478 1880	Manor Park Emergency Drain Cleaners, Drain Cleaners, High Street North Manor Park, London.....	(0845) 6605059
Or.....	(020) 8502 3648	Majoo Pizza & Grill, Ltd, 288 Ilford Lane Ilford.....	(020) 3325 4197	Manor Park Emergency Plumbers, Plumbers, High Street North Manor Park, London.....	(0845) 6604282
Or.....	(020) 8502 3655	Major Bite, Takeaway, 173 Ilford Lane Ilford.....	(020) 8478 5557	Manor Park Mini Market, Ltd, 631 Romford Road E12.....	(020) 8553 1627
Or.....	(020) 8502 3664	Major Bite, 705 High Road Ilford.....	(020) 3092 4999	Manor Park Removals, Removals & Storage - Domestic, High Street North Manor Park, London.....	(0845) 6600590
McDonald's Restaurants, Ltd, Restaurants Barkingside 21 High St.....	(020) 8551 2016	Majors Builder's Merchants, (Ilford) Ltd, 385/87 High Road Ilford.....	(020) 8911 7000	Manor Park Rubbish Clearance, Waste Disposal Services, High Street North Manor Park, London.....	(0845) 6690667
Chingford 51 Sewardstone Rd E4.....	(020) 8523 8140	Majors Builders Merchants, Ltd, 385-387 High Road Ilford.....	(020) 8924 1122	Manor Road, (Chigwell) Mngmt Ltd, Park Grange 151 Manor Road Chigwell.....	(020) 8500 8478
Ilford The Greengate Eastern Avenue.....	(020) 8554 2144	Malayalee Association Of The, U K, Charity, 671 Romford Road Manor Park London.....	(020) 8553 4667	Manors Sales & Lettings, Ground Floor 253 Cranbrook Road Ilford.....	(020) 8554 8700
Leytonstone 865 High Rd E11.....	(020) 8530 7796	Malborough Road Service Station, 63 Monkams Drive Woodford Green.....	(020) 8504 7280	Manpower Direct, (UK) Ltd, Charter Ho 450 High Rd Ilford.....	(020) 8514 7299
McGowan Carr, Ltd, Independent Financial Advisers, PO Box 50910 London E4.....	(0870) 8508012	Malhotra, G, 51 Redbridge Lane East Ilford.....	(020) 8551 3550	Charter Ho High Rd Ilford.....	(020) 8514 2444
McGrath, Ltd Bros, 43 Horsley Road E4.....	(020) 8529 5578	Malik, M.H, 53 Market Pavilion New Spitalfields Market Sherrin Road E10.....	(020) 8558 3721	Or.....	(020) 8911 0933
Macgreggors Chemist, Chemst, 21 Priory Court E17.....	(020) 8527 2020	Malindi Care Services, Ltd, 15f Floor Balfour House 390-392 High Road Ilford.....	(020) 8514 3450	Mansat Double Glazing & Home Improvement, 51 Queens Rd E17.....	(020) 8520 1233
McGregor, R, 77 Roebeck La Buckhurst HI.....	(020) 8502 9357	Mallard Jewellers, 42 Cranbrook Road Ilford.....	(020) 8553 1561	Mansat Windows, Glazing, Ltd, 51 Queens Road E17.....	(020) 8509 3875
Machine Mart, Ltd, 503 Lea Bridge Road E10.....	(020) 8558 8284	Mallard Pawnbrokers, 90 High Road Ilford.....	(020) 3638 4711	Manzoor Store London, Convenience Store, 259 Hoe Street E17.....	(020) 8521 9540
Machine Mart, Ltd, 746 Eastern Av Ilford.....	(020) 8518 4286	Mallards Wood Group, Ltd, 157-159 St. Barnabas Road Woodford Green.....	(020) 8498 9739	Manzoor Stores, 259 Hoe Street London.....	(020) 8521 1028
McKinley Residential, 127 High Rd Loughton.....	(020) 3771 8316	Malmin Orthodontic Group, Ltd, 16 Woodstock Gardens Ilford.....	(020) 3904 7466	Maple Windows & Doors, Ltd, Unit 2 Eastgate Business Park Argall Way London.....	(020) 8556 8637
McLarty, & Co, 38 Hatherley Mews E17.....	(020) 8223 9890	Mama Mia Pizzeria, 92 Station Rd E4.....	(020) 8524 1333	Marc Stewart, Hair Design, 196 Longwood Gdns Clayhall.....	(020) 8550 1221
Macleish Littlestone & Cowan, 269 Ilford La Ilford.....	(020) 8514 3000	Mamachari, Ltd, 163 Forest Road E17.....	(020) 8531 2585	Marcline, Ltd, Menswr Whslrs, 48 Levett Gdns Ilford.....	(020) 8361 8107
McRae's Property Services, Ltd, 18 The Avenue Chingford London.....	(020) 8503 3336	Mammoth, Pub, Unit 1 The Hitchcock Business Centre Station Approach High Road Leytonstone E11.....	(020) 8988 1931	Marcovitch, 4 Mellish Gardens Woodford Green.....	(020) 8505 1749
				Marcus Donn, Sterling Ho Langston Rd Loughton.....	(020) 8502 1725
				Margaret Brown, Margaret Brown, Bsns, 9 Fernside Buckhurst Hill.....	(020) 8559 1116
				Margarets Florist, 585 Cranbrook Road Ilford.....	(020) 8550 7030
				Margarito Interiors, Ltd,	

6 Church HI E17	(020) 8521 1866	Matwala Vyas Solicitors, Llp, 3 Electric Pde, Seven Kings Ilford	(020) 8597 5097	Meenta Bazaar, 341 High St Nth E12.....	(020) 8472 2595
Margem, Ltd, 37 Roebuck Rd, Hainault Bsns Pk Ilford	(020) 8501 2266	Mavida Enterprise, Ltd, 552 Limes Avenue Chigwell	(020) 8559 9100	Meera Sweets, Indian Takeaway, 122 Woodlands Rd Ilford	(020) 8478 0701
Marheineke Stuart M, 6 Wallers Close Woodford Green	(020) 8505 5934	Mavida Enterprises, 552 Limes Avenue Chigwell	(020) 8501 6680	Or	(020) 8553 2014
Marian Mission Educational & Family Support Centre, 1 Colchester Road E10	(020) 8518 7499	Mawaha, Ltd, 80 Northbank Road London	(020) 3093 1761	MEGA MEDIA PRINTING, LTD, 10 High Street Barkingside.....	(020) 3302 6160
Marijak, Pharmacy, 822 High Road Leyton E10	(020) 8539 4751	Mawson, Sarah, 20 Addison Road Ilford	(020) 3802 5867	Megasun International, 52 Old Church Road E4.....	(020) 8524 2214
Mark Taylor Chartered Surveyors, First Floor Enterprise House 10 Church Hill Loughton.....	(020) 8508 7008	Maxcroft Securities, Ltd, 632 Eastern Av Ilford	(020) 8518 1828	Megasun International, Ltd, 52 Old Church Road E4.....	(020) 8524 4488
Mark Wittey Cars, Car Sales, 2 Kings Road E4	(020) 8524 2611	Maxim Barbers, 13 Queens Road Buckhurst Hill	(020) 8504 8584	Megatan Lounge Limited, 28 Barrington Green Loughton.....	(020) 8220 9814
Marketing Specialists, UK Ltd, 500 High Rd Woodford Gn.....	(020) 8506 0644	Maxim Immigration Advisory Services, Ltd, 5 Blackhorse La E17.....	(020) 8531 6888	Mehak Asian & Chinese Food, Takeaway, 786 High Road Ilford.....	(020) 8599 7863
Markfield Funeral Directors, 73 The Broadway Loughton	(020) 8508 7127	Maxim Solicitors, Unit 4 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue	(020) 8551 2867	Mehak Tailors, Tlrs, 49 Queens Rd E17	(020) 8520 2823
MARKS & SPENCER, PLC, Branches Ilford		Maxwell Pinborough Ltd, 13 Argall Avenue London.....	(020) 8525 5522	Mehta, Chartered Accountants, 50 De Vere Gardens Ilford.....	(020) 8554 6511
Main Store 135 High Rd Ilford	(020) 8514 3474	May of London, (Gunmakers), 21 Cherry Tree Rse Buckhurst HI	(020) 8504 5946	Mehta, & Co, 50 De Vere Gardens Ilford FAX.....	(020) 8518 6511
Main Store 135 High Rd Ilford FAX	(020) 8553 2199	FAX	(020) 8505 6664	Melia Professional Locksmith Serv, Locksmith, Bluehouse Rd London	(0845) 1283718
Loughton		Mayespark Primary School, Goodmayes La Ilford	(020) 8599 2263	Mellows, Care Home, 38 Station Rd Loughton.....	(020) 8508 6017
Loughton Simply Food 161-163 High St Loughton FAX... (020) 8508 3259		Mayfair Drivers, Ltd, 35 Mayfair Av Ilford.....	(0845) 2695964	Mellows Rest Home, Residential Care Home, The Mellows Nursing Home 38 Station Road Loughton	(020) 8508 4649
Loughton Simply Food 161 High St Loughton	(020) 8508 6723	Mayfair Stationers, 80 High St Ilford	(020) 8550 4995	Melo Services, Ltd, 47 Rowden Road London.....	(020) 8616 8673
South Woodford 174 George La E18.....	(020) 8532 9771	Mayflower Travel, 2 Roebuck Road Ilford.....	(020) 8500 0000	Members of Parliament, Creasy Stella (Walthamstow Constituency) Walthamstow Constituency	
Marla, 163 Queens Road Buckhurst Hill	(020) 3601 5548	Maylone, Ltd, 730 Romford Rd E12	(020) 8478 6368	Office 23 Orford Rd E17	(020) 8521 1223
Marla, 163 Queens Road Buckhurst Hill	(020) 3645 4343	Maylone, Ltd, Est Agent, 730 Romford Rd E12	(020) 8478 6060	Duncan Smith Iain (Chingford & Woodford Green Constituency) Chingford & Woodford Green Constituency	
Marlborough Homes, Inc Ltd, Mngmt Agent, Unit 9, 96 George La E18.....	(020) 8989 8796	Mayon, H, 10 Harts Grove Woodford Green	(020) 8506 1846	Office 105 C Station Rd E4	(020) 8524 4344
Marrakech Delight, Marrakech Delight, 13 Church Lane London	(020) 8539 8180	Mayors Chemist, Chemst, 115 Snakes La Woodford Gn.....	(020) 8505 4259	Laing Eleanor (Epping Forest Constituency) House of Commons, Westminster SW1 Epping Forest Constituency	
Marshalls Motor Repairs, Mr, Mtr Rprs, Pathways 353 Eastern Avenue Ilford.....	(020) 8551 4535	Mays Salon, 46 Capworth Street London	(020) 8558 5914	Epping Forest Conservative Assoc Thatcher Ho Meadow Rd Loughton (020) 8508 6608	
Marshfield Service Station, Sewardstone Road Chingford	(020) 8529 9886	Maytime Montessori Nursery, 341 Cranbrook Road Ilford.....	(020) 8554 3079	Streeting Wes (Ilford North Constituency) House of Commons, Westminster SW1	
Martin Castle, Ltd, Unit 4 Leyton Indust Village Ar Gall Av E10	(020) 8558 5688	Maytime Montessori Nursery School, 2 Eastwood Road Ilford	(020) 8599 3744	Direct Line	(020) 7219 6132
Martin & Co Wanstead, Summit Ho High St Wanstead E11	(020) 8518 8099	Mayville Primary School, Lincoln Street E11.....	(020) 8556 5599	Ilford North Constituency Office 12A High View Parade, Woodford Avenue Ilford .	(020) 3475 7901
Martin, G, 8 Rigg Approach E10	(020) 3022 3080	Maz, & Co, Chrtd Acntnts, 63 Beehive La Ilford.....	(020) 8554 2020	Memo Cash & Carry, Ltd, 3 Argall Avenue E10	(020) 8539 9406
Martin Lock & Safe, Locksmiths, 77 High Rd E18	(020) 8989 2955	Maz Foods, Ltd, 492 Hoe Street E17	(020) 8558 3522	Memo South Woodford, Ltd, 146 George Lane E18.....	(020) 3022 1037
FAX	(020) 8989 7771	MBA Cars, Ltd, 177 Wood St E17	(020) 8520 5544	Memo Walthamstow, Ltd, 15-17 High Street E17	(020) 8509 9557
Martini Cars, Ltd, Taxi Oprtn, 646A Chigwell Rd Woodford Gn.....	(020) 8505 7000	Or	(020) 8520 9090	Memory Lane, 48 Studley Avenue London.....	(020) 8531 7913
Martini Radio Cars, 646A Chigwell Rd Woodford Bdge	(020) 8505 6677	Mbn Food & Wine, Food & Wine, 166 Stainforth Rd Ilford.....	(020) 8599 3659	Menaway, Ltd, 62A Felbrigge Rd Ilford.....	(020) 8599 9176
646A Chigwell Rd Woodford Gn.....	(020) 8505 4828	"Mc", Names with a prefix Mc are sorted with those beginning Mac		Mentor International Management Consultants, 241 Waltham Way London	(020) 8524 5379
Marwa, 4 Station Road London	(020) 8478 3589	MCS Systems, 45 Preston Rd E11	(020) 8530 7803	Meraj, Ltd, Leyton	
Masala, Avenue Ph Eastern Av Ilford	(020) 8599 5479	Md Ilias, 824 Romford Road Manor Park London	(020) 3719 3915	471 High Rd Leyton E10	(020) 8539 3432
Masala 910, Aldbrough Road South Ilford	(020) 8599 5991	Mead, L.J, & Son, Hdwre,Home,Gdn, 19 Brook Parade High Road Chigwell.....	(020) 8500 3612	Or	(020) 8539 2702
Masjid E Umer, 79 Queens Road E17	(020) 8520 2658	Meade, W.J, Est Agts, Broadway		Mercedes Parts Centre, FAX Unit 12 Chingford Industrial Centre Hall Lane	(020) 8524 9933
Maslen Motors, 876 Lea Bridge Road E17	(020) 8539 0033	2 Broadway Pde The Broadway Chingford	(020) 8531 5454	Mercedes Parts Centre, The, Chingford Industrial Centre Unit 12 Hall Lane London	(020) 8524 9922
Mason Plumbing & Heating, 1a Chingford Mount Road Chingford.....	(020) 8523 3994	FAX	(020) 8531 4404	Mercedes-Benz Loughton, Langston Rd Loughton	(020) 8418 7700
Masonic Lodge, 16 High Beech Road Loughton	(020) 8508 1452	Meads Electrics, Ltd, Elec Contrs, 1-4 Chester Rd E11	(020) 8530 6827	Mercury Investigations Services, Private Detective, Farley House High Road South Woodford, London.....	(0843) 5050094
Masons Minicar Service, Station App Snakes La Woodford Green	(020) 8505 1685	Or	(020) 8530 6829	Meridian Express, 8 Station Approach Station Road E4	(020) 8524 7247
Massis Kitchen, 106 Gordon Road Ilford	(020) 8514 7894	Meads Lane Supermarket, 59 Meads Lane Ilford	(020) 8590 5888	Merit Accountancy, Ltd, Accountants, 298 Aberdour Road Goodmayee	(020) 3051 4971
Masszab, Ltd, 300/10 High Road Ilford.....	(020) 8514 4400	Meadway Properties, 35 Boundary Road Walthamstow London	(020) 8509 9964	Merlin Carpets, 30 The Broadway Loughton.....	(020) 8508 7004
Mastcraft, Ltd, Forest House 16-20 Clements Road Ilford	(020) 8478 4379	Meats Bazar, Ltd, 146 High Street E17	(020) 8521 4013	Merrgold, Ltd (Geminex), 30 Oak HI Woodford Gn.....	(020) 8787 9988
Master Auto Glass, Unit 2-3 C & S Works Hookers Road E17.....	(020) 8531 9219	MECS Medical, 137 George Lane London.....	(0845) 3016955	Mersfield Station, Marshfield Filling Station Sewardstone Road E4.....	(020) 8529 2236
Master Brain Academy, Ltd, 326 Cardinal Heenan Centre High Road Ilford.....	(020) 8551 6761	Medco Pharmacy, Radiant Ho 28 Fowler Rd, Hainault Business Pk Ilford	(020) 8500 1238	Met Developments, Construction, 491 Lea Bridge Road London	(020) 7998 1313
Master Tech, 157 Wadhams Rd E17.....	(020) 8503 3052	Medequip Assistive Technology, Ltd (Woodford), Unit 2 The Orbital Cntr Southend Rd Woodford Gn	(020) 8709 7050	Metallico, Ltd, Unit 8 Roxwell Trading Pk Argall Av E10.....	(020) 8539 1717
Mastercargo International, Ltd, Frght Fwrdrs, Crown Bldgs The Green E4	(020) 8523 7772	Media Electrics, Ltd, 95 Oak Hill Woodford Green	(020) 8523 0303	METHODIST CHURCHES, Winchester Road E4	(020) 8531 8663
FAX	(020) 8523 7774	Media Natives London, Ltd, Unit 5 13A Newbury Road E4	(020) 8531 4533	Loughton	
Mat Partnership,The, 342 Hoe St E17	(020) 8520 2223	Media Ten, Ltd, Crown Ho High Rd Loughton	(020) 3225 5200	260 High Rd Loughton.....	(020) 8502 3071
Matalan, plc, Leytonstone		Medicos Pharmacy, 399 Hoe Street E17.....	(020) 8521 5471	Metro Express, Convenience Store, 26 Hoe St E17.....	(020) 8520 6074
829-837 High Rd E11.....	(020) 8988 8630	Medina Impex, Ltd, Unit 2A Market Pavillion 1 London	(020) 3161 0130	Or	(020) 8521 2434
Match Day Centres, Ltd, Sport, Wadhams Lodge Sports Ground Brookscroft Rd E17	(020) 8531 7877	Mediscan Healthcare, Ltd, 3 Forest Road Loughton	(020) 8502 1002	Or	(020) 8521 4901
Or	(020) 8531 7991	Medway Cafeteria, Ltd, 3 Worcester Gardens Ilford.....	(020) 8554 2136	Or	(020) 8521 5329
Match Day Centres, Ltd, Wadhams Lodge Sports Ground Brookscroft Road E17 ...	(020) 3225 1005			Metro Express, Hoe Street London	(020) 8520 9680
Matchbench, Ltd, Whsle Paint/Wlppr, 262 Church Road E10	(020) 8539 6297			Metro Super Saver, Ltd, Trade,	
Matthews The Printers, Ltd, Corktree Wy Hall La E4.....	(020) 8498 5200				
FAX	(020) 8523 9988				

785 Chigwell Road Woodford Green	(020) 8504 7834	Iford.....	(020) 8500 4385	26 Woodford Avenue GANTS HILL Essex Iford	(020) 8503 9900
Metropolitan Housing Trust, Ltd, Reception Of Flats Beaumont Rd E10.....	(020) 8558 2366	Minosla, Ltd, 3a Farnilo Road London	(020) 8090 1697	Monster Burger, 34 Cranbrook Road Iford.....	(020) 3091 7644
Staton Court 8 Beaumont Road E10	(020) 8558 3321	Minuteman Press, 243 Cranbrook Road Iford	(020) 8554 3337	Or	(020) 3091 7645
Reception Of Flats Beaumont Road E10.....	(020) 8558 2531	Minuteman Press, Wholesale Retail, 311 Hoe Street E17	(020) 8520 4488	Montalt Management, 76 Wood St E17	(020) 8223 9820
Reception Of Flats Campion Rd E10.....	(020) 8558 4516	MIR Produce, Ltd, 31 Market Pavilion New Spitalfields Market Sherrin Road E10	(020) 8539 4044	Montalt Management, Unit 1 Curlew House Trinity Park Trinity Way E4.....	(020) 8527 5748
Block 7 Door Entry Panel New Flats Hopkins Rd E10	(020) 8558 2548	Mirage Events, UK Ltd, Gateway Bsns Cntr 210 Church Rd E10.....	(020) 3022 3025	Montessori Pre School, Beechoak Farm Church Road High Beech.....	(020) 8502 0006
Metwin, Ltd, Mtl Windows, Chingford 104 Chingford Mount Rd E4	(020) 8523 2081	Mirage, Genay, 740 Eastern Av Iford	(020) 8518 6620	Montgomery Fruit & Veg, Ltd, Stand 46 Market Pavilion New Spitalfields Market Sherrin Road E10.....	(020) 8558 4930
Or	(020) 8527 3560	Mirza, & Co, 216 Hoe St E17	(020) 8520 4416	Stand 46 Market Pavilion New Spitalfields Mkt, Sherrin Rd E10.....	(020) 8558 4545
Or	(020) 8527 6264	Misha Trading, Ltd, 614e Green Lane Iford	(020) 8590 5999	Moon Light Supermarket, Off License, 10 St. James's Street E17	(020) 8521 2121
FAX	(020) 8531 8313	Mission Grove Primary School, 108 Edinburgh Rd E17	(020) 8509 9340	Moonlight Cafe, 143 Wood St E17	(020) 8503 7200
Mews Productions, Suite 201 Hiltongrove Business Centre 12-15 Hatherley Mews Walthamstow	(020) 8520 3949	Mission Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith, Byron Av London	(0845) 1647392	Moonlight Linen Services Limited, 54 Little Iford Lane E12.....	(020) 8911 8089
Mews Productions, The Hiltongrove Bsns Cntr, 12-15 Hatherley Mws London	(0843) 5154801	MITCHELL A.V.A & CO, 39 Forest App Woodford Gn.....	(020) 8504 7766	Mooro's, Woolston Hall Abridge Road Chigwell	(020) 8559 8714
Mexstone Limited, 514 Lea Bridge Road E10	(020) 8539 1667	Mitchell Pitts Vending Limited, Lauradan House, 281-285 Wood Street London	(020) 8509 1636	Mora Restaurant, Whsle Ret, 487 High Road Leytonstone E11.....	(020) 8539 1731
Mezban Bangladeshi Restaurant, 576 Cranbrook Road Iford	(020) 3685 1879	Mitre Construction, Co Ltd, 387 Hale End Rd Woodford Green	(020) 8527 7270	Moral Cafe, 313 High Road Iford	(020) 8553 0055
Or	(020) 3685 1880	Mizrahi, Dr, Orthodontist, 128 Woodford Avenue Iford.....	(020) 8551 9336	More Italy Ltd, 33 High Street Wanstead London	(020) 3592 0634
Mezze, 24 The Broadway Woodford Green	(020) 8504 4034	Mjr Printers, Mjr Printers Ltd, Ltd, 282 Chingford Rd E17.....	(020) 8527 1830	Or	(020) 8616 1360
Mezze Ocakbasi, 1-2 Johnston Road Woodford Green	(020) 8505 4312	mkfashion.co.uk, Clothes Shop - Ladies, Units 22 & 23, Lower Level The Exchange High Rd Iford	(0871) 6631053	Morgan Lane Solicitors, SUITE 4 ROOMS 1 AND 4 EXCELSIOR HOUSE 3-5 Balfour Road Iford.....	(020) 8514 2983
M&g RPF GP, Ltd, Orchestra House 20 Iford Hill Iford.....	(020) 8553 5828	mkfashion.co.uk, Clothes Shop - Ladies, 33 Selbourne Walk Walthamstow	(0871) 6631193	Morgan Randall, Ltd, 149 High St Wanstead	(020) 8989 7566
MGA Plasterers, Ltd, 54 Westward Rd E4.....	(020) 8531 5855	Mmk & Associates, Acctcy, 388 Lea Bdge Rd E10.....	(020) 8558 6007	Morgan Thomas Construction, Ltd, Unit 14 17 Argall Avenue E10	(020) 7739 2288
MGM Investigations, Private Investigator, 3 High Street Wanstead Leytonstone	(0843) 5121933	Moben Kitchens, Ltd, Branches Iford 63 Cranbrook Rd Iford.....	(020) 8514 7597	Morleys, 12 Hoe Street E17.....	(020) 8509 9884
MGS Transport, 26 Cheyne Avenue E18	(020) 8989 8060	Kings Rd 4 Kings Rd E4	(020) 8529 2521	Morleys Coffee, Cafe, 19 Grays Corner Ley St Iford	(020) 8554 5147
Mhf Metal Works, Unit 1 14A Burwell Road London	(020) 8558 3271	Mobien Restaurant & Takeaway, Ltd, 725 High Road Leyton E10.....	(020) 8518 7727	Morrant Group Of Companies, Unit 5 Station Estate Eastwood Close E18	(020) 8530 5307
Miben Financial Consultancy, 16a Station Rd E4	(020) 8524 9001	Mobile Doctors Group, PLC, Provider of Medical Evidence, 4 Bourne Court Southend Road Woodford Green.....	(0844) 8488800	Morris & Laken Signs, Ltd, Unit 14 Ravenswood Indust Est, Shernall St E17	(020) 8521 1910
Michael Angelo, Hair Fashes, 32 Hatch Lane E4	(020) 8529 3616	Mobile Doctors, Ltd, Bourne Court Unity Trading Estate Woodford Green	(020) 8551 8360	Morris, Michael, Dent Surg, 108 Wood St E17	(020) 8520 4080
Michl, Wong, Dent Surg, 123 Hoe St E17	(020) 8520 4151	FAX	(020) 8551 8576	Morrison, H, Regency House Kings Place Buckhurst Hill	(020) 8504 9901
Midas Chauffeurs, 63 Wanstead Lane Iford.....	(020) 8518 5040	Mobile Glass Replacement, 89 Chequers Road Loughton	(020) 8502 4100	Morrison, W M, Supermarkets Plc, Supermarkets Chingford 1 Salisbury Hall Gdns E4	(020) 8531 3631
Midland Supermarket, 644 High Rd Leyton E10.....	(020) 8558 4089	Mobile Optical Services, Ltd, 583 Cranbrook Rd Iford.....	(020) 8551 7512	Mortgages 4U Direct, 73B Palmerston Road E17	(020) 8520 1222
Midland Veterinary Surgery, (Surgery - 24 Hrs) 655 High Rd Leyton E10	(020) 8539 3538	Mobile Pc-Fix, 23 Norton Road Leyton.....	(0843) 5154705	73b Palmerston Road London	(020) 3904 7237
Midnight, 56 Old Church Road London.....	(020) 3509 2746	Mobile & PC Solutions, 286 High Road Leyton London	(020) 3457 6221	Mosaic Cafe, Cafe, 4 Goldings Hill Loughton	(020) 8508 1331
Mieszko Foodcity, (Watford) Ltd, 414-16 High Street North E12.....	(020) 8552 6225	Mobileyas, 474 Cranbrook Road Iford	(020) 8554 7959	Moss Bros, Iford 175 High Road Iford, Essex.....	(0844) 8479314
Mighty Pound, U K Ltd, 175 High Road Iford	(020) 4531 3184	Mode Beauty Therapy, Ltd, Caxton House Old Station Road Loughton	(020) 8508 4295	Moss, F.E, Glaz,Bldrs Mrcnt, 678 Green Lane Iford	(020) 8590 5180
Migrant Training, Harrow Gn Lib Cathall Rd E11	(020) 8558 9270	Model Platform, Ltd, 222 Grove Green Road London.....	(020) 3982 8667	Mossford Construction, Co Ltd, 110 High Rd Loughton.....	(020) 8508 6060
Mike Harrison Trading, Ltd, 37a Hainault Rd E11.....	(020) 8988 1901	Mody, H.S, Dental Surgeon, Dental Surgery 274 Cranbrook Road Iford.....	(020) 8554 9865	Mossford Table Tennis Club, Bury Soc Clb Aldborough Rd Sth Iford	(020) 8597 9689
Mike Nudd, Conslt, 65a Princes Road Buckhurst Hill.....	(020) 8504 6468	Mohamed Ayub, 284 High Road Leyton London	(020) 8306 7482	Motha, Gowri, 34 Cleveland Road South Woodford.....	(020) 8530 1146
Milano Couture, Unit 16 27 Selborne Walk E17.....	(020) 8521 4134	Mohammed, Dr, M.A.M, Greenman Medical Cntr 1 Hanbury Dv E11	(020) 8989 2606	Motha, Dr, J, 34 Cleveland Rd E18.....	(020) 8530 1146
Milano Pizza, 550 High Road Leytonstone London.....	(020) 4501 4376	Or	(020) 8989 2610	Mother Hubbards Walthamstow, Ltd, 256 Hoe Street E17.....	(020) 3337 0140
Milindu, Amifro Associates 40 Woodford Avenue Iford.....	(020) 8550 6969	Mohi Uddin, 668 Green Lane Iford	(020) 8597 7759	Moto Hack, Ltd, 656-666 Romford Road London	(020) 3417 3642
Milk 2, Ltd, 23A St. James's Street E17.....	(020) 8521 9185	Mohib Quality Meat Ltd, 405 Hoe Street London.....	(020) 8521 7119	Motor Masters Iford Services, Ltd, 560 High Road Iford	(020) 8220 4416
Mill Grove Christian Charitable Trust, 10 Crescent Road E18	(020) 8504 2702	Mohinder Bal, Ltd, 14 Eastwood Road Iford.....	(020) 8599 7034	Motor Spares, 746 Romford Rd E12.....	(020) 8553 5766
Millad, Est Agt, 806 Romford Rd E12	(020) 8514 3228	Molla, 90a Beehive Lane Iford	(020) 3874 7270	Motor Trade Recruitment, Holywell Ho Wellington Pass E11.....	(020) 8532 2831
Millbrook, (Chigwell) Management Co Ltd, 164 Manor Rd Chigwell	(020) 8501 2031	Momart, Ltd, Unit 11 Argall Wy E10	(020) 8532 8865	Motorwise Auto Solutions, Ltd, 633 Eastern Avenue Iford.....	(020) 8554 1223
Millbrook Interiors, 22 Stony Path Loughton.....	(020) 8502 0050	Or	(020) 8532 8876	Mount, Takeway, 230 Chingford Mount Road Chingford London	(020) 8523 8686
Millenium Cars, Mini Cab, 604 Lea Bdge Rd E10.....	(020) 8556 1111	Moneta Direct, Ltd, 13 Cranbrook Road Iford	(020) 8514 6671	Mount Cars, Car Dir, 12 Palmerston Road Walthamstow London	(020) 7018 2622
Millenium Cars, Taxi, 604 Lea Bdge Rd E10.....	(020) 8556 1717	Money Shop, Leyton 577 Lea Bdge Rd E10.....	(020) 8520 9600	Mount Dry Cleaners, Dry Clnrs, 29 Old Church Road Chingford London	(020) 8529 3398
Millennium Cars, 604 LEA BRIDGE ROAD LEYTON LONDON	(020) 8558 7171	Money Shop,The, 59 Cranbrook Rd Iford.....	(020) 8514 4777	Mouth Dental Care, 2 Fencepiece Road Iford.....	(020) 8500 7988
Millennium Cars, Taxi Firm, 604 Lea Bdge Rd E10.....	(020) 8988 1000	1 Hall La E4.....	(020) 8524 9904	Move Direct, 127 Hoe Street E17.....	(020) 8521 7221
Millways Motors, Millway Motors 400 Roding Lane South Woodford Green	(020) 8550 4666	96 High St Iford.....	(020) 8550 7772	MP Sahu & NN Dudda, Dr, 417 Iford Lane Iford	(020) 8491 9066
Mind Your Own Block, Ltd, 98 Elmhurst High Road South Woodford	(020) 3441 1931	172 High St Iford.....	(020) 8911 7276	MPs, See under Members Of Parliament	
Elmhurst High Road South Woodford	(020) 3441 3285	Monkhams Roast Inn, Carvery Rstnt Bars, Buckhurst Wy Buckhurst Hl.....	(020) 8504 4525	Mr Ahmad Bashir, Flat 15 Fred Wigg Tower Montague Road London.....	(020) 4501 2109
Mini Holland Coffee, 179 Francis Road London.....	(020) 3645 8769	Monoux Coffee House, Cafe, 214 Chingford Road E17	(020) 8923 9322	Mr Asim Ilyas, 556 High Rd Leytonstone E11.....	(020) 8556 9649
Mini & Metro Centre A1, 82 Vallentin Rd E17	(020) 8520 1666	Monoux Kebab, 220 Chingford Road E17	(020) 8527 5678		
Miniature Broadcast Cameras, Ltd, Unit 1, Acorn Cntr Roebuck Rd Hainault Busine Ss Pk		Monsieur, Ltd,			

Mr Aziz Sanu, Golden Lion Pub Newmans La Loughton	(020) 8508 1766	1B Redbridge La East Ilford	(020) 8550 0899	National Glazing Uk, Ltd, High Road Ilford	(020) 3759 6185
Mr Bryan Green, Loughton Lawn Tennis & Bowling Club Eleven Acre Rise Loughton.....	(020) 8508 3546	My Tasty Cafe, Ltd, Unit 47a Cromwell Industrial Estate Staffa Road E10.....	(020) 8988 0998	National Jazz Archive,The, Central Library Traps Hl Loughton	(020) 8502 4701
Mr Cameron Khalid, 12 Frimley Road Ilford.....	(020) 8590 7877	Myers Accountants, 383 Eastern Av Ilford FAX.....	(020) 8554 2005	National Slimming & Cosmetic Centre, 446 Cranbrook Road Ilford.....	(020) 8518 6020
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Mr. Gordan Goldie, 747 High Road Buckhurst Hill	(020) 8505 9819	Myzau, Diy Store, 115a High Street Walthamstow London.....	(020) 8001 0276	Leyton 589 Lea Bdge Rd	(0800) 5540636 (0845) 5860636
Mr Khaled Rahman, Unit 30 Walthamstow Business Centre Clifford Road E17.....	(020) 8527 0908	MZ Tech, Gadget Shop, Unit 76 The Exchange High Road Ilford	(020) 8514 3681	Loughton 106-108 High Road	(0800) 5540209 (0845) 5860209
Mr Lender, West Wing Sterling House Langston Road Loughton.....	(020) 8502 1288	N C S Plumbing & Heating Services, Ltd, 440 Larkshall Rd E4	(020) 8523 3103	South Woodford 123 George La	(0800) 5540633 (0845) 5860633
Mr Saghir Ahmed, 44 Wood St E17	(020) 8520 9317	N D General Trading, Mr, K.Sellathurai, Off Lic, 720a Eastern Avenue Ilford.....	(020) 8554 9064	Walthamstow 179/181 High Street	(0800) 5540240 (0845) 5860240
Mr. Shuaib Rasool, Stationary, 113 George Lane E18	(020) 8989 4866	N K S London, Ltd, 86 Nightingale Lane Leytonstone London	(020) 3337 2951	Wanstead 4 Clockhouse Pde	(0800) 5540634 (0845) 5860634
Mr William Aska, Flat 119 Glebelands 33 Church Road London.....	(020) 3784 6705	N R V Tax, Ltd, SUITES 12 AND 13 13-17 High Beech Road Loughton.....	(020) 3976 7426	Or visit us at www.nationwide.co.uk	
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MRP Associates, 4 Queens Mews Queens Rd Buckhurst Hill	(020) 8177 8352	N.T Mini Supermarket, Convice Store, 439 High Street North Manor Park London.....	(020) 8552 4933	Nationwide Commercials, Ltd, Nationwide Commercials Groun New Rd Ilford	(020) 8599 9994
MRT Estates, Ltd, 449 London.....	(020) 3887 7827	N.W Trading, 11-17 Fowler Rd Hainault	(020) 8500 0077	Nationwide Construction, UK Ltd, Warren Cottage Overton Drive E11.....	(020) 8989 3460
MS Action, Ltd, Unit 17 Waltham Parkway Billet Road London	(020) 8531 9216	N3a Ltd T/A Dp Pharmacy, 84 Albert Road Ilford	(020) 8514 6680	Nationwide Debt Consultants, Olympic House 28-42 Clements Rd Ilford	(0800) 1214733
Ms Britannia, Dining & Takeaway, 48 Station Rd E4	(020) 8523 8833	Nacro, 77 Wallwood Rd E11.....	(020) 8539 6855	Nationwide Solicitors, 183 Wood St E17	(020) 8509 1802
Msc Group, Part First Floor Left 201, Estate House High Road Chigwell	(020) 3648 6780	Nacro Housing in London, 67 Mornington Rd E11.....	(020) 8556 4009	Nattafood, Ltd, 56 Beresford Road London	(020) 7052 4693
MSL Investment, Ltd, 42 Old Church Road E4	(020) 8524 8035	Nadim Express, Ltd, 1a, 1 Redbridge Lane East Ilford	(020) 8988 9916	Naturally Dogs, Pet Nutrition, 21 High Street Wanstead E11.....	(020) 8989 6945
MSR Accounting & Tax Consultancy, Ltd, 329 Ley Street Ilford.....	(020) 8514 2678	Nagina Restaurant, Ltd, 2a Hickling Road Ilford	(020) 3876 1024	Natures Choice Health Food Store, 47 Church Lane E11	(020) 8539 4196
Muffin Break, Unit 2 Lower Level High Road Ilford.....	(020) 3689 1582	296 Ilford Lane Ilford	(020) 8478 2229	NatWest, Branches Barkingside Branch 133 High St	(03457) 888444
Mughal Consultants Ltd, 350 Ilford Lane Ilford.....	(020) 7018 9037	Nail Beauty Salon, 170 Hoe Street E17.....	(020) 8509 2578	Chingford Branch 88 Station Rd	(03457) 888444
Mugisha, W, Office 17, Church Lane Chambers 11-12 Church Lane London	(020) 8556 2738	Nail World, Nail Salon, 23 Clifford Road Walthamstow London.....	(020) 3302 4709	Ilford Branch 50 Ilford Hl	(03457) 888444
Mukhtar & Associates, Ltd, Flat 11 Bloomfield Court 2 Brisbane Road London	(020) 8539 0294	Nails, 90 Snakes Lane East Woodford Green	(020) 8505 6793	Leytonstone Branch 694 High Rd E11	(03457) 888444
Mulberry Day Nursery, Ltd, 70 Wood Street Walthamstow	(020) 8558 4639	Nails And Hair City, Ltd, 11 Snakes Lane Woodford Green.....	(020) 8504 3566	Loughton Branch 102 High St	(03457) 888444
Mulberry Interiors, 8 Church Hill Loughton.....	(020) 8508 1294	Nails & Cocktails, Nail Bar & Beauty Treatments, 2 Churchview Buildings Chingford	(020) 3903 0749	Seven Kings Branch 634 High Rd	(03457) 888444
Multi Refrigeration, 134 Trotwood Chigwell.....	(020) 8500 2223	Nails Studio 6666, Ltd, 626 High Road Leytonstone London	(020) 3089 4839	South Woodford Branch 110 George La	(03457) 888444
Multifinance Solutions, Ltd, Northwick House 191/3 Kenton Rd Harrow	(0845) 6038567	Naina's Beauty Box, 71 George Lane South Woodford.....	(020) 3795 5929	Walthamstow Branch 204 High St	(03457) 888444
Multiyork, Ltd, Loughton 165 High Rd.....	(020) 8502 4123	Naina's Beauty Box, Ltd, 92 High Street Barkingside	(020) 8550 3332	Wanstead Branch 53 High St	(03457) 888444
Mum Caterer, Ltd, 681 Romford Road Manor Park London	(020) 3154 2761	Nainas Hair Beauty, 516 Forest Road E17.....	(020) 8520 8286	West Ealing Branch 53 High St	(03457) 888444
Mumtaz, H, 104 Ilford Lane Ilford.....	(020) 3719 4397	Naked Lounge, Ltd, 175 Manor Road Chigwell	(020) 3770 8322	Woodford Green Branch 3 The Broadway	(03457) 888444
Munro Instruments, Ltd, Unit 6, 406 Roding La 5th Woodford Gn	(020) 8551 7000	Naman Restaurant, FAX	(020) 8532 2906	Navagra Hospitality, Ltd, Unit B 501 Site Office High Road Ilford Essex	(020) 3651 4649
Murco Service Stations, Chingford 73 Hatch La E4	(020) 8529 2196	Nanak's Desi Sweet Centre, Food Store, 391 High Road Ilford.....	(020) 8911 8077	NAVAL ESTABLISHMENTS, Careers Offices Royal Navy & Royal Marines Careers Office 180A Cranbrook Rd (East London Area Enq)	(020) 8518 5855
Murdoch's Solicitors, 45 High Street Wanstead E11	(020) 8530 7291	Nando's Chickenland, Ltd, Stores Ilford Clements Rd Ilford	(020) 8514 6012	Navvar Productions, Hobby Shop, 11 Electric Parade Seven Kings Road Ilford	(020) 8590 6731
Murphy, E, Associates Ltd, 50 High St Wanstead E11.....	(020) 8989 4122	Nappy Gang Nursery, 100 Oliver Rd E10.....	(020) 8539 8359	Nazim, & Co, 18B Beehive La Ilford.....	(020) 8554 6496
Murray, W, & Co, FAX	(020) 8503 8353	Narenthiran, S, 14 Jubilee Parade Snakes Lane Woodford Green.....	(020) 7998 7747	Nebo Consultancy, 69 Abbots Park Road Leyton	(0871) 9871319
Museums, Vestry House Museum Walthamstow E17	(020) 8496 4391	Nares International, Ltd, 4 High Mead Chigwell.....	(020) 8500 4528	Nebo Consultancy, 69 Abbots Pk Rd.....	(0845) 9871319
Muslim Cultural Society, 715 High Rd,Leyton E10	(020) 8539 0769	Narrow Homes, Limited Company, Proprietor, Narrow Homes, 49a Icknield Drive Ilford.....	(020) 3727 7233	Nebulon, 4 Ripley View Loughton	(020) 3589 5903
Musti 46, Ltd, Church Road London.....	(020) 8558 9834	Naseeb Indian Takeaway, Ltd, 65 Old Church Road E4.....	(020) 8523 9799	NEC Travels & Cargo, Ltd, 624a Romford Road E12	(020) 8552 6438
Mutla, Takeaway, 108 Snakes Lane East Woodford Green.....	(020) 8505 3716	Naseeb London Limited, Whsie Ret, 65 Old Church Road E4.....	(020) 8529 7264	Nees London, 189 Ilford Lane Ilford	(020) 4559 2341
Muzik Millenium Studios, Unit 1,Leyton Studio 15 Argall Avenue London	(020) 8533 8311	Nation Cars, Cab Station, 749A Romford Road E12.....	(020) 8478 3555	Neil Travel & Tours, Ltd, 317 High Street North E12	(020) 8548 1210
My Cake & More, Ltd, 15c Old Church Road E4.....	(020) 8524 1229	National Co-op Pharmacies, Barkingside 109 Fencepiece Rd	(0500) 970600	Nelson College London, Ltd, Olympic Ho 28 Clements Rd Ilford	(020) 8514 0033
My Dream Kitchen, Ltd, 708 Lea Bdge Rd E10	(020) 8988 0444	Barkingside 87 High St	(0500) 970596		
My Key Projects, Locksmiths, 224 Chingford Road.....	(020) 7175 1394	Chingford 267 Chingford Mount Rd.....	(0500) 970594		
My London Room, Ltd,		Chingford 20 Hatch La	(0500) 970606		
		Highams Park 10 The Avenue.....	(0500) 970593		
		Loughton 216 High Rd.....	(0500) 970591		
		Walthamstow 19 High St.....	(0500) 970599		
		Walthamstow 41 Wood St	(0500) 970590		
		Woodford Green 2 Jubilee Pde Snakes La	(0500) 970595		
		National Council For Divorced And Separated,The, Charitable Trust, 45 Russell Road London	(07041) 478120		
		National Council of YMCA's, 640 Forest Rd E17 (Admin Only)	(020) 8520 5599		

Commercial Ho 406-10 Eastern Av Ilford.....	(020) 8518 1154	Little Ilford Browning Rd E12.....	(020) 8478 8024	35 Wellfields Loughton	(020) 8418 0184
Netcafe, 24 High Street London	(020) 8520 8829	Sheringham Sheringham Av E12.....	(020) 8553 2479	Nightingale On The Green, 51 Nightingale Lane E11	(020) 8530 4683
Netherhouse, Sewardstone Road Chingford.....	(0843) 5154582	Primary Essex Sheridan Rd E12	(020) 8472 0322	Nightingale Public House,The, 51 Nightingale Lane E11	(020) 8530 4540
Nets International, Ltd, Unit 5 Oakfield House 1-6 Oakfield Road Ilford	(020) 3876 6918	Monega Monega Rd E12	(020) 8472 0533	Nikki's Beauty & Academy, 108a Ilford Lane Ilford	(020) 8553 0868
Net-Telco, Telecom Services, Ilford All Enquiries	(020) 3332 0008	Voluntary Primary St. Winefride's R.C Church Rd E12.....	(020) 8478 0510	Nilans, Nwsagts, 617 Lea Bridge Road E10	(020) 8520 3389
Ilford FAX	(0872) 0850217	Youth Centres & Clubs Shipman Prince Regent La E16.....	(020) 7476 1189	Nilco, Ltd, 614 Chigwell Rd Woodford Gn	(020) 8504 0585
Network Clinic, Clinic, Comms Room E C C Clinic Buckhurst Way Buckhurst Hill	(020) 8504 2420	Housing Department Wardens - Elderly Persons Dwellings 2 Clifton Rd E16	(020) 7474 4963	Or	(020) 8504 0677
Network Dry Cleaners, 2 Redbridge Lane East Ilford	(020) 8550 3545	Jack Cornwell Community Cntr Jack Cornwell St E12	(020) 8553 3459	Ninagold, Ltd, Market Pavilion New Spitalfi Sherrin Rd E10.....	(020) 8539 8440
Net-Work Internet, Internet Solutions Provider, Ilford All Enquiries	(020) 3332 0109	Newham Trading Standards & Consumer Protection Division, 495 High St Nth E12	(020) 8557 8969	Ninas Cafe, Breakfast Lunch Cafe, 16b Raven Road E18	(020) 8505 7269
Ilford FAX	(0872) 0850112	Newham University Hospital, Glen Rd E13	(020) 7476 4000	Ninos, Electric Pde George La E18.....	(020) 8989 6192
Network Rail, Plc, Switchboard	(020) 7557 8000	Newmech, Ltd, 966 Eastern Avenue Ilford	(020) 8597 7245	Nino's Restaurant, Italian Restaurant, 18 Electric Parade George Lane E18.....	(020) 8518 8503
Network ROI, Ltd, 70 The Broadway Loughton	(020) 8508 7280	Newport Childrens' Centre, 167 Dawlish Road E10	(020) 8988 9600	Nirala Sweets, (London), 316 High St E12.....	(020) 8548 1303
Network Roi, Ltd, 7 Wyatts Lane E17.....	(020) 8521 6795	Newport Nursery School, 167 Dawlish Road E10	(020) 8558 8229	Nisa Homemade Recipes, Leyton Bsns Cntr Etloe Rd E10.....	(020) 8558 8011
Neunie Associates, Ltd, 50 College Gardens London	(020) 8529 9982	News Plus Food & Wine, Ltd, 131 Hale End Road E17	(020) 8527 2024	Nisa Local, 422-26 Hale End Road E4.....	(020) 8531 3780
Neuropsych, Ltd, 500 Larkshall Rd E4	(020) 8527 8408	Newsagent, 362 Manford Way Chigwell	(020) 8500 0221	Nittyto Bazaar, Grocery, Balfour House 394-98 High Road Ilford	(020) 8514 2222
New A1 Barber Shop, Trade, 59C Green Lane Ilford	(020) 8553 0478	Newsbox, 152 Church Hill Loughton	(020) 8508 1994	Nk Elite Ltd Ta Wo Fat, 270-272 High Road Loughton	(020) 3624 2618
New Abode, Ltd, 3 Cherry Tree Rse Buckhurst Hl	(020) 8559 7010	Next Home, Ltd, Sales & Lettings Agts, 318 High Rd Leyton E10.....	(020) 8518 7899	Or	(020) 3624 2620
New Beginnings Nursery, Alderton County Junior & Infant School Alderton Hall Lane Loughton	(020) 8508 5665	Or	(020) 8556 7533	Noahs Ark Chemicals, Ltd, Evergreen Apartments 253-69 High Road Woodford Green	(020) 8559 7080
New Breed Bottle Shop, Ltd, 287 High Road Loughton	(020) 8502 1388	Next Retail, Ltd, Ilford 102-104 High Road Ilford	(0844) 8445276	Noble, Trvl, 112 Ilford Lane Ilford.....	(020) 8553 9985
New Chow Cha, Chinese Takeaway, 7 Blackhorse Road E17.....	(020) 8509 8818	Next Room Karaoke Studio, Karaoke, Hainault Road London	(0871) 2217023	Noble Travel & Money Exchange, Ltd, 198 High Street Walthamstow London	(020) 8521 8804
New Concept Interiors, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8502 3308	Next Room Karaoke Studio, Karaoke, High Road London.....	(0871) 2217022	Noble Travel Services, Ltd, 198 High Street Walthamstow	(020) 8520 8261
New Delta Wine 2, Off Lic, 2 Oliver Road Leyton London	(020) 8556 9716	Next Room Karaoke Studio, Karaoke, High Street London	(0871) 2217024	Noir Hair Salon, 193 Wood Street E17	(020) 8520 2923
New Direction Studio, 60 Queens Road Buckhurst Hill	(020) 8504 0504	Next Room Karaoke Studio, Karaoke, Hoe Street London	(0871) 2217029	Non, Non, 4 St. James's Street Walthamstow London	(020) 8520 6071
New Fame Foods, Food, 115-27 Cranbrook Road Ilford	(020) 8911 9581	Next Room Karaoke Studio, Karaoke, New Road London	(0871) 2217034	Non, Non, 62 Wood St London	(020) 8520 7006
New Generation Salon, 701 High Rd, Leyton E10.....	(020) 8556 3395	Next Room Karaoke Studio, Karaoke, Woodford Road London	(0871) 2217031	Non, Mr, Brian Huckle, Non, 38 Cowlslip Road South Woodford London	(020) 8530 5519
New Graces Chinese Restaurant, 299 High Road Leytonstone E11	(020) 8539 8284	Next Room Music Productions, Music Studios & Practice Rooms, Hainault Road London	(0871) 2217151	Noor Ul Islam, 715 High Rd Leyton E10	(020) 8558 0786
New Hong Kong, Chinese Rstnt, 158 Church Hill Loughton	(020) 8508 6178	Next Room Music Productions, Music Studios & Practice Rooms, High Road Leyton, London	(0871) 2217150	Noor Ul Islam Primary School, 135 Dawlish Rd E10.....	(020) 8558 5235
New Kenya Halal, 759 High Road Leytonstone London	(020) 8556 6621	Next Room Music Productions, Music Studios & Practice Rooms, High Street North London	(0871) 2217152	Or	(020) 8558 8765
New Life, The Shrubberies 9 George Lane London.....	(020) 3643 3728	Next Room Music Productions, Music Studios & Practice Rooms, Hoe Street London	(0871) 2217157	Noori Halal Butchers, 328 High Street North Manor Park	(020) 8472 1655
New London Metal, Mr, Hacı Yildirim, Ret, Units 12 And 13 Cromwell Industrial Estate Staffa Rd London	(020) 8988 1989	Next Room Music Productions, Music Studios & Practice Rooms, New Road London	(0871) 2217161	Noor-Ul-Islam, Waltham Forest Noor Ul Islam 717-23 High Road Leyton E10.....	(020) 8988 1892
New Look, Ladies Fash Retlr, Branches Ilford Unit 85 Upper Level The Exchange High Rd Ilford .	(020) 8477 0940	Next Room Music Productions, Music Studios & Practice Rooms, Woodford Road London	(0871) 2217158	Nordens, Ltd, The Retreat Gilbert House 406 Roding Lane South Woodford Green	(020) 8551 7149
New Lotus House, Chinese Takeaway, 4 Tanners La Ilford	(020) 8550 4366	Next Room Music Recording, Recording Services-Sound, Hainault Road London	(0871) 2217275	Norman M Raven Associates, Est Agt & Survyrs, 175 Manor Rd Chigwell	(020) 8500 9986
Or	(020) 8550 6838	Next Room Music Recording, Recording Services-Sound, High Road Leyton London	(0871) 2217274	Normanhurst School, 68 Station Rd E4	(020) 8529 4307
New Loughton Food & Wine, Ltd, Goldings Hill Post Office 6 Lower Road Loughton	(020) 8502 4019	Next Room Music Recording, Recording Services-Sound, High Street London	(0871) 2217276	FAX	(020) 8524 7737
New Sonargaon, Ltd, Office 2 736-740 Romford Road Manor Park London	(020) 4537 0948	Next Room Music Recording, Recording Services-Sound, Hoe Street London	(0871) 2217281	Normanshire Care Services, Ltd, 119 Eastern Avenue Ilford.....	(020) 8550 0672
New Tech Fr Limited, 736A Eastern Avenue Ilford	(020) 3648 3404	Next Room Music Recording, Recording Services-Sound, New Road London	(0871) 2217285	Norris Steam Svs London, Ltd, 6 The Warren Drive E11	(020) 8989 0969
New Tech Roofing, Ltd, 41 Thaxted Road Buckhurst Hill	(020) 3903 7072	Next Room Music Recording, Recording Services-Sound, Wood Road London	(0871) 2217282	North City SAAB, Chigwell Station Works High Rd Chigwell (Parts Dept)	(020) 8500 3561
New Testament Assembly Property Charity, 214 Langthorne Road.....	(020) 8556 6578	Nexus Foods, Ltd, 1 Albert Cres E4.....	(020) 8523 7385	North Life, 7 The Broadway London	(020) 8617 1976
New York Nail, 59 Station Road E4.....	(020) 8524 8157	Nexus Jobs, Ltd, Sterling Ho Langston Rd Loughton.....	(020) 8508 8300	North London Partitions, 168 Hale End Rd Woodford Gn	(020) 8527 7814
New York Nails, 243 Hoe Street London	(020) 3417 2430	Ng Minimarket, Ltd, Takeway, 5-6 Broadway Parade The Broadway London	(020) 3638 1271	NORTH POLE AIR CONDITIONING, LTD, 30 Yellowpine Way Chigwell.....	(020) 8281 1111
Newbury Group Practice, 40 Perrymans Fm Rd Ilford	(020) 8554 1094	NGR Hire, Ltd, 288 Chingford Road E17	(020) 8523 2444	Northampton Boot Stores, Ltd, Chingford Road FAX	(020) 8527 2229
Or	(020) 8518 2414	Nicholas Hall, & Co, Chrt'd Acctnt, 7 Johnston Rd Woodford Gn	(020) 8506 2333	Northbrook Garage, Ltd, Manor Park 1A Carlyle Rd E12	(020) 8514 0001
Or	(020) 8554 3944	Nicholas,Razak & Mallery, Acctnts, 70 Wood St E17	(020) 8520 2422	Or	(020) 8514 2665
Newbury Park Hotels, Ltd, Unit 1 Regal Ho 17 Royal Cres Ilford.....	(020) 8518 3675	Nichols Bros (Wood Turners), Ltd, 2a Milton Road E17	(020) 8520 3566	Northbrook Garage, Ltd, 264 Maybank Rd E18	(020) 8505 0003
Newbury Park Primary School, Perrymans Farm Road Ilford.....	(020) 8554 6343	Nichols Interiors & Construction, Ltd, 96 The Ridgeway E4	(020) 8529 3636	Or	(020) 8505 0200
Newbury Park Synagogue, 23 Wessex Clo Ilford (24 Hr Ansaphone)	(020) 8597 0958	Nicholson, J, & Son, Est Agts/Survyr's, 255 Cranbrook Road Ilford	(020) 8554 6065	Northfield Nurseries, Northfield Nursery Sewardstone Road E4.....	(020) 8529 0367
Newham Community Renewal Programme, Centres Trinity East Av E12.....	(020) 8472 8947	Nickel Press, 703 High Road Ilford	(020) 8590 3264	Norton Commercial Gas Services, Ltd, Newbury 2 Keys Business Pk Hednesford	(0844) 8008686
Newham London Borough of, Education Department Debden House Residential Centre Debden Ho Debden Gn Loughton (020) 8508 3008		Nielsens Accountants, Ltd, 453 Cranbrook Road Ilford	(020) 8554 8100	Norton Folgate, Solrs, Unit 20 80-84 St. Mary Road Walthamstow London	(020) 8520 4368
Schools Comprehensive		Nieman Walters Niman, Chrt'd Cert Acctnts, Unit 7 Bourne Ct Unity Trading Est, Southend Rd Woodford Green	(020) 8550 3131	Norzak, Ltd, 2 Balmoral Rd E10.....	(020) 8539 9940

Noshaba Akhter, Chigwell Medical Centre, Chigwell Medical Centre 300 Fencepiece Road Ilford.....	(020) 8500 6808	29 Winchester Road Chingford London	(020) 8527 1414	579 Lea Bridge Road E10.....	(020) 8520 4740
Noted Eel & Pie House, 481A High Road Leytonstone London	(020) 8539 2499	Object Design, CNC Router Shop, Unit 12 Forest Business Park Argall Avenue E10	(020) 8520 5319	Onsite Solutions Services, Ltd, Suite 110 Hiltinggrove Bsns Cntr 12-15 Hatherley Mws E17.....	(020) 8521 2000
Noth East London Ironing Service, Ironing Serv, 5 Blackhorse Road Walthamstow London	(020) 8509 3333	Or	(020) 8521 5533	Onur BBQ, 139 High Street Barkingside Ilford.....	(020) 8551 9653
Notting Genesis Housing, Flat 1 Hayter Court Brading Crescent E11.....	(020) 8989 8477	Obsession Hair Design, 176 Wood St E17	(020) 8521 0818	Onyems & Partners, 188 High Rd Loughton.....	(020) 8418 8380
Nouveau Deco Arts, Ltd, 50 Smarts Lane Loughton	(020) 8508 7793	Ocean Fish Bar Restaurant, 157 Ley St Ilford.....	(020) 8478 5298	Oonagi Trading, Kaspas Icecream Plr, 301 High Road Loughton.....	(020) 3602 4007
Nova Atlas, (UK) Ltd, 2 Richmond Park Loughton	(020) 8502 0259	Oceano Restaurant, 381 High Road Leyton E10	(020) 8988 3070	Opal Bay, Ltd, Real Estate, 27 Lily Road Waltham Forest, London	(020) 3384 6616
Nova Insurance, 38 Woodford Av Ilford	(0843) 5153115	Oceans Delight, Trade, 620 Chigwell Road Woodford Green	(020) 8505 6978	Open Creative Consultants, Ltd, 23 Handsworth Av E4.....	(020) 3243 0011
Nova Insurance Services, Ltd, 22 Woodford Avenue Ilford.....	(0843) 8163465	Octagon Software, 82 Station Way Buckhurst Hill	(0845) 2637255	Optical World, Leyton 853 High Rd Leyton E10	(020) 8556 6777
Novelty Bakery, Bakery Shop, 393 High Street North London	(020) 8471 3415	Octokhan Investment Services, Ltd, 76 Lord Avenue Ilford.....	(020) 7377 1230	Opticians, Opticians, 108 De Vere Gdns Ilford	(020) 8554 8400
NR Legal Solicitors, Raphael House 250 High Road Ilford	(020) 8514 2311	Oddisey, Cromwell Industrial Estate Staffa Road London	(020) 3302 7878	Oracle Security Services, Ltd, 165 Ley Street Ilford	(020) 8553 1101
NR Legal Solicitors, Ltd, 250 Hoe St E17	(020) 8509 2656	Or	(020) 3441 7857	Oracul, Ltd, 3 Green Lane Ilford.....	(020) 3982 0516
Nrb, 98 High Rd E18	(020) 8504 0473	Office Green, Sales Sovereign Ho Dorma Trading Pk Staffa Rd	(0800) 833480	Orchid Thai Massage & Beauty, 39 Chingford Mount Road London.....	(020) 8523 4488
NRM Metal Recycling, Ltd, 129 Green La Ilford	(020) 7998 0233	3 Estate Wy E10	(020) 8539 9990	Orford Road Industrial, Ltd, Professional & Financial, 149 Orford Road E17	(020) 8520 8589
NSK, & Co, International Acctnts, 4 Kinross Terrace E17	(020) 8527 7426	Office Machine, Mobile, 2 Lessingham Avenue Ilford, Essex.....	(07956) 275712	Orford Tapas Saloon, 32 Orford Road E17	(020) 8520 9476
Nt Fursse, & Sons, 39 Meads Lane Ilford	(020) 8597 2206	O'gradys Irish Bar, Bar 699 High Rd Ilford.....	(020) 8599 0008	Organica Food & Wine, Ltd, Unit C3 Argall Avenue E10	(020) 3490 7990
Ntel Communications, Ltd, Telecoms, 2 Connaught Avenue E4	(020) 8524 2222	Restaurant 699 High Rd Ilford.....	(020) 8599 1388	Orient, Takeway, 288 High Road Leyton London	(020) 8539 6441
Or	(020) 8524 3333	Oh My Chili, Ltd, 80 Hoe Street Walthamstow London	(020) 3343 6968	Orient Physiotherapy Ltd, 721 High Road Leytonstone London	(020) 3638 0797
Nuclear Decommissioning Authority (NDA), Herdus House, Westlakes Science And Technology Park Moor Row, Cumbria	(01925) 802001	Oha International Ltd, 720 Lea Bridge Road London	(020) 8556 1122	Oriental Chef, 25 High Street Wanstead London	(020) 8989 6288
Nu-fit-U, Tirg Serv, 2 Station Approach George Lane E18	(020) 8989 6103	Old Chigwellians Clubhouse, Roding Lane Chigwell	(020) 8500 0896	Oriental Chef, Takeaway, 222 Chingford Mount Road E4	(020) 8529 2606
NUMAST, Ocean Air House High Rd E11.....	(020) 8989 6677	Or	(020) 8500 2477	Oriental Chef, 235 High Road E18	(020) 8504 0324
FAX	(020) 8530 1015	Old Loughtonians Hockey Club, Office Only	(020) 8504 4010	Oriental Kitchen, 6 Market Parade Forest Road E17	(020) 8531 8283
Nuru Agriculture, Llp, Market Pavilion New Spitalfiel 1 Sherrin Road E10.....	(020) 8556 6343	Old Street Butchers, Ltd, 9 Queens Road Buckhurst Hill	(020) 8502 9130	Oriental Kitchen, Chinese Takeaway, 1 New North Road Ilford.....	(020) 8559 8838
Nutech Consulting, Ltd, 81 Vaughan Gardens Ilford	(020) 8554 7855	Oliva Tours And Travel, 230 High Street North London	(020) 3620 4271	Oriental Pearl, 78 Snakes Lane East Woodford Green	(020) 8505 7115
Nuthan Mall, Ltd, Dental Surgery, Dental Surgery 78 Church Hill Loughton	(020) 3345 7705	Olive Health & Travel Clinic, Private Medical Centre, 23a Seven Ways Parade, Woodford Avenue Ilford	(020) 8550 2276	Origin Coffee, Ltd, Unit 3 11 Argall Avenue E10	(020) 4517 6655
Nuvotech Limited, It Telecoms Internet, 66 Stradbroke Grove Ilford	(020) 8550 0992	Olive Health & Travel, Ltd, 635a Cranbrook Rd Ilford.....	(020) 3771 8733	Origin Foods, Ltd, 6 Argall Av E10	(020) 8539 1441
Nv For Men Hairdressing, 100 Chingford Mount Road E4	(020) 8523 0027	Olive & Thyme Organic Shop, Ltd, 84 Hoe Street Walthamstow London	(020) 3794 7520	Original Iree Island Bakery, Ltd, Unit 3 Argall Avenue London	(020) 3876 5552
NYC Financial Services, Ilford 277 Ilford Lane Ilford.....	(020) 8477 1443	Olive'S Boutique, Ltd, 185 HIGH ROAD LOUGHTON	(020) 8502 5273	Orion House, 104 Cranbrook Rd Ilford	(020) 8636 9999
O & D Auto Recovery, Ltd, Logistics, 47a Wanstead Park Road Ilford	(0843) 8164673	Oltenia Traditional, Ltd, 9 Cherrydown Avenue London	(020) 3105 6278	Oris Dry Cleaners, Ltd, 110 Goodmayes Rd Ilford	(020) 8590 1090
O & D Auto Recovery, Ltd, Vhcle Recovery, 47a Wanstead Park Road Ilford	(0843) 8164918	Olu Olu Foods, Ltd, 1 Heybridge Way Lea Bridge Road E10	(020) 8518 7836	Orthodontic Practice Dental Clinic, 237 Hall La E4.....	(020) 8559 4272
O.E.M.D, Ltd, Photocopiers & Faxes, 16 Galeborough Av Woodford Green	(0800) 0854670	Olu Olu Gourmet, 1 Heybridge Way Lea Bridge Road E10	(020) 8518 7094	Osianna Florists, 68 Old Church Rd E4.....	(020) 8529 1551
O2 Store Walthamstow, Unit 4, Selbourne Walk Shopping Centre Walthamstow	(020) 8509 1299	Olympic House, Clements Rd Ilford.....	(020) 8514 1444	Osteopathy Plus, Ltd, 2a Oak Ldg Av Chigwell	(020) 8501 0937
Oak Foundation,The, 2a Boundary Road London	(020) 8520 0373	Omar, & Co, 337 High Road Ilford.....	(020) 8553 9363	Otocyon, Ltd, 1b Hanover Gardens Ilford	(020) 8500 1538
Oak Gold Associates, Acctnt, 117 Worcester Cres Woodford Gn	(020) 8502 6555	Omega Computers, 685 Cranbrook Road Ilford.....	(020) 8550 9295	Otrade Consultants, Ltd, 65 Kenwood Gardens Ilford.....	(020) 3489 2077
Oak House Childrens Home Ltd, Seventh Avenue London.....	(020) 8478 0077	Omega Homecare Ltd, 130 Snakes Lane East Woodford Green	(020) 8306 0624	Our Lady Of Lourdes Catholic Church, 51 Cambridge Pk E11	(020) 8530 5512
Oak Tree Medical Centre, Dr F.J Shaw, Dr A.E O'brien & Dr Kanagasundrem Appts Only	(020) 8599 3977	Omega Lettings, Ltd, Omega Ho 495 Lea Bdge Rd E10	(020) 8988 2830	Or	(020) 8989 2074
Oak Tree Medical Parctice, 273 Green La Ilford	(020) 8599 3474	Omega Ho, 495 Lea Bridge Rd E10	(0872) 4358115	Our Lady Of Lourdes Rc Primary School, Chestnut Drive E11	(020) 8989 9521
Oak View School, Oak View School Whitehills Road Loughton	(020) 8508 4293	Omega Locksmiths, 176 High Rd Woodford Gn	(020) 8504 9696	Our Lady & St. George's Catholic Church, 132 Shernhall Street E17.....	(020) 8520 5877
Oakdale Infants School, Oakdale Prim School Woodville Road E18	(020) 8989 7895	OMG Chartered Accountants, 111A George La E18	(020) 8530 6764	FAX	(020) 8520 4805
Oakhill Service Station, Petrol Str, Oakhill Service Station Woodford New Road Woodford Green	(020) 8505 6151	Omni Market Chez Bruno, 345 Ley St Ilford	(020) 8478 2877	Outlook, 254-256 High Road Leyton London	(020) 8001 0432
Oakland Estate Property Management, 964 Eastern Av Ilford	(020) 8597 2626	Omniscient Homes, Walthamstow Business Centre 26 Clifford Road E17	(020) 8527 8364	Outlook Property Agents, 254 High Rd Leyton E10	(020) 8539 9966
Oaklands School, 6 Albion Hill Loughton	(020) 8508 3109	On Stop Print, Ltd, Printing, 239 Ilford La Ilford	(020) 8553 1907	Outpost Communications, Llp, 59 Kings Avenue Woodford Green.....	(020) 8504 3207
Oaktree, Unit 2 Priestley Wy E17.....	(020) 8523 3300	Onami, 4 Kirby Close Loughton	(020) 8508 8883	Outward Housing Group, Cowan Ldge 2 Prospect Rd Woodford Gn.....	(020) 8505 6382
Oakwood Construction London, 5 Merlin Gro Ilford.....	(020) 8500 3310	One Call Private Investigator, Private Investigator, 28 Shernhall Street.....	(0870) 8661342	Rowan Ho 15 Rowan Clo Ilford.....	(020) 8478 4701
Oakwood Corporation, Ltd, Oakwood House Oakwood Hill Ind Estate Loughton.....	(020) 8281 0011	One Pound Shop, 473 High Rd Leyton E10	(020) 8532 8998	George Davies Lodge 14 Veronique Gardens Ilford.....	(020) 8518 6046
Oakwood Ho Oakwood Hl Loughton	(020) 8502 1732	One Six Queens, 16 Queens Road Buckhurst Hill	(020) 8505 1614	George Davies Ldge 14 Veronique Gdns Ilford	(020) 8518 1064
Oasis Hair Salon, 29 Winchester Road Chingford London	(020) 8527 1414	One Stop Shop Solutions, Ltd, 8 Tanners La Ilford	(020) 8550 7773	179 Wood St E17	(020) 8520 7745
Objct Design, CNC Router Shop, Unit 12 Forest Business Park Argall Avenue E10	(020) 8520 5319	O'neills, Pblc Ho, 762 High Rd Leytonstone E11.....	(020) 8536 4039	FAX	(020) 8514 3686
Or	(020) 8521 5533	O'neills, Station Rd Ilford.....	(020) 8514 6343	Outward Housing, Newlon Housing Trust, 12 Church Lane E17	(020) 8520 7941
Obsession Hair Design, 176 Wood St E17	(020) 8521 0818	Online Bikes, 1 Lower Queens Road Buckhurst Hill.....	(020) 8504 5033	Owl, The, The Owl Lippitts Hill Loughton	(020) 8502 0663
Ocean Fish Bar Restaurant, 157 Ley St Ilford.....	(020) 8478 5298	Only Way Is Flowers,The, The Only Way Is Flowers Ltd, Ltd, 579 Lea Bridge Road E10.....	(020) 8520 4740	Oxfam, Oxfam Gift Shops South Woodford 151 High Rd E18.....	(020) 8505 7771
Ocean Global, Ltd, 81 Lennox Rd E17	(020) 8520 3534			Walthamstow 2 High St E17	(020) 8503 6334
Oceano Restaurant, 381 High Road Leyton E10	(020) 8988 3070			Oxygen, 251 High Road Loughton.....	(020) 8418 9088
Oceans Delight, Trade, 620 Chigwell Road Woodford Green	(020) 8505 6978			P A K Direct Cargo Service, Ltd, Hainault Road Unit 25 Hainault Road London	(020) 3196 1910
Octagon Software, 82 Station Way Buckhurst Hill	(0845) 2637255				
Octokhan Investment Services, Ltd, 76 Lord Avenue Ilford.....	(020) 7377 1230				
Oddisey, Cromwell Industrial Estate Staffa Road London	(020) 3302 7878				
Or	(020) 3441 7857				
Office Green, Sales Sovereign Ho Dorma Trading Pk Staffa Rd	(0800) 833480				
3 Estate Wy E10	(020) 8539 9990				
Office Machine, Mobile, 2 Lessingham Avenue Ilford, Essex.....	(07956) 275712				
O'gradys Irish Bar, Bar 699 High Rd Ilford.....	(020) 8599 0008				
Restaurant 699 High Rd Ilford.....	(020) 8599 1388				
Oh My Chili, Ltd, 80 Hoe Street Walthamstow London	(020) 3343 6968				
Oha International Ltd, 720 Lea Bridge Road London	(020) 8556 1122				
Old Chigwellians Clubhouse, Roding Lane Chigwell	(020) 8500 0896				
Or	(020) 8500 2477				
Old Loughtonians Hockey Club, Office Only	(020) 8504 4010				
Old Street Butchers, Ltd, 9 Queens Road Buckhurst Hill	(020) 8502 9130				
Oliva Tours And Travel, 230 High Street North London	(020) 3620 4271				
Olive Health & Travel Clinic, Private Medical Centre, 23a Seven Ways Parade, Woodford Avenue Ilford	(020) 8550 2276				
Olive Health & Travel, Ltd, 635a Cranbrook Rd Ilford.....	(020) 3771 8733				
Olive & Thyme Organic Shop, Ltd, 84 Hoe Street Walthamstow London	(020) 3794 7520				
Olive'S Boutique, Ltd, 185 HIGH ROAD LOUGHTON	(020) 8502 5273				
Oltenia Traditional, Ltd, 9 Cherrydown Avenue London	(020) 3105 6278				
Olu Olu Foods, Ltd, 1 Heybridge Way Lea Bridge Road E10	(020) 8518 7836				
Olu Olu Gourmet, 1 Heybridge Way Lea Bridge Road E10	(020) 8518 7094				
Olympic House, Clements Rd Ilford.....	(020) 8514 1444				
Omar, & Co, 337 High Road Ilford.....	(020) 8553 9363				
Omega Computers, 685 Cranbrook Road Ilford.....	(020) 8550 9295				
Omega Homecare Ltd, 130 Snakes Lane East Woodford Green	(020) 8306 0624				
Omega Lettings, Ltd, Omega Ho 495 Lea Bdge Rd E10	(020) 8988 2830				
Omega Ho, 495 Lea Bridge Rd E10	(0872) 4358115				
Omega Locksmiths, 176 High Rd Woodford Gn	(020) 8504 9696				
OMG Chartered Accountants, 111A George La E18	(020) 8530 6764				
Omni Market Chez Bruno, 345 Ley St Ilford	(020) 8478 2877				
Omniscient Homes, Walthamstow Business Centre 26 Clifford Road E17	(020) 8527 8364				
On Stop Print, Ltd, Printing, 239 Ilford La Ilford	(020) 8553 1907				
Onami, 4 Kirby Close Loughton	(020) 8508 8883				
One Call Private Investigator, Private Investigator, 28 Shernhall Street.....	(0870) 8661342				
One Pound Shop, 473 High Rd Leyton E10	(020) 8532 8998				
One Six Queens, 16 Queens Road Buckhurst Hill	(020) 8505 1614				
One Stop Shop Solutions, Ltd, 8 Tanners La Ilford	(020) 8550 7773				
O'neills, Pblc Ho, 762 High Rd Leytonstone E11.....	(020) 8536 4039				
O'neills, Station Rd Ilford.....	(020) 8514 6343				
Online Bikes, 1 Lower Queens Road Buckhurst Hill.....	(020) 8504 5033				
Only Way Is Flowers,The, The Only Way Is Flowers Ltd, Ltd, 579 Lea Bridge Road E10.....	(020) 8520 4740				

P C C Of St Mary, Christ Church Wanstead Pl E11	(020) 8530 8743	35 High Street Wanstead E11	(020) 8530 5533	FAX	(020) 8518 4000
P C Plumbers, 43 West End Ave Leyton	(0845) 2637226	Paperdollz, Ltd, Unit 3 Thompson Close Ilford.....	(020) 3876 1609	Payne Simmons, Ltd, New Spitalfields Mkt Sherrin Rd E10	(020) 8558 9045
P D J Cinemas Walthamstow, Ltd, Cinema 267 High Street Walthamstow	(01582) 363012	Papillon, (Chigwell) Ltd, 13 Brook Parade 13 Brook Parade ,High Road Chigwell	(020) 8500 6977	Or	(020) 8558 9048
P.D.S.A. (People's Dispensary for Sick Animals), Veterinary Centre Ilford P D S A Animal Treatment Cntr Woodford Bdge Rd	(020) 8550 6644	Papino, Ltd, 100 Hoe Street E17	(020) 3478 2372	FAX	(020) 8558 8875
P.G Constructions, 420 Hale End Road London	(0870) 1163911	Paradigm Creative Services, Ltd, Recrutm, 54 The Broadway Loughton	(020) 8508 9555	PC House, (London) Ltd, Unit 3 172-174 High Road Ilford	(020) 8037 6699
P J Byrne, 555 High Road Ilford	(020) 8590 6714	Paradigm Recruitment, Ltd, 54 The Broadway Loughton	(020) 8508 3982	PC Integration 2000, Ltd, Spurway Pde Woodford Av Ilford.....	(020) 8503 9183
P & J Entertainment, Ltd, Unit 28 Forest Business Park Argall Avenue E10	(020) 8509 2596	Or	(020) 8508 5046	Pc Merc Centre, Ltd, East 10 Enterprise Pk Argall Wy E10.....	(020) 8556 5585
P & J Entertainments, Unit 28 Forest Business Park Argall Avenue E10	(020) 8509 0150	Paradise Off License, Leytonstone 736 High Rd E11.....	(020) 8556 5461	Pce Fabric, Fabric Retlrs, 70 High Street Walthamstow London.....	(020) 3305 9030
P & M Blinds, Ltd, 1c Cuthbert Road E17	(020) 8520 5600	Paratha Junction, Ltd, 390 Green Lane Ilford	(020) 8599 7058	Pce Retail T/A The Fabric Store, Fabric Ret, 80 High St E17	(020) 8503 7166
1C Cuthbert Road London	(020) 8521 7858	Parchaus, Ltd, 7 Tilotson Road Ilford	(01646) 839496	Peabody Trust, Estate Offices Vicarage 22 Jaffe Rd	(020) 7021 4080
P M F Roofcraft, Ltd, Warwick Ho 116 Palmerston Rd Buckhurst Hl	(020) 8505 6898	Pares Building & Property Services, 12 Gaynes Hl Rd Woodford Gn	(020) 8504 0721	Peabody Trust, Ltd, 5 Ching Way E4.....	(020) 8531 4584
P M W German Car Specialist, 109 Smarts La Loughton	(020) 8508 0947	Parish Of Walthamstow Pcc, 8 Church End London	(020) 3689 2362	Peaches London, Ltd, 639 High Road Ilford	(020) 8590 6398
P & P Body Shop, P & P Body Shop 25 St. James's Street E17.....	(020) 8521 8333	Park Hotel, 327 Cranbrook Road Ilford	(020) 8554 9616	Peak Services, (UK) Ltd, 1 Gable House Balfour Rd Ilford	(020) 8514 7200
P & P Plumbing & Heating, 21 Goldsborough Crescent London.....	(020) 8529 2311	Park School For Girls, (Ilford) Ltd, 20-22 Park Avenue Ilford	(020) 8554 2466	Pearl Print, Pnrtrs & Strns, 232 Aldborough Road South Ilford	(020) 8590 4422
P & P T/A Pan Center, Pan Center, 116 Ilford Lane Ilford	(020) 8514 3800	Park Vue Dental Surgery, Park View Dental Practice 330 Cann Hall Road E11	(020) 8519 2990	Pearson McKinsey-Billing Address, 55 Beulah Rd E17	(020) 8520 8442
P & S, Chemist, 111 Ilford La Ilford	(020) 8478 6108	Parker Dairies, 220 Wood St E17	(020) 8520 5943	Peckham News, 160 Waltham Way E4.....	(020) 3759 2383
Paak Sweets & Bakers, Ltd, 194 Ilford Lane Ilford	(020) 8553 1943	Parker Merchants, Ltd, Bldrs Mrcnts, The Orbital Cntr Southend Rd Woodford Gn	(020) 8709 7600	Pee Jay Television & Audio, 267B Hoe Street E17	(020) 8521 2634
Pace Detectives & Investigations, Private Investigator, 247 Beehive Lane Ilford	(0843) 5122083	Parmar, Dr, H.R., 40 Perrymans Fm Rd Ilford	(020) 8554 1094	Pee Jay Television & Audio, Ltd, 277B Hoe St E17	(020) 8521 7491
Packford, C.J, FADO, SMC, Dispng Optcn, 372 High Rd Woodford Green	(020) 8504 2296	Or	(020) 8554 3944	Peek Traffic Services, Plc, Unit 18 Waltham Parkway Billet Rd E17	(020) 8523 1626
Paekakariki Press, Ltd, 4 Mitre Avenue E17	(020) 8509 8175	Parmegiani, N, Mobile, Flat 4A, Latchingdon Court, 26 Forest Road London	(07956) 430148	Pegasus Court, 1A Victoria Road Buckhurst Hill.....	(020) 8504 4788
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Pagrandyte, Alvyda, 76 Kingswood Road London	(020) 3583 8808	Partners, Snaresbrook NWS, 1A Gwynne House High Street Wanstead E11	(020) 8989 1981	Pekalp Of London, Ltd, 258 Church Road E10	(020) 8556 6999
Pak Al Reyan Restaurant Uk Limit, 57 Hoe Street London	(020) 8387 0017	Partnership Of East London Co-Ops, Ltd, Becketts House 2-14 Ilford Hill Ilford.....	(020) 8911 1130	Pema Rules, 15 Leyton Bsns Cntr Etloe Rd E10.....	(020) 8532 8940
Pak Butchers, 587 Lea Bdge Rd E10	(020) 8521 2012	Partwise, Ltd, 633 Eastern Avenue Ilford	(020) 8518 0838	Pena Martins, Ltd, Pena Martins Ltd Uplands Business Park Blackhorse Lane E17	(020) 8531 9898
Pak Seth Butchers, Ltd, 52 Ilford Lane Ilford	(020) 3859 9189	Party Services, Party Ret, 342 High St Nth E12	(020) 8552 9336	Pencil Pots Day Nursery, 321 The Drive Essex	(020) 8554 0033
PAL Audio Vision Centre, 48 St. James's Street E17	(020) 8521 8914	Passion For Flowers, Flower Shop, 159 Manor Rd Chigwell	(020) 8501 3461	Penelope Wilde, 3 Broadway Parade Fencepiece Road Barkingside	(020) 8500 0070
Palm Enterprises, 33 Palmerston Rd E17	(020) 8923 7715	Passion Weave And Braid Centre, Hair Salon, 168 Church Road Leyton London	(020) 3774 1198	Penn Brothers, 547A Lea Bridge Road E10	(020) 8558 7644
Palmerston Road Dental Surgery, 67A-67 Palmerston Road E17	(020) 8521 6656	Patel, Furn Shop, 16 20 Clements Road Ilford	(020) 3759 8245	Pennington IT Services, 64 Queen St E17	(020) 8520 0538
Palmerston Veterinary Group, 93 Palmerston Rd Buckhurst Hl.....	(020) 8505 1435	Patel, Ahmed, New Spitalfields Mkt 38 Market Pavilion Sherrin Rd E10.....	(020) 8518 7008	Penrose, & Co, Suite 5, Room 1, Excelsior House 3-5 Balfour Road Ilford.....	(020) 8911 9094
Or	(0871) 9783672	New Spitalfields Mkt Or	(020) 8539 7757	Pentagon Solutions, Ltd, 3 St Georges Rd Leyton.....	(0845) 4566506
Palmhurst Securities, Ltd, 258 High Rd Loughton	(020) 8281 1010	Patel, J.J., 354 High Road Leyton E10.....	(020) 8539 2168	Pentaluck, Ltd, Unit 10-14 Lea Valley Bsns 2-3 Lammas Rd E10	(020) 8988 3800
Palms Medical Centre, The, 97-101 Netley Rd IG2.....	(0872) 4358779	Patel & Joachim, LLP, Balfour Ho 390/398 High Rd Ilford.....	(020) 8477 1399	Pepe Peri Peri, Ltd, Pepe Peri Peri, 226 Hoe Street Walthamstow London	(020) 3609 1326
Palms Medical Centre, The, 97-101 Netley Rd Ilford	(0844) 4778730	FAX	(020) 8477 1799	Pepperman's Deli, 143 High Street Ilford	(020) 8551 0888
Palo-Thai Therapy, Ltd, 29 Mill Lane Woodford Green.....	(020) 8498 0371	Patel, M.M, Orthodontist/Dentist, 26 Clarence Av Ilford	(020) 8518 1022	Peppers Ghost, 777 High Road Leyton London	(020) 3590 4781
Pamirfabrics, Fabrics, 189 High Street E17	(020) 8223 9918	Patel, Ramesh, Ltd, 1 Kensington Drive Woodford Green.....	(020) 3793 5694	Or	(020) 3665 8644
Pan Fresh, Ltd, FAX	(020) 8558 7018	Patra Massage, Ltd, 430 High Road Leyton London	(020) 8539 7611	Per Capelli, Ltd, 1 Connect Lane Barkingside	(020) 8551 5719
Pan Lock & Locksmith Service, Emergency 24hr locksmith, The Ridgeway London	(0845) 1647219	Patrick Brothers Communications, 383 High Rd Ilford.....	(020) 8553 5352	Perfect Cuisine Foods, UK Ltd, Unit 10 Leyton Business Centre Etloe Road E10.....	(020) 8556 3723
Pan Lock & Locksmith Service, Emergency 24hr locksmith, The Ridgeway London	(0845) 1647271	Paul Henry Architects, Countrywide Ho High St Wanstead E11	(020) 8532 2448	Perfect Fried Chicken, Branches 252B High Rd Loughton	(020) 8532 0283
Panai, Ltd, 71 High St Barkingside	(020) 8550 3778	Paul, Dr, Michelle, 14 Willingale Close Woodford Green.....	(020) 8504 3553	Perfect Fried Chicken, 879 Lea Bridge Road E17	(020) 3774 3165
337 High St Nth E12	(020) 8472 3357	Paul's Bakery, Ltd, 99 Ilford Lane Ilford	(020) 8553 3822	Perfect Gardens, Ltd, Whsle Ret, 10 Chingford Mount Road E4	(020) 8531 9223
Pandoos, 112 Cranbrook Rd Ilford.....	(020) 8518 6677	Pauls Motor Works, 33 George Lane E18	(020) 8989 2211	Perfect Nail Bar, 235 Chingford Mount Road Chingford.....	(020) 8529 9555
Pandora Ilford, Ltd, Pandora Jwly, Unit 63 The Exchange The Exchange High Road Ilford.....	(020) 8911 6429	Pavilion Banqueting Suite, 324 Hoe Street E17	(020) 8223 0606	Perfects Nails, Unit 1 330 High Road Leyton London	(020) 8556 8199
Panels 4 U, Ltd, 169 Railway Arches, Midland Rd E10.....	(020) 8556 4822	Paw Print, Ltd, Arch 307,183A Harrow Road London	(020) 7729 1191	Perfume Shop,The, Branches Walthamstow 37A Selborne Wik E17	(020) 3233 0100
Panesar Electrical, Co, Whsle, 364A High St Nth E12.....	(020) 8472 1873	Or	(020) 7739 7200	Perfumery,The, 122 George La E18.....	(020) 8989 8799
Pang, Siu Kee, 954 Eastern Av Ilford	(020) 8599 2644	Paw-Fect, 180 Longwood Gardens Ilford	(020) 8551 4776	Perkins, (Garages) Ltd, Car Dlrs, Rigg Approach E10 FAX	(020) 8539 9462
Pantry Express Ltd,The, Unit 9 Peregrine Rd Hainault Busi Ness Pk Ilford.....	(020) 8500 1141	Payable, A, (Mobile) 600 High Rd Seven Kings	(07956) 277902	Perpetual Systems, (UK) Ltd, 261 Hall La E4	(020) 8559 4431
Papa Chicken, Food, 247 High Rd Leytonstone E11.....	(020) 8536 1492	Payne, & Co Residentials Llp, Est Agts, 151 Cranbrook Road Ilford	(020) 8518 3000	FAX	(020) 8559 4432
Papa Johns, 61 Old Church Road E4	(020) 8529 5000	187 Cranbrook Road Ilford	(020) 8554 6233	Perry Owen, 13 Hatch Lane E4	(020) 8529 3533
Papa Johns Pizza Wanstead, 151 Cranbrook Rd Ilford.....	(020) 8597 7555	Ilford Lettings & Management 151 Cranbrook Rd Ilford.....	(020) 8597 7555	Pers, & Co, The Shrubberies 3 George Lane London.....	(020) 8166 8680
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Personnel Hygiene Services, Ltd, Osier Wy Dept Osier Wy E10	(020) 8988 5090	Pinx, Shoe Shop, 325 Green La Ilford	(020) 8599 6336	Polish Me Loughton, 6 Goldings Hill Loughton	(020) 3457 6245
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Petals & Blooms, 19 Orford Road E17	(020) 8520 3222	Pioneer Steel Trading, Ltd, Beaulieu Manor Rd High Beech	(020) 8502 5666	Pollock Taylor, Acctnts, 124 Church Hill Loughton	(020) 8508 5991
Petals By Lukshmi, Ltd, 102 Meads Lane Ilford	(020) 8590 9636	Pioneer Time, Wtch Shop, 28 Chapel Road Ilford	(020) 8514 1311	124 Church HI Loughton	(020) 8502 5243
Peter Displays, Ltd, 107 George Lane E18	(020) 8989 6105	Piper Hales Flooring Group, Flooring Contractor, Unit 6b, Cromwell Centre Roebuck Road, Hainault Business Park Ilford	(020) 8517 5711	Pollys Ironing Parlour, 72 Borders Lane Loughton	(020) 3441 2171
Peter The Pleater, Ltd, 164 Hermon HI E18	(020) 8532 2833	Pirtek, UK Ltd, Unit 5 Orient Indust Pk, Simonds Rd E10	(020) 8556 9500	Polo Communications, Ltd, Business Communications, 12A Oakwood Gardens Ilford	(020) 8819 8146
Peters Foodmarket, 128 Snakes Lane East Woodford Green	(020) 8504 1534	(FAX)	(020) 8556 9576	Pombouri, S, 5 Coppermill Lane E17	(020) 8520 3456
Petersons, & Co Ltd, Suite 107 344-348 High Road Ilford	(020) 8553 9505	Pixel Direct, Ltd, 353 Hoe Street London	(020) 8520 6082	Ponnaiah Kumar, 693 Cranbrook Road Ilford	(020) 3490 9393
Petrova, A, 64 Calderon Road E11	(020) 8558 5693	Pizza Chicken, Ltd, Flat 12, St. Andrew's Court St. Andrew's Road Walthamstow	(020) 8807 2424	Pook Productions, Ltd, Unit 46B Argall Avenue E10	(020) 3874 5152
Pets At Home, Ltd, Chingford Unit 1 Corktree Retail Pk, Hall La	(0845) 6008918	Pizza & Co Leyton, Ltd, 345 Lea Bridge Road E10	(020) 8539 6666	Pooten, C, Grove Residential Home 107-9 Grove Road E17	(020) 8520 6435
Unit 2 Newbury Retail Pk Horns Rd	(0845) 6009520	Pizza Express, Ltd, Rstnts, Unit 2 Central Pde, Hoe St Walthamstow	(020) 8521 8889	Poplar Detectives, Private Detective, 119 George Lane London	(0845) 5204292
Pets Clinic, 134 Forest Road Walthamstow	(020) 8928 9999	PIZZA GO GO, Chingford 12 The Avenue E4	(020) 8523 4040	Popoola529, Ltd, 78 Goodmayes Road Ilford	(020) 8597 5796
Pettex, Ltd, Cat Litter Mfrs, 62-70 Fowler Road Hainault Business Park Ilford	(020) 8501 1033	East Ham 366 High St Nth E12	(020) 8471 2366	Pops Confectioner Tobacconist, Confec Tbcnst, 27 Cranbrook Road Ilford	(020) 8478 8454
FAX	(020) 8501 3943	Gants Hill 51 Perth Rd Gants HI	(020) 8554 2222	Popsoda, Whsle Ladies Fash, 48-50 Fowler Road Hainault Business Park Ilford	(020) 8501 2838
Pettex, Ltd, 62-70 Fowler Road Hainault Business Park Ilford	(020) 8500 9029	Pizza Go Go Mk, 123 Levett Gardens Ilford	(020) 8599 8566	Popsoda, Ltd, Ret, 48-50 Fowler Road Hainault Business Park Ilford	(020) 8501 3838
Petty Son Prestwich, Lincoln Ho 184 Queens Rd Buckhurst Hill	(020) 8504 5403	Pizza Hut, 21 The Broadway Loughton	(020) 8502 0110	Porter Forster, Upholstery & Soft Furnishing Whslr, Sales 3 Imprimo Pk Lenthall Rd Loughton	(020) 8418 1100
Peveler OM, Ltd, South Lodge Repton Pk Manor Rd Woodford Gn	(020) 8559 7515	Pizza Hut, (UK) Ltd, Delivery Units Barkingside 4 High St Barkingside	(020) 8551 6543	Accts 3 Imprimo Pk Lenthall Rd Loughton	(020) 8418 1102
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PFE International, Ltd (UK Head Office), Oakwood HI Indust Est Oakwood HI Loughton	(020) 8502 1011	Ilford 84 Cranbrook Rd Ilford	(020) 8553 3388	Portland Place, Ltd, Lippitts Hill Lodge Lippitts Hill Loughton	(020) 8532 1111
Pg Global, UK Ltd, Buckingham Ct Rectory La Loughton	(020) 8418 7950	Leyton 271 High Rd E10	(020) 8556 3500	Posner Interiors, Posner Ints, 98 George Lane E18	(020) 8989 0226
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Pharmaram Dispensing Chemists, 600 High Road Ilford	(020) 8599 4436	Woodford Green 3 Rex Pde Snakes La East Woodford Gn	(020) 8504 9595	Post Office, Chingford Station Rd 104 Station Road E4	(020) 8524 2721
Phebean Hair, Marketing Pr Advertising, 443d High Street North London	(020) 8470 2398	Restaurants Ilford 84 Cranbrook Rd Ilford	(020) 8553 3388	POST OFFICE, Ltd, 406 High Street North E12	(020) 8472 5253
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Phil Estate Agents, 276 Church Road E10	(020) 8556 6661	PizzaExpress, plc, Restaurants Loughton 281 High Rd Loughton	(020) 8508 3303	Potters House, 366 Lea Bridge Road E10	(020) 8558 6010
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Phillip Leigh Associates, 22 Brook Pde High Rd Chigwell	(020) 8501 2424	Pizza n' chicken House, 662 High Road Leyton E10	(020) 8558 2854	Poundstretchers, Ltd, Chingford 6 Cherrydown Av E4	(020) 8524 6731
Phoenix Axles & Suspensions, Ltd, 101 Chesterfield Rd E10	(020) 8539 6871	Planet Products, Ltd, 760 Eastern Av Ilford	(020) 8518 4202	Leyton 832 High Rd E10	(020) 8556 2022
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Phone Box, Mobile Communications, 613 Forest Rd E17	(0800) 3898980	Planteria, Plant Display Contrs, Chigwell Row Nrsry Gravel La Chigwell	(020) 8559 9990	Power Cleaning Services, Ltd, 87 Belgrave Road Ilford	(020) 8554 4838
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Physicals, Ltd, Health Clubs and Gyms, 327 High Road Woodford Green	(0843) 4879819	Plaut International, Ltd, Unit 8 Bourne Court Unity Trading Estate Southend Road Woodford Green	(020) 8550 6842	Powertech, Acacia Bsns Cntr Howard Rd E11	(020) 8539 0772
Physio Answers, Physiotherapy Clinic, 300 High Road Leyton E10	(020) 3538 3808	Or	(020) 8550 7024	Powerzone, UK, Dscnt Elec Appl, 73 Little Gearies Cranbrook Road Ilford	(020) 8478 1401
Physio Works, Physio, 59a High St Barkingside Ilford	(020) 8550 9224	Or	(020) 8550 7115	Or	(020) 8553 2002
Physiotherapy & Injury Centre Limi, The, David Lloyd Leisure Roding Lane Buckhurst Hill	(020) 8500 6678	Players Bookmakers, Betting	(0871) 2003117	Pravda Books And Art, 62A Aldborough Road South Ilford	(020) 3731 7112
Phytocon, Ltd, 74 London	(020) 3154 7757	Commentary	(0871) 2003117	Precious Homes, Ltd, 21-25 Third Av E12	(020) 8478 4029
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Pickett, H.J. & Co, Melbourne Road Ilford	(020) 8554 4176	Plough, The, Sewardstone Road E4	(01992) 711097	Premier Carpet Furniture, 80 Palmerston Rd E17	(020) 8520 7013
Picture Perfect Gallery, 71 High St Wanstead E11	(020) 8530 5959	PLP Investigations, Private Investigator, 726 High Road Leyton Leyton	(0843) 5122026	Premier Dry Cleaners & Launderers, Ltd, FLAT FIRST FLOOR 433-435 High Road Woodford Green	(020) 8504 7037
Pier 1 Management, Ltd, 16 York HI Loughton	(020) 8508 7567	Plumb Center, Plumbing & Heating Merchants Ilford Unit 4 Redbridge Enterprise Cntr Thompson Clo	(020) 8553 4183	Premier Inn, Loughton /Buckhurst Hill High Road Buckhurst Hill	(0871) 5278686
Pill Box Chemist, Dispng Chemst, 23 St James's St E17	(020) 8520 5820	Plume Of Feathers, 123 Church Hill Loughton	(020) 8502 0444	Loughton /Buckhurst Hill High Road Buckhurst Hill FAX	(0871) 5278687
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Pillbox 38, (UK) Limited Ta Totally Wicke, 251 High Road Loughton	(020) 8508 8211	Plush Port, & Co, Egg & Potato Whslrs, 1a Hainault Rd E11	(020) 8558 0399	FAX	(0845) 1126167
Pimpernel Transport Company, The, Leyton Business Cntr Etloe Rd E10	(020) 8532 8921	Plush Port, Co, Food Prods, 1a Hainault Road E11	(020) 8558 0139	Premier Plating Works, (Walthamstow) Ltd, Electro Plats, 90 Sernhall Street E17	(020) 8520 5361
Pine Store, The, 239 High Rd E18	(020) 8559 1213	Pmloughton, 6 Goldings Hill Loughton	(020) 3685 5278	Premier Properties, 9 Chigwell Road London	(020) 3718 1339
Pinewood Finance, Co Ltd, 116 George La E18	(020) 8530 4287	PNC Shop Fitters, Ravenswood Indust Est Unit 6 Sernhall Street E17	(020) 8520 5570	Premier Security Consultants, Ltd, 19-21 Roebuck Road Hainault Business Park Ilford	(020) 8502 6888
Pink Telecommunications, Telecom Off Equip,		POLICE, In Emergency dial 999 and ask the operator for Police Non Emergency Contact Number for all Enquiries, Please dial 101 Police-(Metropolitan)		Premier Travel Inn, Ilford Redbridge La East	(0871) 5278542
		The Sports Clubs		Ilford Redbridge La East fax	(0871) 5278543
				Premiere Podiatry, Ltd,	

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Premium Quality Foods, Ltd, 251 Ilford Lane Ilford	(020) 8478 8791	Property Link, (E17) Ltd, 336 Hoe St E17	(020) 8521 7733	Quantum Education, 123 Woodlands Road Ilford	(020) 8478 3309
Prescott Thomas, Ltd, Unit 1 Horner Ho New Spitalfields Mkt, Sherrin Rd E10	(020) 8558 9550	Property Links, UK Ltd, 193 Cranbrook Road Ilford	(020) 8554 8554	Quattro Mori, Ltd, Italian Rstnt, 55 Wood St E17	(020) 8521 7153
Prescott-Thomas, Ltd, Unit 1 Horner House New Spitalfields 19-21 Sherrin Road E10	(020) 8539 7670	Property Masterz Uk Ltd, Ilford Lane Ilford	(020) 8911 0849	Queen Mary Practice, The, 114 High Road E18	(020) 8491 3303
Press Parts, The Hat Works Rectory La Loughton	(0844) 8006066	Property & Mortgage, Co, The, 148 Cranbrook Rd Ilford	(020) 8518 6555	Queen Mary Practice, The, 114 High Road E18	(020) 8506 2161
Pressed 2 Perfection, Drycleaning, Broadway Pde The Broadway E4	(020) 8531 8255	Or	(0800) 7312336	Queen Marys Hospital, Frogmal Av Sidcup	(020) 8302 2678
Prestec, UK Ltd, 53a High Street Wanstead Leytonstone	(020) 8530 6808	Property Trend, Est Agent, R2, 679-691 High Rd E10	(020) 8558 2181	Queens Court Nursing Home, 52-74 Lower Queen's Rd Buckhurst HI	(020) 8559 0620
Prestige Accountancy Limited, 16 Khartoum Road Ilford	(020) 8478 1490	Propsavvy, Ltd, 15 The Broadway Woodford Green	(020) 3343 7304	FAX	(020) 8559 0315
Prestige Auto Express, Arley Wks Clifford Rd E17	(020) 8523 1666	Prosase Installations, 59 Hampton Road E4	(020) 8524 6353	Queens Road Medical Centre, 48 Queens Road E17	(020) 8520 2625
Prestige Hair Salon, 501 High Road Leytonstone Leytonstone London	(020) 8988 0420	Protech Alarms, Ltd, 812 Romford Rd Manor Park	(0843) 5156752	Queen's Road Opticians, 55 Queen's Rd Buckhurst HI	(020) 8504 5175
Prestige Nursing, Suite 1, First Floor 178 Cranbrook Road Ilford	(020) 8616 4405	Protech Embroidery, Ltd, Unit 44 Leyton Indust Village Argall Av E10	(020) 8556 1011	Queens Road Osteopathy, 48A Queens Rd Buckhurst HI	(020) 8502 9244
Prestons Accountancy, Ltd, 364 Cranbrook Rd Ilford	(020) 8518 5566	FAX	(020) 8556 1012	Queens Rooms, The, Wholesale Retail, 69 Queens Road Buckhurst Hill	(020) 8504 3867
Pretty Network Solutions, 216 High Road Leyton, London	(0870) 1169204	Providence Capital Securities, Ltd, 271 Hoe Street Walthamstow London	(020) 3340 5581	Querky Cafe, Professional & Financial, 23 High Street London	(020) 8521 5765
Pretty Things, Ltd, 30 Queens Road Buckhurst Hill	(020) 8505 9138	Provident London, Ltd, First Floor 600 High Road Woodford Green	(020) 8505 1026	Quest Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith, Forest Rd London	(0845) 1647396
Previa, UK Ltd, 785 Romford Road London	(020) 3935 3240	PRS Flooring, Unit 15 The Sidings Hainault Rd E11	(020) 8556 9192	Quick Claims Management Ltd, The, 397 High Rd Woodford Gn	(020) 8559 1444
Prezzo, Ltd, Johnston Ho Johnston Rd Woodford Gn	(020) 8505 4782	Or	(020) 8558 6895	Quick Pay Supermarket, Ltd, 766 Lea Bridge Road E17	(020) 8539 5431
Prezzo Plc, Ltd, Rstnt, 98 High Road South Woodford	(0843) 8160654	Public Sector Recruitment, Ltd, 14a High Street Wanstead Leytonstone London	(020) 8530 2288	Quick Property Group, 88 Chelmsford Road London	(020) 7998 1980
Prezzo Restaurants, Woodford Green 8 Johnston Road Woodford Green	(020) 8505 2400	Pugie & Peanut, Ltd, 23 Kirkdale Road E11	(020) 8556 3045	Quickie Heel Bar, Shoe Rprs, 563 Cranbrook Rd Ilford	(020) 8551 3654
Price, Christine, 12 The Hollies New Wanstead London	(020) 7018 7189	Pulse Environmental, Unit 7a 210 Church Road E10	(020) 8539 3647	Quickil Pest Control Services, 25 Hawkwood Cres E4	(020) 8559 4999
Price & Patel, Drs, D.R.G & (Mrs) G, Appointments & Enqs Seven Kings Health Centre 1 Salisbury Rd Ilford	(020) 8590 1143	Pulse Productions, Unit K Blackhorse Mws E17	(020) 8527 0440	Quickpick (London) Ltd, Quick Pick London	(020) 8556 7104
Or	(020) 8590 1320	Pulse Refrigeration, Ltd, 47 Habgood Rd Loughton	(020) 8508 6615	Quynhs Nails Beauty, 161 Hoe Street London	(020) 8509 0333
Pricecutters, 472 High Road Leyton London	(020) 8988 1542	Pulse Studio The Heartbeat Of Beauty, Ltd, 200 High Road Leytonstone	(020) 3161 5876	R A Marketing, Ltd, Unit 2 Lennox Road E17	(020) 8509 0021
Prickly Pear, The Legacy Business Centre 2a Ruckholt Road E10	(020) 8988 7880	Punjab Halal Meat Centre, 435 High Street North E12	(020) 8472 6355	R & B Engineering, 16 Highams Lodge Business Centre Blackhorse Lane E17	(020) 8523 4059
Pride Asia Food, Ltd, Supmkt, 77 High St Barkingside	(020) 8550 6132	Punjabi Lounge, Rstnt, 43 York Road Ilford	(020) 8514 3004	R B Services, Property Maintenance, Enquiries	(0870) 6083223
Primavera Financial Partners, First Floor 87A High Street Wanstead Leytonstone London	(020) 8532 9652	Punjabi Rasoi London Limited, 847 High Road Ilford	(020) 8597 9797	R.C.H.L., Head Office 2 Caxton Pl Roden St Ilford	(020) 8477 1800
Prime Care, Ltd, Unicom, 183 Brookscroft Road E17	(020) 8531 2653	Pura Wanstead, Ltd, 54a High St Wanstead E11	(020) 8530 3339	Homes 5 Blueberry Clo Woodford Gn	(020) 8559 7585
Prime Cars & Contracts, Ltd, 434 Hoe St E17	(020) 3771 8765	Purbani Restaurant, Indian Rstnt, 153 High St Wanstead E11	(020) 8989 4174	83 Glengall Road Woodford Green	(020) 8559 0797
Prime Wholesale, U K Ltd, 43-49 Fowler Road Ilford	(020) 8500 0777	Or	(020) 8989 6202	R C M 1 Accounting Services, Suite 11 Church Lane Chambers 11-12 Church Lane E11	(020) 8988 1941
Primelodge Estates, Ltd, 652 Lea Bdge Rd E10	(020) 8539 8539	Purdy Contracts, Ltd, Brooklyn Ldg Mott St E4	(01992) 703410	R.C.T Construction, Ltd, 105 Station Road London	(020) 8559 3533
Primemove Property & Finance, Real Est, 441 High Rd Ilford	(020) 8553 0096	Pure Elegance Hair And Beauty Ltd, 2 Tring Close Ilford	(020) 3623 0429	Or	(020) 8559 3133
Prince Regent Hotel, Prince Regent Hotel Manor Road Woodford Green	(020) 8505 9966	Pure Muscles Gym, Ltd, 209 Wood Street London	(020) 8109 4961	R D Robins Upholsters, Ltd, 39B Church HI Rd E17	(020) 8520 5228
Principles School of Motoring, Mobile	(07860) 320462	Pure Raw Protein, Ltd, Unit 6 The Acorn Centre Roebuck Road Hainault Business Park Ilford	(020) 3243 2097	R G B Hi-Fi, 203 Ilford La Ilford	(020) 8924 7755
Printexpert, Co.UK, Unit 4 Avenue Indust Est Justin Rd E4	(020) 8531 2891	Pure Tech Electronics Ltd, 14 Landseer Avenue London	(020) 8478 4899	Or	(020) 8514 7965
Printing Services, FAX	(020) 8478 8968	PVC Strip Curtains, 7-9 Fowler Rd, Hainault Bsns Pk Ilford	(020) 8500 4000	R & G Wholesales, Ltd, 673 High Road Ilford	(020) 8598 1719
Priors Medical, Ltd, 8 Forest Rd Loughton	(020) 8418 0362	Pye, London Ltd, Gen & Mech Lift Enqs, Head Off, Engineering, Unit 7 Hookers Rd E17	(020) 8531 3334	R J Bristow, & Sons, 109 Market Pavilion New Spitalfields Mkt, Sherrin Rd E10	(020) 8539 6999
Priory Court, 23 Priory Court E17	(020) 8531 7971	Head Off, Engineering, Unit 7 Hookers Rd E17	(020) 8531 3336	109 Market Pavilion New Spitalfields Mkt Sherrin Rd E10	(020) 8539 9190
Private Investigator, Private Investigator, Pall House The Square, High Road Leyton	(0871) 2500241	Pyramid Pharmacy, 413 Hoe Street E17	(020) 8520 5081	R & J Gas Appliances, 397 Hoe St E17	(020) 8520 3466
PRMI Developments, Ltd, Unit 22 Bourne Court Unity Trading Estate Southend Road Woodford Green	(020) 8709 7930	Or	(020) 8520 5122	Or	(020) 8521 6800
Professional Idiots Record, 64 Mount Pleasant Road Chigwell	(020) 3665 2733	Pyxix Mart Retail, Ltd, 662 Leytonstone	(0131) 563 1435	R K J Developments Partnership, 32 Kings Rd E4	(020) 8524 4088
Profile Distributions, Ltd, Waltham Parkway Billet Rd E17	(020) 8527 2016	QALB Centre, The, Asian Mental Health Project, Ferguson Cntr, Low Hall Depot Markhouse Av E17	(020) 8521 5223	R K Property Investments, Ltd, 8-10 High Beech Road Loughton	(020) 8502 3406
Project Zero Wf, Cic, The Outset Project 2a Grange Road E17	(020) 8521 1777	Qazi & Qazi Law Offices, Ltd, Oakfield Ho Oakfield Rd Ilford	(020) 8911 4561	R N R Promotions, Ltd, 221-223 Chingford Mount Road London	(020) 8529 6060
Prop Positions, Ltd, Unit 12 6 Argall Avenue London	(020) 3874 5226	QC Laboratory, Ltd, The, 13a Newbury Road E4	(020) 8523 3003	R & P Painting and Decorating, 30 Sedgwick Rd Leyton	(0800) 7810330
Property Care Services, Challenge House 57-59 Queens Road Buckhurst Hill	(020) 8506 2233	Qin Dynasty, Ltd, Whsle, Unit 5 Walthamstow Business Centre Clifford Road E17	(020) 8531 0001	R & R Couriers, Ltd, Logistics, 124 Stocksfield Road Walthamstow	(0843) 8164936
Property Dot Com, Properties, 139 Ley St Ilford	(020) 8478 0011	Or	(020) 8531 6888	R & R Lift, Co Ltd, The, 71A High Rd E18	(020) 8518 8937
Property Dot Com, Properties, 139 Ley St Ilford	(020) 8478 0022	QS Familywear, Clothing Retlr, Branches 4-10 Old Church Rd Chingford	(0844) 3951584	R S Chicken, 506 High Road Ilford	(020) 8599 1040
Property Finance And Law, 902 Eastern Avenue Ilford	(020) 3583 9641	Branches 74 High Rd Ilford	(0844) 3951672	R S K Tyres And Wheels, Tyres & Wheels, 507 High Road Leytonstone Leytonstone London	(020) 8558 0012
Property Headquarters, 95 Wood Street E17	(020) 8520 0345	Quakers (Religious Society of Friends), Meeting Houses With Telephones Walthamstow 1A Jewel Rd E17	(020) 8521 2363	R & S Lets, Ltd, 60 Goodmayes Rd Ilford	(020) 8597 4848

6 Jubilee Av E4.....	(020) 8531 9225	722 Eastern Ave Ilford.....	(020) 8554 8844	Redbridge Radio Cars, Mini Cab Office, Newbury Park Station Eastern Avenue Ilford.....	(020) 8554 3333
Rackhams, Ltd, 6 Jubilee Avenue E4.....	(020) 8531 0426	Rectory Lane Health Centre, Reception.....	(020) 8272 4603	Redbridge Radio Cars, Taxi, 411 High Rd Woodford Gn.....	(020) 8505 3333
Radiocoms Systems, Ltd, Northwood Tower 71 Marlowe Rd E17.....	(020) 8520 3173	Reception FAX.....	(020) 8272 4690	Redbridge Radio Cars, Taxi, 417 High Rd Woodford Gn.....	(020) 8504 1000
Radley Electrical, 72 Forest Dv East E11.....	(020) 8556 5253	District Nurse.....	(020) 8272 4630	Redbridge Radio Cars, Taxi, 421 High Rd Woodford Gn.....	(020) 8505 0505
Raffingers Stuart, Chrt'd Acctnts, Unity Trading Est Southend Rd Woodford Gn.....	(020) 8551 7200	Epping Forest Day Unit.....	(020) 8272 4646	Redbridge Radio Cars, Mini Cab Office, Unit 2 Redbridge Station Redbridge Lane East Ilford.....	(020) 8550 8389
Raghu Travels, Trvl Agcy, 258 High Street North E12.....	(020) 8586 2323	FAX.....	(020) 8272 4646	Redbridge Radio Cars, Mini Cab Off, Unit 2 Redbridge Station Redbridge Lane East Ilford.....	(020) 8551 1119
Ragu Travels, Ltd, 19 Bergholt Av Ilford.....	(020) 8503 9836	Red Bridge Panjabi Fabhacharik Sabha, 293-97 Ley Street Ilford.....	(020) 8478 4962	Redbridge Radio Cars, Taxi, 17 Wards Rd Ilford.....	(020) 8590 7000
Rahman Haworth, Llp, 698 Lea Bridge Road E10.....	(020) 3602 4728	Red Chilliz, 18 Victoria Rd E17.....	(020) 8527 9997	Redbridge Radio Cars, Ltd, Mini Cab Office, 458-60 Cranbrook Road Ilford.....	(020) 8554 8117
Rahman Haworth, Llp, Wholesale Retail, 698 Lea Bridge Road E10.....	(020) 8539 0075	Red Electric Designs, Ltd, Unit 10 York Ho 1 Langston Rd Loughton.....	(020) 8418 9059	Hainault Underground Stn New Nth Rd Ilford.....	(020) 8500 2659
Rahman, Dr, Mustafizur, 17 Raymond Avenue E18.....	(020) 8530 3103	Red Fashion House, Ltd, Unit 95 Upper Level The Exchange High Road Ilford.....	(020) 8911 6270	Or.....	(020) 8500 5555
Raihan Fabrics, 149 High Street London.....	(020) 3659 9393	Red House The, Pblc Ho, Redbridge La East Ilford.....	(020) 8550 6451	Redbridge Roofing, 36 Bute Road Ilford.....	(020) 8554 3707
Railway Bell, 87 George La E18.....	(020) 8989 0229	Red Onion Productions, Ltd, 26 Hatherley Mws E17.....	(020) 8520 3975	Redbridge Sport Centre, Forest Road Ilford.....	(020) 8498 1000
Rainbow Fast Food, 60 Borders Lane Loughton.....	(020) 8508 6611	Red Piri Piri, Ltd, 41 Cranbrook Road Ilford.....	(020) 8553 5222	Redbridge Superstore, Ltd, 220 Redbridge Lane East Ilford.....	(020) 3161 8802
Rainbow Fast Food Ltd, Borders Lane Loughton.....	(020) 8508 4612	Red Rose Property Services, 84 Queens Rd Buckhurst Hl.....	(020) 8504 3777	Redbridge Surgery, 49 Windermere Gardens Ilford.....	(020) 8551 1513
Rainbow International Chigwell, Unit T Pegasus Wks Roebuck Rd Ilford.....	(020) 8502 7727	Redbridge Back Pain Clinic, 13 York Mews Ilford.....	(020) 8252 9292	Redbridge Talking Newspaper Association, Ilford.....	(020) 8518 2827
Rainbow Service Station, 298 Forest Road Walthamstow London.....	(020) 8509 1942	Redbridge Builders Merchants, Ltd, 227 Clayhall Avenue Ilford.....	(020) 8550 5454	Redbridge Voluntary Service, Forest Ho Clements Rd Ilford.....	(020) 8553 1004
Rainbows Europe, Ltd, Golfe Ho Golfe Rd Ilford.....	(020) 8514 7774	Redbridge Carers Support Services, Unit 12 Clements Ct Clements La Ilford.....	(020) 8514 6251	Redbridge Community Housing, 2-4 Orchard Close E11.....	(020) 8518 8262
Rainguard, Ltd, Flat Roofing, Gen Enqs.....	(0800) 1690170	Redbridge College, 4 Balfour Rd Ilford.....	(020) 8477 0200	Redbridge Disability Association,The, 98 Ilford La Ilford.....	(020) 8514 2565
Raja Food And Wine, 85 Barley Lane Ilford.....	(020) 7018 2262	Redbridge Community Housing, 2-4 Orchard Close E11.....	(020) 8518 8262	Redbridge Food Bank, 14 The Kings Centre Granville Road Ilford.....	(020) 8518 0056
Raja, J, & Co, 962 Eastern Av Ilford.....	(020) 8590 4500	Redbridge Disability Association,The, 98 Ilford La Ilford.....	(020) 8514 2565	Redbridge Garden Centre, Roding Lane Nurseries Roding Lane North Woodford Green.....	(020) 8550 9000
Rajah Barbers Uk Ltd, 20 Woodford Avenue Ilford.....	(020) 3643 3150	Redbridge Food Bank, 14 The Kings Centre Granville Road Ilford.....	(020) 8518 0056	Redbridge Garden Centre, Ltd, Gdn Centres, Roding Lane North Woodford Green.....	(0843) 5065535
Rajah'S Punjabi Meat Corner, 781 High Road Ilford.....	(020) 3336 9373	Redbridge Garden Centre, Roding Lane Nurseries Roding Lane North Woodford Green.....	(020) 8550 9000	Redbridge Gujarati Welfare Association, Ilford Methodist Church Ilford Lane Ilford.....	(020) 8270 2303
Ram, Trvl & Est Agent, 713 Cranbrook Rd Ilford.....	(020) 8550 8788	Redbridge Gym, Farnham Road Ilford.....	(020) 8590 3370	Redbridge Institute of Adult Education, Gaysham Avenue Ilford.....	(020) 8550 2398
Ram Jewellers, Balfour Ho High Rd Ilford.....	(020) 8478 7801	Redbridge Institute of Adult Education, Gaysham Avenue Ilford.....	(020) 8550 2398	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres	
Ram Travel & Estate Agents, FAX 713 Cranbrook Rd Ilford.....	(020) 8550 6677	Redbridge Methodist Church Ilford Lane Ilford.....	(020) 8270 2303	Gearies Headquarters Gaysham Av Gants Hill.....	(020) 8550 2398
Ramondson Company Accountants Auditors, 1 Ickworth Park Road Walthamstow London.....	(020) 8509 0390	Redbridge Gym, Farnham Road Ilford.....	(020) 8590 3370	Wanstead House Community Centre 21 The Green Wanstead.....	(020) 8989 3693
Ranc Care Homes, Ltd, 766 Eastern Av Ilford.....	(020) 8554 5600	Redbridge Institute of Adult Education, Gaysham Avenue Ilford.....	(020) 8550 2398	8989 3693	
RANC.....	(020) 8554 5944	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Libraries	
Randstad Education, Ilford		REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Fullwell Cross Library 140 High Street Barkingside.....	(020) 8708 9281
3a Cranbrook Ho 61 Cranbrook Rd.....	(020) 8478 2250	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Lifeline Enquiries.....	(020) 8553 5825
FAX.....	(020) 8553 3278	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Social Services	
Randy'S Sauce, Co Ltd The, Unit 44H Argall Avenue London.....	(020) 3651 4789	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Community Care Advice Centre (Minicom).....	(020) 8503 8898
Ranelagh Motors, Mtr Repair, 1 Ranelagh Road E11.....	(020) 8534 0430	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Day Centres For Elderly People	
Range Pay International, Ltd, 310 Green La Ilford.....	(020) 8598 9997	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Elderberries Day Centre Broadmead Rd Woodford Green.....	(020) 8504 2771
Ranger D Motors, Mtr Reprs,Sales, 1A Rolls Pk Av E4.....	(020) 8527 1996	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Family Day Centres	
Rangreza, 191 Ilford Lane Ilford.....	(020) 8911 8239	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Link Place Personal Development Centre	
Rapid Renault Repairs, Unit 2 Brunner Rd E17 FAX.....	(020) 8520 7057	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Link Ho Bramston Clo Ilford Physical & Sensory Disability.....	(020) 8501 2220
Rasco Enterprise, Ltd, Springfield Farm Lippitts Hill Loughton.....	(020) 3876 7057	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Homes For The Elderly	
Rasmia Hazel, 546a High Road Leytonstone London.....	(020) 3556 7027	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Hyleford	
Rasuls Food & Wine, 3 Jubilee Parade Snakes Lane Woodford Green.....	(020) 8502 9947	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		1 Boundary Clo Ilford.....	(020) 8590 5411
Rated Traders, Ltd, 64a Station Road E4.....	(020) 3904 0890	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Pct, Forest Healthcare Trust Coleridge Road E17.....	(020) 8521 1091
Ratnanather, Dr, N, 5 Twentyman Close Woodford Green.....	(020) 8505 0323	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Pct, 30 Coleridge Road E17.....	(020) 8520 6063
Ravi Barbershop, Ltd, 394 High Street North E12.....	(020) 3340 6492	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Pharmacy, 11 Redbridge Lane East Ilford.....	(020) 8550 9003
Ray Park Cafe, Ray Park Snakes Lane East Woodford Green.....	(020) 3652 0328	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Primary Care Trust, 30 Coleridge Road E17.....	(020) 8520 2445
RB Recruitment Services, Ltd, 25 Connaught Avenue Loughton.....	(020) 8508 5700	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Primary Care Trust, Wanstead Hospital Hermon Hill E11.....	(020) 8532 2711
Rd Accountants, Acctnts, Challenge Ho 57-59 Queens Rd Buckhurst Hl.....	(020) 8502 9000	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Radio Cars, Car Hire,Mini Cabs, 411 High Rd Woodford Green.....	(020) 8505 0000
RDS Plumbing & Heating, Ltd, Suite 1 Nelson Ho, 341 Lea Bridge Rd London.....	(0843) 5154826	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		4 Station App High St E11.....	(020) 8989 5151
Reaching Out East, Ltd, 58 Hall La E4.....	(020) 8519 6369	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Kimberley House 172 Billet Rd E17.....	(020) 8505 7776
Read Academy, Ltd, GH, 445-47 Ley Street Ilford.....	(020) 8554 9111	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Station Redbridge La East Ilford.....	(020) 8550 4444
Real Taste, Ltd, Rstnt & Takeaway, 218 Redbridge La East Ilford.....	(020) 8551 5971	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Or.....	(020) 8551 0113
Rebecca Associates, 3 Green Lane Ilford.....	(020) 8599 0870	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Or.....	(020) 8551 4444
Rebecca Beauty, Hair & Beauty, 722 Eastern Ave Ilford.....	(020) 8554 8844	REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Radio Cars, 411 High Rd Woodford Green.....	(020) 8504 0860
		REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Radio Cars, Cab Serv, 4 Station App, High St Wanstead E11.....	(020) 8530 1111
		REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Radio Cars, Mini Cab Office, Hainault Underground Station New North Road Ilford.....	(020) 8500 8588
		REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Hainault Underground Stn New Nth Rd Ilford.....	(020) 8500 6960
		REDBRIDGE LONDON BOROUGH OF, Educational Enquiries Adult Centres		Redbridge Radio Cars, Car Hire,Mini Cabs, Redbridge Radio Cars, Mini Cab Office,	

Remar Association, UK Ltd, 845 High Rd Leytonstone E11.....	(020) 8556 9507	Richmond Fellowship For Community Mental Health,The, 19 Mansfield Rd Ilford	(020) 8514 9650	Robins Pie & Mash, 14 High St Wanstead E11.....	(020) 8989 1988
Removals, Removals, Church Hill London.....	(0844) 3345779	Richway Property, Ltd, 188 Queens Road Buckhurst Hill	(020) 8505 8800	Robins Pie & Mash, Ltd, Unit E10 Seedbed Centre Langston Road Loughton	(020) 8508 1513
Removals, Removals, George Ln London.....	(0844) 3345780	Ridgeway Hotel, Htl, 117 The Ridgeway E4.....	(0872) 4365479	Robinson Sterling, Chtrd Acctnts, 277 Ilford Lane Ilford.....	(020) 8478 4008
Removals, Removals, High Rd Leyton London	(0844) 3345772	Ridgeway Hotel, Ltd, 115 The Ridgeway Chingford.....	(020) 8523 9258	Robinson Sterling Chartered Accountants, 616D Green La Ilford.....	(020) 8598 4130
Removals, Removals, Manor Park Rd London.....	(0844) 3345774	117 The Ridgeway E4.....	(0872) 4365353	616D Green Lane Ilford.....	(020) 8590 5266
Removals, Removals, Station Rd Chingford, London	(0844) 3345783	Right Angle Windows, Ltd, Unit 10 13 Argall Avenue London	(020) 3325 4702	Robinson Sterling Chartered Accountants, Ltd, 616D Green Lane Ilford.....	(020) 8586 1789
Removals, Removals, Wallwood Rd London	(0844) 3345773	Right At Home, 397 Larkshall Road London	(020) 3689 3939	Robinson Sterling Financial Planning, Ltd, 277 Ilford La Ilford	(020) 8477 1449
Removals Cheap & Reliable, Removals Storage & Household, 816 High Rd Leyton	(0871) 4235773	Right Choice Mobility, 391 Larkshall Road E4	(020) 8527 7487	Robinson, W, & Sons, Pump & Pumping Eqpt Sales & Serv, 35 Fowler Rd Ilford	(020) 8559 6000
Removals Cheap & Reliable, Removals Storage & Household, 205 Larkshall Rd London.....	(0871) 4235767	Right Solutions, Ltd, 54 New Road Ilford	(020) 8597 3270	Roche Commercial Mortgages (Chingford), Commercial Mortgage Broker, New Road Chingford, London	(0871) 2218146
Renaissance Solicitors, Renaissance Solicitors 413 Hoe Street E17	(020) 8521 1100	Rima Tandoori, Ilford 14 Roding Lane Sth Ilford.....	(020) 8550 7981	Roche Commercial Mortgages (Leyton), Commercial Mortgage Broker, High Road Leyton, London	(0871) 2218134
Renault Ilford, New Car Sales	(020) 8276 5040	Ring Back, 20 Bosgrove E4	(020) 8529 9483	Roche Commercial Mortgages (Leytonstone), Commercial Mortgage Broker, Hainault Road Leytonstone, London	(0871) 2218135
Used Car Sales	(020) 8276 5050	Rios Cafe, Coffee Shop Cafe, 294 Hoe Street Walthamstow London	(020) 3489 5282	Roche Commercial Mortgages (Manor Park), Commercial Mortgage Broker, High Street North Manor Park, London	(0871) 2218136
Fleet Sales	(020) 8276 5070	Ritu Dhariwal, Ltd, 1St Floor Church Hill London Loughton	(020) 8508 4205	Roche Commercial Mortgages (South Woodford), Commercial Mortgage Broker, Woodford Road South Woodford, London	(0871) 2218143
After-sales	(020) 8276 5070	Riva Recruitment, Ltd, 41A St Georges Rd Leyton	(0845) 4569591	Roche Commercial Mortgages (Walthamstow), Commercial Mortgage Broker, Hoe Street Walthamstow, London.....	(0871) 2218142
Rentokil Pest Control, The Sidings Hainault Rd Leytonstone	(0800) 3891076	River Island, Ilford, Clothing Store, Unit 42 The Exchange, Mid Level High Road Ilford.....	(0844) 8269813	Rochem, Ltd, 214 Redbridge Lane East Ilford	(020) 8551 3741
Orbital Cntr Southend Rd Woodford Green	(0800) 3891076	River Island, Walthamstow, Clothing Store, 24 Selborne Walk Walthamstow	(03448) 269813	Rock On Music, Ltd, 851 High Road Ilford	(020) 8599 6230
Bournecourt Southend Rd Woodford Green	(0800) 3891076	River Surgery, 16 Rous Road Buckhurst Hill.....	(020) 8504 7364	Rockdale Service Station, Petrol Stn, 142 Markhouse Rd E17.....	(020) 8521 8907
Rep Installations, Ltd, 29 Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 8508 4877	River Surgery,The, FAX	(020) 8559 0269	Roding Valley High School, Alderton Hl Loughton	(020) 8508 1173
Replica Food, Uplands Bsns Pk Blackhorse La E17	(020) 8523 3523	Riverley Primary School, Riverty Primary School 40 Park Road E10.....	(020) 8558 4203	Or	(020) 8532 0990
Replica Projects, Ltd, Uplands Bsns Pk Blackhorse La E17	(020) 8523 3523	Riversland Technologies Limited, 13-17 High Beech Road Loughton.....	(020) 3605 6826	Roebuck Contractors, 271A High Rd Woodford Gn	(020) 3225 0000
Repose Studio, 179 Queens Road Buckhurst Hill	(020) 8559 0520	Riz Family Foods, UK Ltd, 804 Romford Road Manor Park London	(020) 3876 0790	Roffeys Residential Sales, The Apex 31 Station Rd Loughton.....	(020) 8508 0101
Reptile Ranch, Exotic Pet Shop, 113 Maybank Rd E18	(020) 8505 2900	Riz Khan Ltd Ta Woodland, 407 Hoe Street E17	(020) 8520 2112	Rogene, 2A Chadwick Rd Ilford.....	(020) 8514 8513
Residential, Home, 34 Oakwood Gardens Ilford	(020) 8586 4269	Rizz Security Guards, Ltd, 195 Wood Street Walthamstow London	(020) 3410 9916	Rohan Foods, Ltd, Unit 15 8 Argall Avenue E10	(020) 8988 9788
Resolve Care, Ltd, 13 Coventry Road Ilford	(020) 8500 0066	RJB Industrial Training Services, Ltd, Unit 26 Uplands Bsns Pk,Blackhorse La E17	(020) 8418 5672	Rohpharm, Ltd, Dispng Chemst, 149 Cranbrook Road Ilford	(020) 8514 3254
Resolve Immigration Consultancy, Coventry Ho 1 Coventry Rd Ilford	(020) 8518 0054	RJK Security Systems, 9 Hatch La E4	(020) 8529 7999	ROI Coffee, Ltd, 24 Queens Road Buckhurst Hill	(020) 8504 0913
Resolve Immigration Consultancy Ltd, 1-3 Coventry House Coventry Road Ilford.....	(020) 3732 7476	FAX	(020) 8529 7333	Rolamvale, 11 Forest Road Loughton.....	(020) 7998 0556
Resource Management Associates, Ltd, 23 Grovewood Pl Woodford Gn	(020) 8504 7788	Rjs Fried Chicken, Takeaway, 980 Eastern Avenue Ilford	(020) 8598 2057	Rolamvale, 11 Forest Road Loughton	(020) 8502 5625
Restaurant, Rstnt, 98 Station Rd London	(020) 8529 8311	Rm Auto Centre, Ltd, Marshfield Sewardstone Rd London	(020) 8529 8282	Role Recruitment, Unit 3 James Yard Larkshall Road E4.....	(020) 8527 2676
Restaurant Enterprise, Enterprise House 112 Kings Head Hill E4.....	(020) 8529 8543	RMG Settings, Mobile, 11 Carrick Drive Barkingside.....	(07956) 308390	Roliam Road Services, 9 Oakwood Hill Industrial Estate, Oakwood Hill Loughton.....	(020) 8508 6262
Restaurant Manor Park, Ltd, 815 Romford Road Manor Park London.....	(020) 3340 8135	Rmr Recruitment, Ltd, Beckett Ho Ilford Hl Ilford	(020) 8553 5119	9 Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 8508 1234
Restaurants, Rstnts, 23a The Broadway Woodford Green	(020) 8504 1145	RNID - for Deaf & Hard of Hearing People, Unit 25 Bourne Ct Unity Trading Est, Southend Rd Woodford Green	(020) 8551 7700	Romain Coleman, & Co, Solrs, 185 Hoe St E17	(020) 8520 4555
Restore, Unit 10-12 Forest Trading Estate Priestley Way E17	(020) 8527 9261	RNL, In EMERGENCY dial 999 and ask for "COASTGUARD" Head Office & General Enquiries West Quay Rd Poole ...	(0845) 1226999	Romanian Grocers, Ltd, Oakfield Ho 1 Oakfield Rd Ilford.....	(020) 8911 8313
Restore Community Centre, 68 The Broadway Loughton	(020) 8508 7247	Roadsure, Ltd, Ins, 14 Eastwood Cl E18	(0872) 4365629	Romford Glass, (London) Ltd, E4	(020) 8523 9133
Retail Locations, 30 The Broadway Woodford Green	(020) 8559 1944	Rob Retail, Ret, 233 High Road South Woodford London.....	(020) 8504 0159	Rona Ilford, 164 Cranbrook Road Ilford	(020) 8518 6913
Reverba, Ltd, 212 High Road Ilford	(020) 8553 7777	Robbins, Helen, Solrs, 6 Gainsborough Rd E11	(020) 8558 0038	Rona Partnership, Chtrd Survrys, 225 Cranbrook Rd Ilford.....	(020) 8554 9511
Revival House Floor, Kitchens, 500 High Street North Manor Park London.....	(020) 8478 2626	Robert Bell Salon, 7 Jubilee Parade Snakes Lane Woodford Green.....	(020) 8505 1642	RONALD BROWN GROUP OF OPTICIANS, Practices Leyton Bakers Arm 583 Lea Bridge Rd E10	(020) 8509 2467
Revive Beauty Clinic, 47 Atherton Rd Ilford	(020) 8551 2700	Robert Clements, Ltd, The Sidings Hainault Rd E11	(020) 8556 6595	Ron's Shoe Repairs, 165A Station Road E4.....	(020) 8524 7253
Rgb Hi Fi & Video, 121 Roding Rd Loughton	(020) 8508 3399	Robert, Gerrard, & Co, 144 Station Road E4	(020) 8529 3333	Roofing Trade Services, Ltd, Rfg Servs, Unit 9 Uplands Business Park Blackhorse Lane E17.....	(020) 8531 0639
Rgb HiFi & Video, Ltd, 543 High Road Ilford	(020) 8911 7465	Robert Lewis, Ltd, 2 Cheviot Way Ilford	(020) 8599 1300	Or	(020) 8531 1300
RGE Services, Ltd, 19 Roebuck Rd Hainault Busine Ss Pk Ilford	(020) 8559 8686	ROBERT LEWIS (MARYLEBONE), Ltd, 5 Argall Av E10	(020) 8539 0237	Or	(020) 8531 1400
RGE Services, Ltd, Planteria Gravel Lane Chigwell	(020) 8501 5488	Roberts, E.J, Roofing Ltd, 33 Skeltons La E10.....	(020) 8539 0077	Roof-Link Industrial Services, Ltd, Brooklyn Lodge Mott St London	(0843) 5155572
Rhl Body Shop, Motor Repair, 149 Tilbury Rd E10	(020) 8539 4676	FAX	(020) 8539 0099	Room 22, Gift Shop, 22 Electric Parade George Lane E18.....	(020) 8989 6669
Rhythmic Care, Uk Ltd, Care Servs, 2nd Floor Prudential Bldgs Cranbrook Rd Ilford.....	(020) 8553 2000	Roberts Motorworks, 13 Mulberry Way South Woodford	(020) 8989 1829	Room In London, J, 699a High Rd Leyton E10	(020) 8988 3664
Rican Securities, Ltd, Estate Ho High Rd Chigwell	(020) 8500 6171	Robin Bradley TJA R B Services, Unit 1 The Acorn Centre Roebuck Road Hainault Business Park Ilford.....	(020) 3225 3078	Rosalee Guest House, 25 Argyle Road Ilford	(020) 8478 2777
Rice N Spice International, Ltd, 7 Redbridge Lane East Ilford	(020) 8551 9894	Robin Hood,The, Pblc Ho, Robin Hood Htl Epping New Rd Loughton	(020) 8508 1104	Rose Optometrists, Opthal Optcn, 583 Cranbrook Rd Ilford.....	(020) 8551 5353
Rich Hair, 20 High Street Ilford	(020) 8550 4333	Robins And Day, Robins And Day Chingford Road North London.....	(020) 3489 3143	Rosehill Cafe, 272 Higham Hl Rd E17.....	(020) 8527 5074
Richard Baker Harrison, 253 Cranbrook Rd Ilford.....	(020) 8554 0102	Robins And Day, Robins And Day Chingford Road North London.....	(020) 8001 2741	Rosellins, Ltd, Est Agt, 81 Station Rd E4	(020) 8529 8700
Richard Baker Harrison, Ltd, Chem,Min Distribs, FAX	(020) 8554 9282				
Richard John Clarke, Chartered Surveyors, The Galleria Unit 1 180 George La E18.....	(020) 8505 2065				
Richards, Martin, Financial Management, 121 Longwood Gdns Ilford	(07071) 717272				
Richardson-Hill, Ltd, Health & Safety Conslts, 23 Springfield Road E4	(020) 8524 8396				

Roselins, Ltd, Estate Agency, 81 Station Road E4 (020) 8529 9922	Branches Walthamstow 249 High St E17 (020) 8520 2829	97-101 Peregrine Rd Ilford (020) 8498 1177
Rosemount Flooring, Ltd, Flooring, The Sidings Hainault Rd E11 (020) 8988 0370	S A A M Logistics, UK Ltd, 736-740 Romford Road Manor Park London (020) 8553 0008	Saghana Jewellers, 254 High Street North Manor Park (020) 8586 5861
Rosemount Flooring, Ltd, Flooring, Unit 11 The Sidings Hainault Road E11 (020) 8539 9476	S & A Gregory, Ltd, Lynwood Steeds Way Loughton (020) 8508 2861	Sahara For Life, 211 Forest Rd E17 (020) 8523 1115
Rosenbloom & Simyab, 630 Eastern Avenue Ilford (020) 8554 5691	S & A Hairdressing, Ltd, Sal, 742 Romford Road E12 (020) 8514 6450	Sahara Homes, 477-81 Cranbrook Road Ilford (020) 8554 2057
Rosens, 620 High Rd E11 (0800) 1699341	S A Law Chambers, Ilford 160 Cranbrook Rd Ilford (020) 8554 0012	Saho Financial Services, Financial Services, 232 High Street North E12 (020) 8470 4444
Rosen's Business Transfer Agents, (Fish Trade), 620 High Rd Leytonstone E11 (020) 8539 6426	S.B Accountancy, 23 Tudor Road E4 (020) 8523 0727	Sahra Homes, 477-81 Cranbrook Road Ilford (020) 8518 6091
Or (020) 8539 9662	S & B Food, Ltd, 116 High Street E17 (020) 8520 8350	Sahu & Mughal, Drs, U.N & R, Ilford 63 Ethelbert Gdns Ilford (020) 8550 7944
Roshni Clsical Indian Takeaway, 160 Hermon HI E18 (020) 8530 3222	S.J.M. Alloys & Metals, 191a Princes Road Buckhurst Hill (020) 8505 2210	Sai Nursery, Ltd, 208 Clayhall Avenue Ilford (020) 8551 2577
Rossi Cafe, Ltd, 209D High Road Loughton (020) 8257 1458	S K Property Services, Leyton 638 Lea Bdge Rd (020) 8556 4222	Sainsburys, J, Plc, Stores Barkingside 92 Tanner's La Barkingside (020) 8551 0921
Rossmore Hotel, 301 Cranbrook Rd Ilford (020) 8554 3481	S K S Double Glazing, Ltd, Offices Rear Of 58 Ilford Lane Ilford (020) 8514 5642	Chingford 13 Hall La E4 (020) 8529 1204
Rossmore Hotel, Ltd, 301-309 Cranbrook Road Ilford (020) 8554 9174	S M Khairul Islam, Durham Place, 6 Eton Road Ilford (020) 3490 4995	Ilford Lane Ilford (020) 8553 0145
Roti Restaurant, Rstnt, 869 Lea Bridge Road Walthamstow London (020) 8509 8777	S N R Property, Co U K Ltd, 8 Parklands Chigwell (020) 8471 8181	Newbury Park Chase Lane Newbury Pk (020) 8551 6333
Routine 2000, (UK) Ltd, Unit 2 Lockwood Wy E17 (020) 8527 2151	S Odedra, Food, 649 Romford Road E12 (020) 8553 0894	Loughton Old Station Rd Loughton (020) 8508 6681
FAX (020) 8503 3520	S P L Drywall, Ltd, 34 Anne Way Ilford (020) 3827 6208	12 Torrington Dv Debden (020) 8508 3122
Rover Parts Centre, (The), Rowwell Trdg Pk Argall Av E10 (020) 8556 0803	S P Professionals, UNIT 7 City Mews Ilford (020) 3887 7328	Low Hall Chingford Walthamstow Av E4 (020) 8523 2617
Roxwell Trdg Pk Argall Av E10 (020) 8556 0803	S.P.T Software, 72 Dersingham Avenue London (0870) 8147793	South Woodford 176 George La E18 (020) 8989 8224
Rowe Sports, Spts Shop, 1 New Road E4 (020) 8524 1495	S Qureshi, 79 Clinton Crescent Ilford (020) 8500 9639	Walthamstow 112 High St E17 (General Enquiries) (020) 8521 6113
Rowers Express, Ltd, 104 Ilford La Ilford (020) 8478 6888	S & S Accident Repairs, Sewardstone Hall Farm Sewardstone Road E4 (020) 8524 7887	Sainsburys Supermarket, Sainsburys Supermarket King George Avenue Ilford (020) 8550 4005
Royal Bank of Scotland, PLC, Branches Ilford 70 Cranbrook Rd (020) 8553 3815	S.S Builders Merchants, Ltd, 40 Bickley Rd Leyton (020) 8539 0414	Saint, See also Saints listed after St. St. Aidan's Catholic Primary Academy, Benton Road Ilford (020) 8590 5223
ROYAL BRITISH LEGION,THE, Branches Chingford 67 Hall La E4 (020) 8529 2688	FAX (020) 8521 4618	St. Andrews, Church Hall, The Drive Ilford (020) 8554 9721
Royal British Legion North East Met,The, 63 Hall Lane E4 (020) 8529 1333	404 Hoe St Walthamstow (020) 8520 6525	St. Aubyn's School, Woodford Green Woodford New Rd Woodford Gn (Sports Centre) (020) 8559 0676
Royal Dock Financial Services, 2B Royal Victoria Pl E16 (020) 8500 1255	S & S Investigations, Private Investigator, 230 High Street North (0844) 8021574	St. Catherine Care Home, 15 Cann Hall Road E11 (020) 8555 0722
Royal Epping Forest Golf Club, Royal Epping Forest Golf Club Forest Approach E4 (020) 8529 2195	S S R Thanga Maligai, 246 High Street North E12 (020) 8552 6577	St. Cedd's RC Church, Goodmayes 4 Blythwood Rd Ilford (Presbytery) (020) 8590 9026
Royal Forest,The, 4 Rangers Rd E4 (020) 8523 7246	ST Bennett, & Co, Warwick Ho 116 Palmerston Rd Buckhurst HI (020) 8505 2941	St. Eleftherios Greek Orthodox Church, Ruckholt Road E10 (020) 8539 1425
Royal Oak, Pblc Ho, Royal Oak P.H 219 Kings Head Hill E4 (020) 8529 1492	SA Law Chambers, Heraldic House 160-62 Cranbrook Road Ilford (020) 8518 4051	St. Engineering, 366 Horns Road Ilford (020) 8551 1516
Royal Ribs, Takeaway, 252b High Rd Loughton (020) 8532 0283	Saab, Dealer Network Chigwell (North City Saab) 177 High St Chigwell (Parts Dept,) (020) 8500 3561	St. Francis' Hospice, Shops Ilford 127-129 High St Ilford (020) 8550 6100
Royal Scot Crystal, Ltd, 2 Westfield Loughton (020) 8508 2435	Saar Takeaway, Ltd, 22 Hoe Street Walthamstow (020) 3795 8577	St. Francis Residential Care Home, 65 Falmouth Av E4 (020) 8527 3072
Royal Society Of St. George,The, 10 Church HI Loughton (020) 3225 5011	Saay Tharn, Bistro, Loughton 13 Forest Rd Loughton (020) 8508 4423	St. Gabriels Church & Family Centre, Havant Rd E17 (020) 8503 7505
R&R Couriers, Ltd, Logistics, 124 Stockfield Road London (0843) 8164656	Sabina Ilford, Hair Cosms, 106 High Road Ilford (020) 3632 8255	St. Ives Lodge, 25-29 The Drive E4 (020) 8529 7952
RS Car Sales, Ltd, 83-85 Russell Road E10 (020) 3795 0500	Sabras, 400 High Street North London (020) 8470 2007	St. James Cars, 28 St. James's St E17 (020) 8520 1177
RS Worldwide, Htl Mngmt Servs, 121 Olympic Ho 28 Clements Rd Ilford (020) 8478 8494	Sac Structural Engineering, Suite 202 344-48 High Road Ilford (020) 3724 9557	St. James cars, 28 St. James's St E17 (020) 8521 7777
Rs Z & Z Store, Officence, 530 High St Nth E12 (020) 8911 9173	Sackwild, D, & Associates, Dent Surgs, 16 Glebelands Avenue E18 (020) 8989 1935	St. James Practice,The, 47 St. James's St E17 (020) 3233 0870
Rs&N Ltd, 757 High Road Leytonstone London (020) 8637 4906	Saddlers, 9 The Shrubberies George Lane E18 (020) 8989 2222	St. James Street Limited, Ltd, 18-20 St. James's Street E17 (020) 8520 6004
Rubryose Healthcare, Woodland Grange Care Home Rectory Lane Loughton.. (020) 8508 9220	Saddlers Taxis, Station App Loughton (020) 8502 5555	St. James United Reformed Church, Palmerston Road Buckhurst Hill (020) 8505 0300
Rugby House, 877 High Rd Leytonstone E11 (020) 8518 8333	Saddlers Taxis, Chingford E4 (020) 8524 7777	St. John Fisher Catholic Primary School, Loughton Burney Dv (020) 8508 6315
Rule One Productions, Ltd, Marketing Pr Advertising, Unit 4 East 10 Enterprise Park Argall Way London (020) 8558 8110	Sadlers Taxis, Station App Loughton (020) 8508 6600	St. John's Lodge Management, Ltd, St. Johns Lodge St. Johns Road Loughton (020) 8508 6256
Ruparel, Pharmacy, 115 Snakes La Woodford Gn (020) 8505 1925	Sadler's Taxi Service, Loughton Station Approach Loughton (020) 8502 2322	St. John's RC Special School, Woodford Bridge Turpin's Lane Woodford Bdge (020) 8504 1818
Rupas Techniques Ltd, 523 Cranbrook Road Ilford (020) 8518 0999	Saeed, I, 945b Romford Road London (020) 8514 4599	St. Joseph's Catholic Infants School, St. Joseph's R C Infants School 1 Marsh Lane E10 (020) 8539 3000
Ruperts, Furn Rprs, 33 Victoria Road E18 (020) 8530 6229	Saeeds Fabrics, 96 High Street London (020) 8509 1836	St. Joseph's Convent, 57 Cambridge Park E11 (020) 8989 3142
Rushcroft School, Rush Croft Sports College 57 Rushcroft Road E4 (020) 8531 9231	Safe Skills, Ltd, 23 Malmesbury Rd E18 (020) 8505 6901	St. Lukes Care Home, 330 Ilford Lane Ilford (020) 8553 5395
Russells, Solrs, 119 Station Rd E4 (020) 8529 5933	Safedale, 32 Queens Road Buckhurst Hill (020) 8504 2162	St. Lukes Church, Baxter Road Ilford (020) 8553 7606
Rustic Shop Costan, Ltd, 281 High Road Leytonstone E11 (020) 8555 9321	Safestore Self Storage, Ilford 778-784 High Rd Ilford (020) 8503 8140	St. Mary's Church, St Marys Vicarage High Road Chigwell (020) 8559 9574
Ruttycom, Garage, 109 Railway Arches Lea Bridge Road E10 (020) 8539 0576	Saffron Accessories, Ltd, 197 Larkshall Road London (020) 8522 7350	St. Marys Church House, (Warden), St. Marys Church Ho Orford Rd E17 (020) 8521 5361
Ruz, Ret, 736-40 Romford Road E12 (020) 8478 1924	Saffron Supplies, Ltd, Clothing Wholesaler Ladies, 12 St. Marys Road Ilford, Essex (0845) 5081598	St. Mary's C Of E Primary School, 1 Brooke Rd E17 (020) 8521 1066
Rvl, Second Floor 210 Estate Way E10 (020) 8558 3845	SAFT Power Systems, Ltd, Ilford FAX (020) 8503 8148	St. Marys Welcome Centre, 8 Church End E17 (020) 8520 1430
RyanCare Fostering, 5A Wellington Rd E11 (020) 8989 4970	Saffron Accessories, Ltd, 197 Larkshall Road London (020) 8522 7350	St. Patrick's Catholic Cemetery, St. Patrick's Rc Cemetery Lodge 57 Langthorne Road E11 (020) 8539 2451
RyanCare Fostering, Ltd, 5A Wellington Road E11 (020) 8989 0854	Saft Power Systems, Ltd, Ilford	St. Patrick's Catholic Primary School, 1 Longfield Avenue E17 (020) 8509 4300
Rydal Group Practice, 375 High Rd Woodford Green (020) 8504 6686		St. Saviours C Of E Primary School, 33 Verulam Avenue E17 (020) 8520 2739
Ryman the Stationer,		

St. Saviours Primary School, 33 Verulam Avenue E17.....	(020) 8520 0612	Ilford The Exchange High Road.....	(020) 8514 5098	Gordon Golfe Road Ilford (Infants).....	(020) 8478 2977
Saints, See also Saint listed before St.		Sana Mechanical & Electrical, Ltd, Unit 37 Selborne Walk E17.....	(020) 8520 5016	Highlands Highlands Gdns Cranbrook (Junior).....	(020) 8554 0044
Sai-Pac, (UK) Ltd, Packing, Polythene Bags, Ilford		Sande Housing, 23 Cambrian Road London.....	(020) 7018 8730	John Branston Newcastle Av Hainault.....	(020) 8500 4640
South Pk Bsns Cntr 310 Green La.....	(020) 8590 4563	Sandra Davidson, Est Agts, Seven Kings		Manford Inf School Manford Wy Chigwell.....	(020) 8500 2143
Saji Property Services, Ltd, 10-12 Argyle Road Ilford.....	(020) 3078 9338	353 Green La Ilford.....	(020) 8597 7372	Mayes Park Primary Goodmayes Lane Ilford.....	(020) 8599 2263
Sajid Food Store, Conviense Store Btchr, 704 High Road Leyton London.....	(020) 3208 0012	FAX.....	(020) 8983 8979	Mossford Green Fairlop Road Ilford.....	(020) 8550 1602
Saki Soft, Ltd, Unit 16 Bourne Court Unity Trading Estate Southend Road Woodford Green.....	(020) 8550 0111	Sandra Davidson Estate Agents, Ltd, 10 Roding Lane South Ilford.....	(020) 8550 2671	Nightingale Ashbourne Av E18.....	(020) 8989 9987
Sakura Hot Food And Buns, 160 Hermon Hill London.....	(020) 8617 3030	Or.....	(020) 8551 7111	Parkhill Lord Avenue Ilford (Infants).....	(020) 8550 1730
Salamis Restaurant, 402A Cranbrook Road Ilford.....	(020) 8554 0900	Sandringham Commercials, Ltd, Woodford Green		Redbridge College Gardens Ilford (Junior).....	(020) 8551 7429
Or.....	(020) 8554 8233	51 Hillside Avenue.....	(020) 8505 1683	Roding Primary School Roding Lane North Woodford Green ..	(020) 8504 3706
Or.....	(020) 8554 8579	Sandu, Misc, 52 Pyrls Lane Loughton.....	(020) 8508 2698	St. Anthony's Catholic Mornington Rd Woodford Gn.....	(020) 8504 4706
Saleem Khan, 261A High Road Leytonstone E11.....	(020) 8519 1238	Sanghera Fashion Fabrics, Ret, 60 Queens Road E17.....	(020) 8520 1628	St. Augustines Catholic Loudoun Avenue Ilford.....	(020) 8554 3453
Saleem Optical, Ltd, Opticians, 7 Palace Parade High Street E17.....	(020) 8520 5535	Sanjana Textile, Ltd, 287 High Street North London.....	(020) 8471 1133	St. Peter's & St. Paul's Catholic Gordon Rd Ilford.....	(020) 8478 1267
Salennix, Ltd, 18 Southview Crescent Ilford.....	(020) 8518 1155	Branches		Uphall Primary School Uphall Rd Ilford.....	(020) 8478 2993
Salim Caterers, 90 Palmerston Rd E17.....	(020) 8509 2555	Barkingside 99 High St.....	(0800) 0304321	Woodlands Loxford La Ilford (Junior).....	(020) 8478 4612
Sali's Lounge, Ltd, 19 Winchester Road Chingford London.....	(020) 3795 7463	Chingford 50 Old St.....	(0800) 0304321	Secondary	
Sally Hair & Beauty Supplies, Ltd, Branches		Debden 65 The Bdwy Loughton.....	(0800) 0304321	Canon Palmer High R.C Aldborough Road South Ilford ..	(020) 8590 3808
Ilford 537 Cranbrook Rd Ilford.....	(020) 8554 1210	Ilford 88 High Rd.....	(0800) 0304321	Hainault Forest High Harboureer Rd Ilford.....	(020) 8500 4266
Salmon Brothers Plumbing, 209 Ashburton Avenue Ilford.....	(020) 3151 2575	Ilford 144 High Rd.....	(0800) 0304321	Ilford County High for Boys Fremantle Rd Ilford.....	(020) 8551 6496
Salon 182, Ltd, 182 High Road Loughton.....	(020) 8502 4212	Leytonstone 662 High Rd E11.....	(0800) 0304321	Ilford Ursuline High School Morland Rd Ilford.....	(020) 8554 1995
Salon At 74, Ltd, 74 Leulah Road E17.....	(020) 8279 2667	Loughton 253 High Rd.....	(0800) 0304321	Loxford High Loxford La Ilford.....	(020) 8514 4666
Salon Connections, 157 High St Barkingside.....	(020) 8418 2490	North Chingford 39 Station Rd E4.....	(0800) 0304321	Loxford High Loxford La Ilford (FAX).....	(020) 8514 6257
Salon, Ltd, Salon, 561 High Road Leytonstone Leytonstone London.....	(020) 7041 8897	South Chingford 35 Old Church Rd E4.....	(0800) 0304321	Oaks Park High 45 Oaks La Ilford.....	(020) 8590 2245
Salon Services, Ltd, Unit A2 Seedbed Centre Langston Road Loughton.....	(020) 8502 2009	Walthamstow 207 High St E17.....	(0800) 0304321	Trinity Catholic High (Lower) Sydney Rd Woodford Green.....	(020) 8504 8946
Salters Garage, Unit D 224 Billet Road E17.....	(020) 8527 5067	Wanstead 74 High St E11.....	(0800) 0304321	Trinity Catholic High (Upper) Mornington Rd Woodford Green.....	(020) 8504 3419
Salvation Army, Local Corps & Community Centres Ilford Corps		Santander, Sapphire, Sapphire, 182 High Road Woodford Green.....	(020) 3225 0020	Wanstead High Redbridge La West E11.....	(020) 8989 2791
15 Clements Rd.....	(020) 8478 2961	Sapphire Communications, Ltd, 76 Herongate Road E12.....	(020) 8530 7272	Woodbridge High St. Barnabas Rd Woodford Green.....	(020) 8504 9618
Walthamstow Charity Shop 434 Forrest Rd E17.....	(020) 8521 4980	Sarahkiki, (London) Ltd, 30a Woodstock Gardens Ilford.....	(020) 3302 8620	Woodford County High for Girls High Rd Woodford Green.....	(020) 8504 0611
Salvation Army Charity Shop, 208 High Road Ilford.....	(020) 8478 8015	Saravana Bhavan, Indian Rstnt, 300 High Street North London.....	(020) 8552 4677	Special	
Salvation Army Walthamstow,The, 2 Rodney Place E17.....	(020) 8531 3264	Sarduzzo, Ltd, 9 Forest Road, Market Parade E17.....	(020) 3976 0699	Hatton Roding La Sth Woodford Green.....	(020) 8551 4131
Salvation Army Woodford Corps,The, 58 Cranbourne Avenue E11.....	(020) 8989 8569	Sarwar Trading Ltd, 7 Queens Road Buckhurst Hill.....	(020) 3774 9385	Newbridge 258 Barley La Ilford.....	(020) 8599 1768
Salway Cookhouse, 172 High Road Woodford Green.....	(020) 8559 2122	SAS Consultancy, Accountancy, 220 Wards Road Ilford.....	(020) 8518 0888	New Rush Hall Fencepiece Road Ilford.....	(020) 8501 3951
Salway Evangelical Church, Salway Hall Forest Approach Woodford Green.....	(020) 8505 9619	Sasi Cash & Carry, 279 Forest Road E17.....	(020) 8523 1711	Newbury Park Perymans Fm Rd Ilford.....	(020) 8518 2423
Sam Auto Electric, 317 High St Nth E12.....	(020) 8470 0846	Satedoc 2, Electric Splrs, 773 Romford Rd E12.....	(020) 8553 3222	Schools Marketing Company, Science of Mind, 24 Beresford Road E4.....	(020) 8529 8097
Sam Travel And Tours, 714 Romford Road London.....	(020) 4501 1305	Satha, Solrs, 378 High St Nth E12.....	(020) 8471 9484	Scissors & Blades, 234 Chingford Mount Road Chingford London.....	(020) 7041 6272
Sam Travel Centres, Main 803 Romford Rd E12.....	(020) 8478 8911	Sathguru, Plmbrs Elec Mrcnts, 114 Aldborough Rd Sth Ilford.....	(020) 8590 0451	Scope	
805 Romford Rd E12.....	(020) 8553 3433	Or.....	(020) 8590 0718	Scope Residential Unit Woodford Court 6 Snakes Lane West Woodford Green .	(020) 8502 9502
FAX.....	(020) 8553 4374	Sathguru, Plmbrs, 110-12 Aldborough Road South Ilford.....	(020) 3581 7340	Scope Shops	
Samaritans Purse, Victoria House Victoria Road Buckhurst Hill.....	(020) 8559 1180	Sathiyams Bar And Restaurant, 379 High Street North London.....	(020) 8552 0111	Barkingside 151 High St.....	(020) 8550 3765
Samaritan's Purse International, Buckhurst Hill		Satsang Sweets Mart, Sweet Shop, 149 Ley Street Ilford.....	(020) 8514 8288	Walthamstow 210 High St E17.....	(020) 8520 5273
Victoria Ho Victoria Rd Buckhurst Hl.....	(020) 8559 2044	Saunier Duval Specialists, 799 Romford Road London.....	(0843) 5156991	Scorpio Furniture, Ret Furn, 847 Romford Road E12.....	(020) 8553 3688
Victoria House Victoria Rd Buckhurst Hl.....	(020) 8504 6843	Savills, (L&P) Ltd, Est Agts & Survvrs, Branches		Scott, & Sons Ltd, Unit 8, 97 Peregrine Rd, Hainault Business Pk Ilford.....	(020) 8500 4736
Samcon Technologies, Ltd, 67 Chingford Mount Road E4.....	(020) 8523 0698	Loughton		Scotts Removals, 55 Hall La E4.....	(020) 8529 1559
Same Day Office Space, Ilford		The Triangle Smarts La.....	(020) 8498 6600	15-16 Hickman Av London.....	(0843) 5156867
Olympic Ho 28 Clements Rd Ilford.....	(020) 8514 4965	FAX.....	(020) 8498 6666	Scottys Tyres, Car Tyre, 1 Market Parade ,Forest Road Walthamstow London....	(020) 8523 4567
Samia Hussain, 52 Queens Road London.....	(020) 8503 7143	Saxons Direct, 2 Valley Side Parade E4.....	(020) 8524 7549	SCOUT ASSOCIATION, All General Enquiries Gilwell Pk E4.....	(0845) 3001818
Samita Ltd T/A Samita Doors & Panel, Trvl Agent, 402 Green Lane Ilford.....	(020) 8599 5432	Sbk Tuition, 203 Redbridge Lane East Ilford.....	(020) 8551 6432	Scout Association Burton, All General Enquiries Gilwell Pk E4.....	(0845) 3001818
Sam's Accounting Services, Ltd, Walthamstow		Sc Andrews, 17 Ethelbert Gardens Ilford.....	(020) 3673 0279	Scout Association Birmingham,The, All General Enquiries Gilwell Pk E4.....	(0845) 3001818
92 Forest Rd E17.....	(020) 8509 8484	Or.....	(020) 3673 0280	Scout Association, (Durham County), All General Enquiries Gilwell Pk E4.....	(0845) 3001818
FAX.....	(020) 8509 8282	Scarborough Garage, 2A Scarborough Rd E11.....	(020) 8539 2662	Scout Association For Gloucestershire, All General Enquiries Gilwell Pk E4.....	(0845) 3001818
Sam's Fish & Chips, 15 Station Rd E4.....	(020) 8523 9394	2A Scarborough Road E11.....	(020) 8558 0999	Scout Association,The, All General Enquiries Gilwell Pk E4.....	(0845) 3001818
Sams Solutions, Ltd, 960 Eastern Avenue Ilford.....	(020) 3345 6805	Scher & Ward, Optcns, 278 High Rd Loughton.....	(020) 8508 5852	SCOUT ASSOCIATION,THE, All General Enquiries E4.....	(0845) 3001818
Samsco Global, Mr, M.M.Ahmed, Technology, 661 High Road Ilford.....	(020) 8599 9966	Schools, London Borough of Redbridge		All General Enquiries E4.....	(0845) 3001818
Samuel, H, Ltd, Wtchmkr & Jwlr,		255-259 High Road Ilford.....	(020) 8478 1554	All General Enquiries Gilwell Pk E4.....	(0845) 3001818
		Primary		Gilwell Park E4 (Admin).....	(020) 8524 5246
		Aldersbrook Ingatestone Rd E12.....	(020) 8989 0210	Scout Association,The, Gilwell Pk E4.....	(0845) 3001818
		Christchurch Wellesley Rd Ilford.....	(020) 8478 5560	Scouts,The, The Scout Association Gilwell Park E4.....	(020) 8524 7793
		Churchfields School (South Woodford)		Scrivens Opticians, 262 High Road Leyton E10.....	(020) 8558 4724
		(Infants) Churchfields E18.....	(020) 8505 0386	13 Old Church Rd E4.....	(020) 8529 8998
		(Junior) Churchfields E18.....	(020) 8504 4650	ScrutinEyes Detectives, Private Detective, 414 Hoe Street Walthamstow.....	(0843) 5121699
		(Nursery) Churchfields E18.....	(020) 8505 5273	Scylla Select, Ltd, 697 High Road Leyton Leyton.....	(020) 3161 0590
		Downshall Meads La Ilford (Junior).....	(020) 8590 2157	Seal Equipment Autos, Ltd, 214 New North Rd Ilford.....	(020) 8500 5709
		Fairlop Colvin Gdns Hainault.....	(020) 8500 3857	214 New North Road Ilford.....	(020) 8500 9516
		Farnham Green Primary Farnham Rd Seven Kings.....	(020) 8599 1206	Sean Corr Joinery Limited, Unit 7 Roebuck Trading Estate Roebuck Road Hainault Business Park Ilford.....	(020) 8500 7300
		Fullwood 21-24 Burford Close Ilford.....	(020) 8551 3288	Search A Mortgage, Ltd, Mortgage Advisor, 164 Hoe Street London.....	(0871) 7891112
		Gearies Gaysham Av Ilford (Infants).....	(020) 8550 1803	Search Enquiries "Talk to the Web", Directory enquiry service for websites, 10 Forest Wy Woodfordgreen.....	(0906) 3495000
		Gearies Gaysham Av Ilford (Junior).....	(020) 8550 4755	Secom, Plc,	
		Gilbert Colvin Strafford Av Ilford.....	(020) 8550 4630		

Ash Lodge 48 Peregrine Road Ilford	(020) 8498 1800	Unit 3 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue Ilford	(020) 8551 3333	249 High Road South Woodford London	(020) 8504 4303
Second Nature, Organic Foods, 78 Wood St E17	(020) 8520 7995	Shahzad Halal Butcher, Btchr, 146 Richmond Road Ilford	(020) 8911 8550	Shop, Aj, 409 Ley Street Ilford	(020) 8518 1771
Secret Garden Costan, Ltd, The, 184 High Road Leytonstone E11	(020) 4568 8175	Shahzadi Sweet Corner & Po, 406 High Street North London	(020) 3302 2700	Shopitem Ltd T/A Gioberti Restaurant, 117B High St Wanstead E11	(020) 8989 9989
Secret Salon, The, Professional & Financial, Unit C Rear Of 112 Station Road Chingford Seeded, L, Ltd, 7 Oakfield Works 74 Oakfield Road London	(020) 3583 4377	Shahzad's Solicitors & Estate Agents, 271 Hoe St E17	(020) 8503 7979	Shree Mathji Sanatan, Hindu Temple, 159 Whippis X Rd E11	(020) 8989 7539
Seeleys, Chrt'd Survyrs, Regency Ho Kings Pl Buckhurst Hl	(020) 8505 5881	Shake Town, 240-242 High Road Leyton London	(020) 3691 4785	159 Whippis Cross Road E11	(020) 8989 2034
Selco The Builders' Warehouse, Walthamstow Selco Trade Centre Walthamstow Av E4	(020) 8501 8700	Shalom Bakery, 35 Park View Gardens Woodford Avenue Ilford	(020) 8551 5503	Shree Sanatan Dharm Mandal Ilford, 3-9 Norman Road Ilford	(020) 8514 4781
Select Enterprises, (South East) Ltd, Crown House 227 Aldborough Road South Ilford	(020) 8597 0050	Shami Furniture, 334 Hoe Street London	(020) 7018 1130	Shri Guru Ravidass Sabha Newham-London, 28 London	(020) 8478 1530
Select Estate & Lettings, 288 High St Nth E12	(020) 8470 1500	Shamsuddin, Shanks East London, Refuse Transfer Depot Chigwell Road Woodford Green	(020) 8504 5808	Shri Trimmings, Ltd, 606 Romford Road Manor Park London	(020) 8594 2020
Select Intensive Driving Courses, Ltd, Intense Driving Course, 44 Darnley Rd Woodford Green, Essex	(03455) 050321	Shanti Healthcare, Ltd, 75 Harold Road E11	(020) 3417 0276	Shrub & Tub, Plant Habitat, Chigwell Underground Station High Road Chigwell	(020) 8559 8595
Select Right Properties, Ltd, 25 Goodmayes Road Ilford	(020) 8599 6000	Shapla Kitchen, Takeaway, Flat Above Shop 15 Winchester Road E4	(020) 8523 2164	FAX	(020) 8559 9199
Selwyn School, 102 Cavendish Rd E4	(020) 8527 3814	Sharer Chapman Investments, Ins, 31 Sewardstone Rd E4	(0872) 4365622	Shumailas Hair & Beauty, 6 Beehive Lane Ilford	(020) 8518 2300
Senator Dry Cleaners, 843 High Rd Ilford	(020) 8590 0113	Sharer Chapman Investments, Ltd, Insurance Providers, 31 Sewardstone Road Chingford	(0843) 8163497	Shuropody, Ltd, Upper Level The Exchange High Rd Ilford	(020) 8514 8736
Sennik, Ltd, 20 New Forest Lane Chigwell	(020) 8505 2817	Sharma Law Solicitors, 531 High Rd Ilford	(020) 8478 2500	Sis Spymissions, Ltd, 65 Fulbourne Road London	(020) 3583 8870
Senoz, Ltd, 168A High Road Loughton	(020) 8502 3644	Sharma, Dr, P, C, 13 Langthorne Rd E11	(020) 8539 7769	Sidco, Ltd, Ro, 97 Cann Hall Road E11	(020) 8534 7312
SENSE, The National Deaf-Blind & Rubella, Association, Charity Shops 239A High Rd Loughton	(020) 8508 3055	Sharman Detectives, Private Investigator, 2 Cann Hall Road Leytonstone	(0844) 8500532	SIETECH HEARING AID CENTRE, 247 High Rd Ilford	(020) 8478 6043
585 Lea Bdge Rd E10	(020) 8521 5077	Sharods, Ltd, 3 High Street Barkingside	(020) 8551 5550	Sign O Graphics, Ltd, 51 Green Lane Ilford	(020) 8514 6708
Senthuran Thirunavukkarasu, Wines Shop, 682 Chigwell Road Woodford Green	(020) 8505 1629	Sharpen Up By Martin, Hdrsr, 229 Clayhall Av Ilford	(020) 8550 4272	Sign Stop, 623 Romford Road London	(020) 8514 6622
Sentinel Group Security, Ltd, Cranbrook Ho Cranbrook Rd Ilford	(020) 8514 2520	Or	(020) 8550 5655	Sign Trading, Ltd, Illuminated Sgn Manufacturers, Unit 5 Cromwell Indust Est, Staffa Rd E10	(020) 7837 0703
Sentor Trading, Ltd, 406 Green Lane Ilford	(020) 8598 1861	Shaw, A, 29 Station Road E4	(020) 8529 3174	Signature Smile, 7 Johnston Road Woodford Green	(020) 8505 4466
Serdar's Barbers, 682 Chigwell Road Woodford Green	(020) 8504 0688	Shaw & Associates, 20 Lancing Road Ilford	(020) 8518 5900	Signtech, 19/21 Hainault Business Park Ilford	(020) 8501 3528
Serene's Fish & Chips, 27 Woodford Avenue Ilford	(020) 8551 5655	Shaw-Lloyd, & Co, 91 De Vere Gardens Ilford	(020) 8518 2662	Sihra, D, S, Dent Surg, 438 Green La Ilford	(020) 8590 0575
Servebrook, Chemst, 36 The Broadway Loughton	(020) 8502 1915	Shcomms Ltd, 207 Ley Street Ilford	(020) 3489 6656	Silk Trends, Ltd, 202 Chingford Mount Road Chingford	(020) 8529 8000
Service Offset Supplies, Ltd, Oakwood Hl Indust Est Oakwood Hl Loughton	(020) 8502 4291	Sheeley & Associates, 36 Church Hl Loughton	(020) 8508 2001	Silom International, Ltd, 8 Brixham Gdns Ilford	(020) 8594 2907
Service Spares, 177 Francis Rd E10	(020) 8558 9100	Sheikh Halal, Ltd, 8 High Street Barkingside	(020) 8551 5411	Silva Foods London, Ltd, Roxwell Trdg Pk Roxwell Trdg Pk Argall Av E10	(020) 8558 8524
Set Market, Ltd, Grcr, 745 Eastern Av Ilford	(020) 8599 3279	Shekinah, UK Ltd, 440 Cranbrook Rd Ilford	(020) 8518 2818	Silver Fox Property Mng T/A Martin, & Co, 94 Roding Rd Loughton	(020) 8502 3609
Setapart People, Salon, 700 High Road Leytonstone E11	(020) 8556 9522	Shell, 53 Sewardstone Road E4	(020) 8523 7012	Silver J, Ltd, Clothing Wholesaler, Woodford Gn	(020) 8559 1445
Setex Global Sourcing, Ltd, Suite 1 First Floor 9 The Shrubberies E18	(020) 4541 1973	Shelly's, Unit 2-3 Village Arcade Station Road London	(020) 8501 7445	Silver Lake, Ltd, 437 High Rd Woodford Gn	(020) 8504 9236
Seven Kings Cars, 614 High Rd Ilford	(020) 8590 0132	Sheltransrem, Ltd, 15 Hickman Av E4	(020) 8527 1633	Silver Recruitment, Silv Recrutm, 5 Chigwell Rd E18	(020) 8989 1989
Seven Kings Mini Cars, 614 High Rd Ilford	(020) 8590 9990	Shenz Boutique, Fash Boutique, 39 Old Church Road Chingford London	(020) 8524 5303	Silver Sea, 543 Green Lane Ilford	(020) 8590 4395
Seven Kings Muslim Education Trust, 645 High Rd Ilford	(020) 8590 6130	Sherico Care Services, Ltd, 2 Balmoral Rd E10	(020) 8518 7896	Silver Service Estate Agents, Ltd, Seven Ways Pde Woodford Av Ilford	(020) 8550 8192
Sevendec Consulting, Ltd, 13 Southview Crescent Ilford	(020) 8554 8881	Sheridans Removals, 25 Crofton Grove E4	(020) 8529 7087	Sima Fashion, 16 Bramshill Close Chigwell	(020) 8501 1757
Sevenex Stores Ltd, 15 New Road Ilford	(020) 8597 6054	Shernhall Pre-School, Church Hall 136 Shernhall Street E17	(020) 8520 6756	Simgo Food Centre, 190 High Road Leytonstone E11	(020) 8519 6687
Sevenoaks Sound & Vision, Ltd, 7A-9a Goldings Hill Loughton	(020) 8532 0770	Sherrard Solicitors, 31B Green La Ilford	(020) 8514 5064	Simmi, UK Ltd, Unit 10 Prospect Business Park Langston Road Loughton	(020) 8508 2447
Sewardstone Land, Ltd, Unit 5 Netherhouse Farm Sewardstone Road London	(020) 3325 6751	Sherrygreen, James Yd Larkshall Rd E4	(020) 8523 1060	Simon Community, The, 160 Higham Hill Road London	(020) 8527 2782
Sexton, B, J, & Co, Cert Acctnts, 2 Shrubberies E18	(020) 8532 9205	Sherrygreen, Ltd, Wentworth House 350 Eastern Avenue Ilford	(020) 8554 3361	Simple Art, Ltd, Art And Craft Shop, 11 New Road Ilford, Essex	(020) 3051 4966
Sf Preston, Chrdp'd, 156 Hermon Hl E18	(020) 8989 5876	Shield Double Glazing, Ltd, Unit 3 Gilbert House 406 Roding Lane South Woodford Green	(020) 8550 2929	Simply Accountants Services, Ltd, 104 CHINGFORD MOUNT ROAD CHINGFORD LONDON	(020) 8527 9745
SG Electrics, Ltd, 10 Martinsfield Close Chigwell	(020) 8501 0539	Shield Safety Solutions, Health & Safety, Unit 1 Gateway Business Centre Church Road London	(020) 8539 6504	Simply Financial & Estates, Ilford 602a High Rd Ilford	(020) 8597 6777
Shabnam Superstore, Ltd, 125 Belgrave Road Ilford	(020) 8554 0973	Shikha Indian Take Away, 164 Queens Road Buckhurst Hill	(020) 8559 1050	Simply Financial & Estates, Ltd, 77 Water Lane Ilford	(020) 8590 9478
Shades, 54 Larkshall Rd E4	(020) 8524 8439	Shirins Tandoori, 712 Romford Rd E12	(020) 8514 7381	Simply Financial & Estates, Ltd, Rear Of 718 Romford Rd E12	(020) 8911 9615
Shades Colour Centre, Discount Paint, Wallpaper, 678 Chigwell Rd Woodford Gn	(020) 8504 8098	Shirin's Tandoori, Wholesale Retail, 712 Romford Road E12	(020) 8553 0619	Simply Food Direct, Ltd, 2 Bay Tree Close Ilford	(020) 3715 0839
Shadid, A, Ltd, 116 George Lane E18	(020) 8530 7774	Shirin's Tandoori, 712 Romford Road London	(020) 3737 0288	Simply Packaging, Unit 27 Harlow Enterprise Cntr Harlow	(020) 8500 8500
Shah Exclusive, 675 High Road Ilford	(020) 8590 0000	Shoe Zone, 121 High Road Ilford	(020) 8911 8570	Simply Rhino, Ltd, 33 Montalt Road Woodford Green	(020) 8498 9900
Shah, H, Bargain Bed Centre, Bargain Bed Centre 3-5 Market Parade Forest Road London	(020) 8523 2319	Shomadani, Ltd, 672 Romford Road Manor Park London	(020) 3089 4452	Simply Seconds, Ltd, Discount Furn, 90 Cranbrook Rd Ilford	(020) 8514 2238
Shah, J, K, Ltd, Accounting Servs, 572-574 Romford Road London	(020) 8553 2436	Shop, Shop, 526 Chigwell Road Woodford Green	(020) 8505 1133	Simply Seconds, Ltd, Furn Retlr, 90 Cranbrook Road Ilford	(020) 3092 1881
Shah, M, H, Dent Surg, 161 Ilford La Ilford	(020) 8478 1050	Shop, Shop, First And Second Floor 69 71 Goodmayes Road Ilford	(020) 3638 8049	Sinclair Engineering, Rear Of 714 Cranbrook Road Ilford	(020) 8550 2345
Shahlab Baig, Survivor, 401 Ilford Lane Ilford	(020) 8514 3720	Shop, Shop, 410 Green Lane Ilford	(020) 8590 9487	Sinden Flooring, 6 Mayhew Close London	(020) 8524 0639
Or	(020) 8553 2231	Shop, Shop, 388 High Road Leyton E10	(020) 8556 4164	Sing Sabha London East, 722 High Rd Ilford	(020) 8597 8822
Shahsons UK, Law Firm,				Singer & James, Archtl Mtl Work, 33 Roebuck Rd Ilford	(020) 8500 4115

Single Homeless Project,The, 10 North Birkbeck Road E11.....	(020) 8558 2648	Smile In London, 19 Cambridge Park E11.....	(020) 8532 9990	Soosay, Dr, G, 58 Bushey Avenue E18.....	(020) 8989 9623
Single Homeless Project,The, 46 North Birkbeck Road E11.....	(020) 8988 9798	Smiles & Sons Ltd, 52 Wyatts Lane Wyatts Lane London.....	(020) 8520 8575	Soper, David, & Co, 1 York HI Loughton.....	(020) 8508 3800
Sinha, Dr, S, 92 Balfour Rd Ilford.....	(020) 8478 0209	Smith & Newton Architects, 26 Hatherley Mews E17.....	(020) 8520 3867	FAX.....	(020) 8508 3822
Sinnott Road Surgery, 128 Sinnott Rd Walthamstow.....	(0844) 4770917	Smith, W.H, Ltd, High St Branches (Nwsagts,Bksellers,Stnrs) Ilford 50 The Exchange,High Rd.....	(020) 8553 3344	Sophisticut, Hrdsg Beauty Treatment, 295 Hall Lane E4.....	(020) 8524 1969
Sips Nails Spa & Bar, Ltd, 274 High Road Leytonstone London.....	(020) 3198 9768	Loughton, 5 Centric Pde Loughton.....	(020) 8502 2415	SOS Catering Equipment & Engineering, Ltd, 206-208 Billet Road Walthamstow.....	(020) 8531 8543
Sipwhale, Ltd, 181 Shakespeare Crescent Manor Park.....	(020) 3691 2655	Smiths Residential, Ltd, 14 High Street Barkingside.....	(020) 8551 9933	SOS On The Spot, Ltd, 50 Suffield Rd E4.....	(020) 8523 9667
Sir Alfred Hitchcock Hotel,The, 147 Whippis Cross Road E11.....	(020) 8530 3724	Smokers Paradise, Tbcnst,Confec & Nwsagt, High St Ilford.....	(020) 8551 7982	Souls Choice, Ltd, 2b Chingford Road London.....	(020) 8527 5030
Sirius Accountants, 8 Forest House Business Centre Gainsborough Road London.....	(020) 8637 4281	Smokers Paradise, 28 Old Church Rd E4.....	(020) 8524 3060	Sound Locksmiths, Locksmiths, 24 Hour Emergency Auto Locksmith, Lushes Rd Essex.....	(0845) 1647318
Sirius Amf, Sushi Takeaway, 226 High Street E17.....	(020) 8520 2666	Smokers Paradise, Convenience Store, 28 Old Church Road Chingford London.....	(020) 3556 8603	Sound Mortgage Options, Ltd, 361 Eastern Avenue Ilford.....	(020) 8551 0361
Sirius Carpet Care, Ltd, Unit 6,Waltham Parkway Billet Rd E17.....	(020) 8523 3360	Smokers Paradise, 23a Station Road E4.....	(020) 8529 2610	Soundlab Studios, Unit 22 Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 8508 2726
Sisters Unisex Hair & Bueaty Salon, 770 Lea Bridge Road E17.....	(020) 8988 0380	Smooth Lights, Ltd, Lighting Consultants, 118 Windsor Road Ilford, Essex.....	(020) 3051 4968	South Chingford Community Library, 265 Chingford Mount Road E4.....	(020) 8529 3035
Site Sales Marketing, Ltd, 11 Loughton Bsns Cntr Langston Rd Loughton.....	(020) 8502 5758	SN Autohaus, 181 Forest Rd Ilford.....	(020) 8502 6100	South East Corvette Centre, 190 Larkshall Rd E4.....	(020) 8529 4477
Sitelink Communications, Ltd, 7 Loughton Business Cntr 5 Langston Rd Loughton.....	(020) 8508 6688	FAX.....	(020) 8498 1280	190-94 Larkshall Rd E4.....	(020) 8529 7744
Sitting Prettie Academy Cic, Vocational Training, 38 Chingford Mount Road E4.....	(020) 3417 4042	Snakes Lane BP Service Station, 158-64 Snakes Lane East Woodford Green.....	(020) 8504 2988	South Park Removal Service, Ltd, Ilford.....	(020) 8478 1258
Sivakumarilingam Kanagan, 91 Wood Street Walthamstow.....	(020) 8062 5313	Snappy Snaps, Palace Pde High St E17.....	(020) 8521 5152	284 Green La Ilford.....	(020) 8478 1258
Sixt Rent A Car, 534 High Rd Ilford.....	(020) 8597 5064	Snaresbrook Arts Project Cic, 15 Davies Lane London.....	(020) 3154 9189	South West Essex & Settlement Reform Synagogue, Oaks La Newbury Pk.....	(020) 8599 0936
Sixty Six Salon, 66 High Street Barkingside Ilford.....	(020) 8550 5661	Snaresbrook College Preparatory School, 75 Woodford Road E18.....	(020) 8989 2394	South Woodford Bespoke Mortgages, Mortgages, Woodford Road South Woodford, London.....	(0845) 6676974
SI Fried Chicken, Ltd, 82 Markhouse Road London.....	(020) 8509 2724	Snaresbrook News, Nws Agent, 1A Gwynne House High Street Wanstead E11.....	(020) 8989 2280	South Woodford Emergency Drain, Drain Cleaners, Woodford Road South Woodford, London.....	(0845) 6605478
SI Solicitors, 604 Green La Ilford FAX.....	(020) 8548 3701	Snaresbrook Primary School, Snaresbrook Primary School Meadow Walk E18.....	(020) 8989 9975	South Woodford Emergency Plumbers, Plumbers, Woodford Road South Woodford, London.....	(0845) 6604541
Skingsley, D, 24 Hazelbrouck Gdns Ilford (Mobile).....	(07956) 267866	SNC Facilities Management, Ltd, 82 Windsor Road Ilford.....	(020) 8514 7000	South Woodford Post Office, 115 George Lane London.....	(020) 7041 7265
Skips, Skips, 5 Staffa Road Leyton London.....	(020) 3774 1549	Sneaker, Ltd, 404 Ilford.....	(020) 8554 0868	South Woodford Removals, Removals & Storage - Domestic, Woodford Road South Woodford, London.....	(0845) 6600648
Skoda, Tran's City Car Centre Ltd (Authorised Skoda Retailer) 65 Hoe St E17 Sales, Service & Parts.....	(020) 8520 6758	Snip N Shape, 206 High Road Leyton E10.....	(020) 8558 7555	South Woodford Rubbish Clearance, Waste Disposal Services, Woodford Road South Woodford, London.....	(0845) 6693481
SKS, (Ilford) Ltd, Plmbr Mrcnts, 424 Green La Ilford.....	(020) 8590 7287	Soapsmith, Ltd, 656 Forest Road Walthamstow.....	(020) 3233 0009	Southend Hall, Venue Hire, 61 Littlemoor Road Ilford.....	(020) 8477 1356
SKS, (Ilford) Ltd, Plmbrs Mechants, 424 Green Lane Ilford.....	(020) 8590 6749	Soares, & Co, 302 Stradbroke Grove Ilford.....	(020) 8551 4004	Southpark Signs, Ltd, Sgn Mfrs, 258 Green La Ilford.....	(020) 8553 1123
Sky Air Conditioning, Ltd, 92 Forest Road Loughton.....	(020) 8508 6970	Soares, Dr, P, Heathcote Clinic Heathcote Avenue Ilford.....	(020) 8550 6362	Sovereign CCTV, Ltd, SterlingHo Langston Rd Loughton FAX.....	(020) 8508 3344
Sky Coffee Lounge, Ltd, 249-251 Beehive Lane Ilford.....	(020) 3149 8860	Sobhan Travel, 809 Romford Road London.....	(020) 3016 6809	Sovereign House Estate, Ltd, 176 Longwood Gdns Ilford.....	(020) 8220 1500
Sky Consultants Limited, 7 Broadway Parade The Broadway E4.....	(020) 8527 3007	Social Spider, Cic, St. James Street Library Coppermill Lane E17.....	(020) 8521 7956	Sovereign UK Financial Services, Ltd, 8 George La E18.....	(020) 8530 4218
Sky Powers Property Services Ltd, 449 High Street North London.....	(020) 3685 5654	Socialist Party,The, PO Box 24697 E11.....	(020) 8988 8777	Space Generators, 706-720 High Road Ilford.....	(020) 3794 7244
Sky Services London, Ltd, 276-278 High Road Leytonstone Leytonstone London.....	(020) 3089 4840	Sodexho C/O School Business Services, Ltd, The Lammas School 150 Seymour Road E10.....	(020) 8539 7790	Space NK, Ltd, FAX.....	(020) 8502 1367
Skyjet, 24 Cameron Rd Ilford.....	(020) 8510 1590	Software Development, Ltd, Computer, 150a Greenway Avenue Walthamstow.....	(020) 3375 6143	291 High Road Loughton.....	(020) 8508 3029
SkyLark Windows Ltd, 673 Romford Road London.....	(020) 8514 6978	Soha, Ltd, 80 Hoe Street Walthamstow London.....	(020) 3887 4222	Space Retail, Ltd, Wmns Fashs, 23 Brook Parade High Road Chigwell.....	(020) 8500 7752
Skylight Double Glazing, Ltd, Unit 3 58 Oaklands Park Avenue Ilford.....	(020) 8478 5000	Sokhi & Associates, Ltd, 86B Albert Rd Ilford.....	(020) 8478 4430	Spark, Valley Hall 5 Valley Hill Loughton.....	(020) 8508 6743
FAX.....	(020) 8478 8585	FAX.....	(020) 8514 6163	Sparkmotion, Ltd, Unit 4 Period Works 1 Lammas Road E10.....	(020) 8558 5656
Sleek Financial Services, 607 Lea Bdg Rd E10 FAX.....	(020) 8521 3363	Solace Care 7kings, Ltd, 14 Lambourne Road Ilford.....	(020) 8597 5953	Sparks, P.A. & Sons, Grngcr, 26 The Broadway Loughton.....	(020) 8502 3330
SLR supplies, Ltd, 5 Lr Supplies Ltd Unit 3-4 Orbital Centre Southend Road Woodford Green.....	(020) 8551 9391	Solamex, Ltd, 691 High Rd Ilford.....	(020) 8590 1111	Spartan Electronics, Audio Tv Rprs, 46 Francis Road E10.....	(020) 8558 2201
SLR Supplies, Ltd, Unit 3,The Orbital Cntr Southend Rd Woodford Gn.....	(020) 8556 0527	Solanki, M, 324 High Street North E12.....	(020) 8472 2901	Spartan Property Services, Ltd, Ilford.....	(020) 8514 5355
Sm, 43 The Crescent Loughton.....	(020) 8502 0473	Solanky, M, Chemst, 467 Lea Bridge Road E10.....	(020) 8539 3417	325 Ley St.....	(020) 8514 5355
Smade Lounge, First Floor 284-94 Ley Street Ilford.....	(020) 3560 6184	Solcrown Business Sup, Ltd, Unit 1 Orbital Centre Southend Road Woodford Green.....	(020) 8551 9178	Spartan Safety, Ltd, 3-5 Billet Rd,Waltham Parkway E17.....	(020) 8527 5888
Smak 24, Ltd, The, 828 High Road Leyton London.....	(020) 3941 8954	Solcrown Business Supplies, Ltd, Unit 1 Orbital Cntr Southend Rd Woodford Gn.....	(020) 8550 6699	Spartan Security Services, Private Investigator, 61 Barclay Road.....	(0844) 5894172
S-mar-T Ba, Ltd, Unit 17 Redbridge Enterprise Centre, Thompson Close Ilford.....	(020) 7993 6264	Solcrown Stationery, Ltd, General Enquiries Unit 1 Orbital Cntr Southend Rd Woodford Green (020) 8551 9955	(020) 8556 4439	Special Fruit & Veg, Ltd, 80 Market Pavilion New Spitalfields Mkt E10.....	(020) 8532 8882
Smart Loughton, Sales/After Sales, 3 Langston Rd Loughton.....	(020) 8418 7700	Soldiers, Sailors, Airmen & Families Association, See SSAFA Forces Help	(020) 8556 4472	Or.....	(020) 8558 6262
Smart Move Estates, Estate Agent, 2 Electric Parade Seven Kings Road Ilford.....	(020) 8599 0899	Sole Trader, 176 Morley Road London.....	(020) 8556 7443	Specialist Catering, Ltd, 283 High Road Leyton E10.....	(020) 8539 3014
Smart Move Estates, Est Agt, Electric Pde Electric Pde Seven Kings Rd Ilford.....	(020) 8598 8866	Solent Insulation Supplies, Ltd, 210 Church Rd E10.....	(020) 8556 4439	Specialized Door Services, Commercial Door Repairs, James Yd, 480 Larkshall Rd Chingford.....	(0845) 1302112
Smart Prints & Design, Ltd, Acorn Cntr Roebuck Rd Hainault Busine Ss Pk Ilford.....	(020) 8500 4285	Or.....	(020) 8556 4472	Specialized Door Services, Commercial Door Repairs, James Yard 480 Larkshall Rd E4.....	(0845) 1302112
Smart Tyres Walthamstow, 2A Eastern Road London.....	(020) 3624 6703	Solicitors, 845 Romford Road E12.....	(020) 8514 8188	Specialized Locksmiths, Locksmiths, 24 Hour, Queens Road Buckhurst Hill.....	(0844) 4117278
Smile Dental Clinic, Ilford, 271 Aldborough Road South Ilford.....	(020) 8598 9090	Solis Laundrette, 429 Lea Bridge Road London.....	(020) 3539 6010	Specsavers Loughton, 231 High Road Loughton.....	(020) 8502 5857
Smile Design By Ash, 6 Chigwell Rse Chigwell.....	(020) 8500 0544	Somerville, 235-241 Clayhall Avenue Ilford.....	(020) 8551 6042	Specsavers Opticians, Spectacles & Contact Lenses, Chingford.....	(020) 8506 3780
		SONIKU, Ltd, 568 Cranbrook Road Ilford.....	(020) 8518 9090	Loughton Branch 231 High Rd Loughton.....	(020) 8498 6740
		Sonneborn & Rieck, 91 Peregrine Rd, Hainault Business Pk Ilford.....	(020) 8500 9941	Walthamstow Branch 203 High St E17.....	(020) 8520 7200
		Sonographers Medical, Ltd, 10A High View Parade Woodford Avenue Ilford.....	(020) 8551 1299	Specsavers Opticians,	

45 High St Barkingside	(020) 8418 2480	Walthamstow	
Specsavers Opticians, 92 High Road Ilford.....	(020) 8553 1122	FAX	(020) 8527 9251
Specsavers Walthamstow, 203 High Street E17	(020) 8521 0972	Sri Express, 403 Ilford Lane Ilford	(020) 8514 6080
Speed Fast Internet Cafe, 8 Hoe Street London	(020) 8503 6960	Sri Food & Wine, Servs, 396 Ilford La Ilford	(020) 8553 7737
Speedstitch, Embroidery Sch Uniform, Unit 32 Walthamstow Bsns Cntr, Clifford Rd E17	(020) 8531 4446	Srielsva Vinayagar Temple, Temple, 299-301 Ley Street Ilford.....	(020) 8911 8934
Or	(020) 8531 4800	SRM Motors, Ltd, 749 High Road Ilford.....	(020) 8597 3444
Or	(020) 8531 4880	SRN Horizon, Ltd, 72 Hoe St E17.....	(020) 8520 9485
Speedy Auto Centre, Shop, Railway Arches 115 Lea Bridge Road London.....	(020) 8558 1892	SRS Distributors, 297 Stradbroke Grove Ilford	(020) 8550 4756
Speedy Cash, Pay Day Loans, 8 Cranbrook Rd Ilford.....	(020) 8478 8934	Ss Basi, 153 Cranbrook Road Ilford.....	(020) 8554 3288
Speedy Hire Centres, (Southern) Ltd, 101 Blackhorse La E17	(020) 8531 3568	SS Guarding, Ltd, Sterling Ho Langston Rd Loughton	(020) 8508 5544
Unit 8 Waltham Parkway E17.....	(020) 8531 7621	Ss Supermarket, Ltd, Station Road London.....	(020) 8514 5810
Spencer Craig Partnership, Ltd, Est Agt, 76 Station Way Buckhurst Hill	(020) 8498 9292	SSP Sports Specific Products, 5 Loughton Business Centre, 5 Langston Rd Loughton	(0845) 6028861
Spencer Curtis Estates, 25 Beehive Lane Ilford	(020) 8518 4222	SSR Group, 5 Blackhorse La E17.....	(020) 8626 3100
Spencer Munson Lettings, Ltd, 128 High Rd Loughton.....	(020) 8502 2222	SSR Textiles, 244 High Street North E12	(020) 8471 5411
Spencer Munson Llp, 73 High Rd E18	(020) 8989 3331	Sss Fast Food, Mr, Mohammed Siddique, A Goodmayes Lane Ilford	(020) 8599 9866
Spencers Estate Agents, 461 High Road Woodford Green	(020) 8504 5823	"St", The abbreviation "St" is listed after "Saint"	
Or	(020) 8559 2110	Stadium Group, plc, Highams Park 11 Jubilee Av E4 (FAX)	(020) 8531 4646
Spencers Leyton, Est Agt, 252 High Road Leyton E10	(020) 8539 3650	Stair Lifts, 391 Larkshall Road E4	(020) 8527 0322
Spencers Property Services, Est Agts & Prpty Rental, (Ilford)		Stairway Projects, Open Plan Staircases, Chigwell 16 Taylor's Gravel Lane Chigwell	(020) 8559 9226
211 Cranbrook Rd	(020) 8518 5411	Stalks & Stems, Florist, 232, High St North London	(0844) 4113303
Spice, 103 High Street Barkingside	(020) 8550 7575	Stan Hope Assoc, 3 Kings Mews Chigwell	(0870) 4119999
Spice Chingford Restaurant, Ltd, 140 Station Road Chingford.....	(020) 8524 0707	Stan James, (Abingdon) Ltd, 12 Cameron Road Ilford.....	(020) 8586 4506
Spice Fusion Grill, Ltd, 618a Green Lane Ilford	(020) 8590 3493	Stanbury Printers, Mike, 1 Brantwood Clo E17.....	(0870) 7301730
Spice House, Takeaway, 391 High Street North Manor Park London.....	(020) 8472 5008	Standard Carpets, Ltd, 444 High Road Leyton	(020) 8532 8277
Spice Hut Barkingside, Ltd, 38 High Street Barkingside Ilford.....	(020) 3875 5428	Stanton Drycleaners, 161 Wood Street E17	(020) 8521 0129
Spice Hut Leyton, Ltd, 728 High Road Leyton London	(020) 8556 6000	Stanway Engineering, Ltd, Unit 14a Chingford Industrial Centre Hall Lane E4.....	(020) 8559 4988
Spice Khazana, Spice Khazana, 266 High Road Ilford	(020) 8553 1177	Unit 13 Chingford Industrial Centre Hall Lane E4.....	(020) 8523 8045
Spice N Nice, 7 Cherrydown Avenue London	(020) 3417 2602	Stapley, & Co, Sols, 141a High Road Loughton	(020) 8502 1934
Spice Station & Bar, Ltd, 140 Station Road E4.....	(020) 8524 0883	Or	(020) 8502 1935
Spicer McColl, Ltd, Est Agt, Barkingside 54 High St.....	(020) 8551 1181	Or	(020) 8508 9557
Wanstead 64 High St E11.....	(020) 8989 1131	Star Bookmakers (Uk) Ltd, Loughton Way Buckhurst Hill	(020) 8505 0716
Spicer McColl, Ltd, 186 Cranbrook Rd Ilford.....	(020) 8518 1890	Star Boyz Style, Barb Shop, 35a Chingford Mount Road Chingford London	(020) 3802 6165
Spick & Span Gardens, Ltd, 38 Stains Road Ilford	(020) 3151 1622	STAR CARE UK LTD, Hainault Indust Est Fowler Rd Hainault Busines S Pk Ilford.....	(020) 8502 6663
Spicy Tandoori, Tandoori Hut Station Approach Loughton	(020) 8502 0209	Star Dry Cleaners, 11 Beehive Lane Ilford	(020) 8554 5153
SPINKS, G.H, (Insurance), 18 High Vw Pde Redbridge La East.....	(020) 8551 8692	Star Lettings, 451 High Street North London	(020) 3952 1274
Spinks G H Insurance, Ltd, 18 High View Parade, Redbridge Lane East Ilford	(0843) 8163449	Star Lettings, Ltd Ltd, Star Lettings 451 High Street North E12.....	(020) 8586 2929
Spinney,The, 21 Forest Vw E4.....	(020) 8524 2200	Star Mortgage, 9 St. James's Street E17.....	(020) 8520 0139
FAX	(020) 8529 1346	Star Off-Licence & Groceries Ltd, 568 Romford Road London.....	(020) 3566 6302
Spirit UK Managed Services, Ltd, 15 Norfolk Road Ilford.....	(020) 8924 5011	Starbucks, Wanstead High Street	(020) 8530 7130
Spitalfields Market, New Spitalfields Market - Wholesale Fruit & Veg Market Allen Ho 23 Sherrin Rd E10.....	(020) 8518 7670	Starlight Suite, Ltd, 282-300 Lea Bridge Road E10	(020) 8988 7885
Spitalfields Market Tenants Association, Ltd, 23 Sherrin Rd E10.....	(020) 8556 1479	Starna Scientific, Ltd, 52-54 Fowler Road Hainault Business Park Ilford	(020) 8500 1264
Sports World International, Sports Goods Shop, Unit D Leyton Mills Retail Park Marshall Road Leyton	(0870) 3339565	Staropolska Polish Artisan Bakery, Ltd, Unit 3,2-6 Fowler Road Hainault Business Park Ilford.....	(020) 8500 7314
Sports World International, Sports Goods Shops, 88 The Exchange Ilford.....	(0870) 8387355	Startax Accountancy Services, Ltd, Orion Ho 104-106 Cranbrook Rd Ilford	(020) 7624 3933
Spot Off, Dry Clnrs, 349 Lea Bridge Road E10	(020) 8539 2676	Station Cafe, Rstnt, Station Cafe 436 Cranbrook Road Ilford.....	(020) 8554 9436
Springbank Electrical Services, Ltd, 53 Brackley Square Woodford Green	(020) 8223 0444	Station Car Hire, Ltd, Manor Pk Rly Stn Station Rd E12	(020) 8553 4444
Springbok Newsagents, 67 Browning Rd E12.....	(020) 8472 3111	Or	(020) 8553 5555
Sps Communications, 499 Aldborough Rd Nth Ilford	(020) 8590 0299	Station Road Dental, 66 Station Road Chingford	(0844) 5769697
Spurling, & Co, Acctnts & Auditors, 112B High Rd Ilford	(020) 8553 3071	Station Road Dental Practise, 78 Church Hl Loughton.....	(020) 8508 3104
Spy Shop, Security Consultants, Call Centre Church Road Leyton, London	(0871) 7810163	Station Self Storage, Ltd, 42 Station Rd E12	(020) 8478 7776
Spy Shop, Security Consultants, Call Centre High Road Chigwell	(0871) 7178062	Stay Beautiful, 130a New North Road Ilford.....	(01646) 629515
Spy Shop, Security Consultants, Call Centre High St London	(0871) 7810156	Stayer Cycles, Acacia Business Centre 5 Howard Road London	(020) 3581 3280
Squirrel Storage, Ltd,		Steak Box Original, Ltd, 8 Chapel Road Ilford	(020) 3154 3621
		Steele Roofing & Building, Ltd, 1 Valognes Av E17	(020) 8523 0007
		Stein McBride Property, Estate Letting Agents, 158 George Lane E18.....	(020) 8530 5956
		Stephens, Nicholas, Construction Ltd, Chingford 64 Stanley Rd E4.....	(020) 8529 3000
		Stepping Stones Child Care, Ltd, Church Of St. Margaret With St. Columbia 31 Woodhouse Road E11.....	(020) 8555 2473
		Sterling Associates, 144 Cranbrook Rd Ilford	(020) 8709 6755
		Sterling Solution, Ltd, Acctnts, 37 York Rd Ilford	(020) 8911 9295
		Stevens Motors, 3 Wellington Road Leytonstone London.....	(020) 8989 9809
		Stevens, R.G, Mtr Eng, Brookside Gravel Lane Chigwell FAX	(020) 8500 3177
		Steve's Hair Salon, Unit 5 Golden Pde Wd St E17	(020) 8520 5550
		Steyson Granolithic Contractors, Ltd, 99 Sunnyside Rd Ilford	(020) 8553 2636
		Stitch, 10 Woodbine Place London.....	(020) 3784 3021
		Stone Security, 564 High Rd Leytonstone E11.....	(020) 8539 9000
		Stoneydown Park Primary School, 1 Warner Rd E17.....	(020) 8521 3839
		Stop & Shop Manorpark, Ltd, 836 Romford Road Manor Park London	(020) 3062 7624
		Store Maintenance, Ltd, 501 High Rd Ilford.....	(020) 8514 2777
		Storesafe, Ltd, 108 Blackhorse La E17.....	(020) 8531 1888
		Storm Motorwerks, Ltd, 330 Eastern Av Ilford	(020) 8554 5349
		Stow, Bros Ltd, 236 Hoe Street Walthamstow	(020) 3397 9797
		Or	(020) 8520 6220
		Stow Residential, Ltd, 117 High Street Wanstead Leytonstone London.....	(020) 3325 7227
		Strand Business Systems, Ltd, Woodford Green 542 Chigwell Rd Woodford Gn	(020) 8559 2555
		Strandhaven Ta Leyton Orient Pharmacy, Leyton Orient Football Club, 2Nd Floor Matchroom Stadium, Brisbane Road	(020) 8539 2828
		Strategic IT Solutions, Ltd, Orion Ho Cranbrook Rd Ilford FAX.....	(020) 8636 1621
		Stratstone, 50-56 High Rd E18	(020) 8989 6644
		Strawberry Glow, Ltd, 289 High Road Loughton.....	(020) 8508 2828
		Streetlife Radio, Ltd, Radio & Tv, 707 Forest Road London	(0843) 8164395
		Walthamstow Auction Dept 189-203 Hoe St E17	(020) 8520 8383
		Commercial Dept 189-203 Hoe St E17	(020) 8520 9911
		FAX	(020) 8520 8022
		Residential Dept 189-203 Hoe St E17	(020) 8520 8877
		Strettons, Ltd, Chrtld Survysrs & Vals, Strictly Silver, Strictly Silver, (London) Ltd, 2 Old Church Road Chingford	(020) 8524 7459
		Structural Steelworks & Engineering, Ltd, 16 Rigg App E10.....	(020) 8539 6961
		Stublla, M, Walthamstow 80 Hoe St E17	(020) 8520 0110
		Studio Hair & Beauty, Hair Beauty Training, 208 High Road Leytonstone E11.....	(020) 8555 4393
		Studio MG, Ltd,The, 718 Chigwell Road Woodford Green.....	(020) 8505 2121
		Studios London, Ltd, Unit G Blackhorse Mews E17	(020) 4505 7101
		Study Plus Centre, Ltd, STUDY PLUS CENTRE LTD STUDY PLUS CEN 441 Cranbrook Road Essex United Kingdom.....	(020) 8550 9867
		Style My Bedroom, Sehzad Husain Cromwell Industrial Estate Unit 47 Staffa Road London	(020) 8556 0012
		Styles Ahead, 256 Chingford Mount Road London.....	(020) 8529 2023
		Styles Ahead, 78 High Street Ilford	(020) 8551 8801
		Stylex Menswear, 7-9 Chapel Road Ilford.....	(020) 8478 3698
		Subhan, (UK) Ltd, 773-775 High Rd Ilford	(020) 8599 5992
		Subra Enterprises, 165 Forest Road London	(020) 8523 0700

Subtle Investigations, Corp, Private Detective, 349 Cann Hall Road London (0845) 5204277	Barkingside 93-95 High Street (020) 8551 6847	232 High Street North Manor Park (0843) 8162960
Subway, 648 Lea Bridge Road E10 (020) 8558 4193	Chingford 1A Old Church Rd E4 (020) 8524 2540	Swinton, Ltd, Ins Providers, 390 Hoe Street Walthamstow, London (0843) 8162884
Subway Iflord, Mr, Deli, 95 Cranbrook Road Iflord (020) 8553 0223	Debden 32 The Broadway (020) 8532 0734	Swinton, Ltd, Insurance Providers, 905 Romford Road Manor Park (0843) 8162977
Charity Shops Chingford 10 Station Rd E4 (020) 8559 3105	Iflord 118 High Rd (020) 8478 1149	Swiss Re Services, Ltd, 64 Russell Road Buckhurst Hill (020) 8498 0492
Sue Ryder Care, Sue Ryder Care, Ltd, Charity, Sue Ryder Care, Ltd, Charity, 195 Manford Way Chigwell (020) 8501 3242	Leytonstone 634-36 High Road Leytonstone E11 (020) 8556 4734	SWR Group, 137 George Lane London (0845) 3094600
Sugarplum, Ltd, 142 George Lane E18 (020) 8989 2004	50 Little Gearies Cranbrook Road Iflord (020) 8553 5380	Sydney Properties, Ltd, 976 Eastern Avenue Iflord (020) 8599 3400
Suite Centre, The, Leytonstone 647 High Rd (020) 8556 8283	Loughton, Centric Pde 6, 200 High Rd Loughton (020) 8508 1654	SYL Link, Ltd, 156 George La E18 (020) 8530 7273
Sukhi Takhar, 33 Mansfield Rd Iflord (020) 8554 4044	Walthamstow 36-44 High Street E17 (020) 8520 2748	Or (020) 8989 6986
Sule Phones, Ltd, Unit 2 350 Iflord (020) 3972 3989	Superfirm T/A Food And News, Ltd, Nwsagts, Food & News Walthamstow Central Bus Statio Station Approach	Syl Link, Ltd, 156 George Lane London (020) 3490 1753
Sultan Kitchen, Kebab Shop, 254 Hoe Street Walthamstow London (020) 8509 1088	Selborne Road London (020) 8520 2879	Sylhet Mini Cab, The, 146 Church Road E12 (020) 8514 6666
Sultans Inn, 801 Romford Road E12 (020) 8553 4817	Supermart Food, Ltd, 2-8 Winchester Road Chingford London (020) 8531 7959	SYNAGOGUES, Chigwell
Suma News, Ltd, 49 Atherton Rd Iflord (020) 8551 5799	Supplementary Education Centre, Tuition Services, 50 Farnham Rd Iflord (020) 8532 0535	Chigwell & Hainault Synagogue Limes Av (020) 8500 2451
Summerfield Centre, Educational Psychological Servs, FAX (020) 8539 2359	Supporta Care, Care for Elderly, Oakwood HI Indust Est Oakwood HI Loughton (020) 8502 3133	Iflord Clayhall Synagogue Sinclair Ho Woodford Bdge Rd Iflord (020) 8551 6533
Summit Cladding, 15 Forest View Road Loughton (020) 8508 9606	Supportline, Admin PO Box 1596 Iflord (01708) 765200	Newbury Park Synagogue 23 Wesssex Clo Iflord (020) 8597 0958
Summit Tuition Center, 1a Berkeley Road, Manor Park E12 (020) 8472 0465	Admin PO Box 1596 Iflord (01708) 765222	Newbury Park South West Essex & Settlement Reform Synagogue Oaks La .. (020) 8599 0936
Sumo Fresh, 141 High Street Wanstead Leytonstone (020) 8530 7500	Or (01708) 765222	Woodford Wanstead & Woodford Synagogue 20 Churchfields E18 (020) 8504 1990
Sun City Tanning, Unit 2 462 Larkshall Road Chingford (020) 8616 6916	Supreme Catering Equipment, 429-31 High Road Leytonstone E11 (020) 8558 1638	Synergy Comms, 125A St Albans Rd Iflord (0845) 1947281
Sun City Tanning, Ltd, 4 Oakwood Pde, Oakwood HI Loughton (020) 8502 3623	Supreme Double Glazing, 309 Eton Road Iflord (020) 8478 4121	Synergy Peaks, Ltd, 98 Cobham Road Iflord (01646) 629564
Sun City Tanning, Ltd, 462 Larkshall Rd E4 (020) 8527 8709	Supreme Glazing, Glazing, 710 Lea Bridge Road E10 (020) 8556 1924	Sytner BMW, Langston Road Loughton (020) 8508 4303
Sun Goddess Tanning & Beauty Salon, Station Pde High St Wanstead E11 (020) 8989 7903	Supreme Glazing, (Euro) Ltd, Glazing, 710 Lea Bridge Road E10 (020) 8556 0032	T A Motors, 1A Chingford Mt Rd E4 (020) 8527 8250
Sun On Take Away, 196 Winchester Road E4 (020) 8527 5163	Sure Care, Hainault Indust Est Fowler Rd Hainault Busines S Pk Iflord (020) 8502 7778	T & C Metal Recycling Ltd, Railway Arches 208-209 Grove Green Road London (020) 8558 2720
Sunbeam Family Services, Ltd, 8 Greenleaf Rd E17 (020) 8521 5524	Sure Print Services South East, Ltd, 187D High Rd Loughton (020) 8502 0227	T.D.P Hardware Solutions, 219 Kings Head Hill London (0870) 3610210
Sunflower Nails Ltd, 16 Winchester Road London (020) 8531 0762	Surecare, Hainault Indust Est Fowler Rd Iflord (020) 8500 3033	T & F Agents, Ltd, 596 High Rd Woodford Gn (020) 8502 9837
Sunfresh, New Spitalfields Mkt Sherrin Rd E10 (020) 8988 0600	Or (020) 8502 6660	T G Heating, Ltd, Boiler and Heating Service and Repair, 129A Sunnyside Road Iflord (0843) 2248297
FAX (020) 8988 0601	Suresite, 71-79 Chingford Mount Road E4 (020) 8418 5723	T J Automotive, Ltd, 271 Iflord La Iflord (020) 8478 7851
Sunland Caribbean, Ltd, 3 Highams Lodge Business Centre Blackhorse Lane Walthamstow (020) 8531 0569	Surikat Ltd, 10 Forest Road London (020) 3686 0724	T & J Kelly, 82 The Broadway Loughton (020) 8508 7113
Sunny Professional, Ltd, 121 Manor Road London (020) 8531 7715	Suriya Jewels, Ltd, Fashion Paradise 292 High Street North London (020) 8552 2224	T.J Lords & Lofts, Ltd, 354 High Street North E12 (020) 3612 0554
Sunnyfield Vegetables, New Spitalfields Mkt Sherrin Rd E10 (020) 8558 3388	Surveillance & 247 Detectives, Private Investigator, St. Pauls House Woodford Avenue (0844) 8126602	T.J Wholesale Fashion & Communications, South Pk Bsns Cntr Green La Iflord (020) 8590 1011
48 Market Pavilion New Spitalfields Mkt, Sherrin Rd FAX (020) 8558 1133	Surveillance and Counter Surveillance Services, Private Detective, Estate House, The 201 High Road Chigwell (0844) 2478481	T & L Digital, Ltd, 1/103 Prudential Bldgs Cranbrook Rd Iflord (020) 8477 1529
Sunnymede Of Chigwell, Gar Servs, Hainault Indust Est Fowler Rd Iflord (020) 8500 2813	Surveillance and Tracking Investigators, Private Investigator, 317 High Road Iflord (0844) 7763364	T M A Services London Limited, 476 Hoe Street London (020) 8637 2622
Sunnymede Of Chigwell, Ltd, Hainault Indust Est Fowler Rd Hainault Business Pk Iflord (020) 8500 9386	Surveillance & Investigators, Private Detective, 140 High Street (0871) 2342390	T & M Logistics, Ltd, 354 Lea Bridge Road E10 (020) 8558 8436
Sunrise Advertising, Ltd, Advertising, 17 New Road Iflord, Essex (020) 3051 4965	Surveillance Services, Private Detective, 251 Beehive Lane Iflord (0844) 2478593	T Neal, 90 Old Church Road E4 (020) 8523 8868
Sunrise Capital Consultants, Mortg, Finance Broks, 196 Cranbrook Rd Iflord (020) 8518 1124	Susan Dean, 365 High Road Leyton E10 (020) 8539 5500	T Patton Highams Park, Jubilee Av E4 (020) 8527 6387
Sunrise Double Glazing, 749 Romford Road E12 (020) 8478 7390	Sutherland Insurance Services, Ltd, 153B Queens Rd Buckhurst HI (020) 8504 8222	T Patton, Ltd, George Mitchell Ho 31 Dunton Rd E10 (020) 8539 1599
Sunrise Estate, 196 Cranbrook Road Iflord (020) 8518 2412	Swagaat Jewellers, 121 Iflord Lane Iflord (020) 8553 4296	Or (020) 8539 4942
Sunsational, Tanning Sal, 63 Chingford Mount Road E4 (020) 8527 3727	SWAINS PACKAGING, Brook Rd Buckhurst HI (020) 8504 0507	Or (020) 8539 5408
Sunshine Eggs, Restnt, 97 Burrow Rd Chigwell (020) 8559 8159	Swedish Motor Services, Car Rprs, 40B Grange Pk Rd E10 (020) 8523 5237	Or (020) 8539 6663
Sunstar Produce, Whole Frt Veg, 86 Market Pavilion New Spitalfields Market 1 Sherrin Road E10 (020) 8539 8875	Or (020) 8503 3559	T & R Scaffolding, Ltd, Biggleswade (0800) 3289199
Supadance International, Unit 3 Prospect Business Park Langston Road Loughton (020) 8508 1687	Sweeping and Counter Surveillance, Private Investigator, 20 Chapel Road (020) 7175 2312	T.R.S International Foods, Ltd, 44 South Access Rd E17 (020) 8556 2117
Supadance International, 159 Queens Road Buckhurst Hill (020) 8504 6000	Sweet Mix, Ltd, 449c High Street North E12 (020) 3887 3129	T R Sterling Ltd, Knight House Unit 4 Lenthall Road Loughton (020) 8418 9931
Supadance Shoes, 159 Queens Rd Buckhurst HI (020) 8505 8888	Swift Accounting Decisions, Ltd, 34 Station Road London (020) 8520 3727	T S Electrical, T S Elec, Elec Contrs, 102 Chingford Av E4 (020) 8529 6918
Super Destinations, 344-348 High Road Iflord (020) 8911 9303	Swift Electrical, 56 Thornton Road Iflord (020) 8262 6395	T S Sheesh, Ltd, 410-412 Cranbrook Road Iflord (020) 3325 1215
Super Financial, Ltd, 275 High Rd Leyton E10 (020) 8925 0070	Swift Heat, Ltd, Unit 30 Walthamstow Business Cntr Clifford Rd E17 (020) 8527 7974	T T S Meat Bazaar, Ltd, 107 Church Road Manor Park (020) 8514 7270
Super Grows Cosmetics, Ltd, 638a High Road Leytonstone E11 (020) 8539 0333	Swift Letting London, Ltd, 710 Romford Rd E12 (020) 8478 0642	T & T Timber Merchants, 70 Wood St E17 (020) 8521 5900
600 Lea Bdge Rd E10 (020) 8518 7116	Swift Repairs, Ltd, Mechanics Mobile, 315 Mortlake Road Iflord, Essex (020) 3051 4967	TV Licensing, All Enquiries (03007) 906135
Super Nails, Ltd, 204 New North Road Iflord (020) 8500 4114	Swift Travel, 2 Station Rd Loughton (020) 8508 0919	T W C System, Ltd, 2 Roebuck Rd Iflord (020) 8501 6060
Supercuts, Regis, 9 Selbourne Walk London London (020) 8520 6997	Or (020) 8508 6340	T4 Bubble Tea, 2 Palace Parade High Street E17 (020) 4559 9748
Superdrug Stores, Plc, Branches	Or (020) 8508 9398	TA Convoy Mastics, Ltd, Kendon Ho 44a Selby Rd E11 (020) 8555 7121
	Swift UK Taxi Transfers, 79 Rutland Road Iflord (020) 8037 6006	Ta Delicacy, Delicacy, 161 Manor Rd Chigwell (020) 8500 1070
	Swinton Group, Ltd, 390 Hoe St E17 (020) 8520 5734	Ta Traders (UK) Ltd, Iflord Lane Iflord (020) 8911 8222
	Manor Park 905 Romford Rd E12 (020) 8553 3925	Tachic, Unisex Hdrsr, 382 Hoe Street E17 (020) 8520 5127
	North London 232 High St Nth E12 (020) 8472 2359	Tad In The Hole, Ltd, Hainault Forest Golf Club Romford Road Chigwell (020) 8500 8369
	Swinton Insurance - London, ITD, 390 Woodbury Road Walthamstow (0843) 8160346	
	Swinton - London, Ltd, Ins Provider, Manor Park London (0843) 8160465	
	Swinton, Ltd, Insurance Providers, 199 Chingford Mount Road Chingford (0843) 8162985	
	Swinton, Ltd, Insurance Providers,	

TADR, Ltd, 10 Grangeway Gardens Ilford.....	(01268) 382293	Tasteco, Ltd, 238 High Road Loughton.....	(020) 8508 7838	Tesco ANPR, Southend Road Woodford Green.....	(020) 8551 4656
TAFS Foods, Ltd, 590 Lea Bdge Rd E10.....	(020) 8558 3050	Tasty Chicken Ilford Lane, Mr, Fast Food Takeaway, 198 Ilford La Ilford.....	(020) 8553 9988	Tesco Stores, Chigwell Express 185 Manford Wy Grange Hl Est.....	(0845) 0269455
Tafs Foods, Ltd, 687 High Road Ilford.....	(020) 8599 4600	Tasty Foody, 596 Romford Road Manor Park.....	(020) 8514 4477	Express Chigwell 185 Manford Wy, Grange Hl Est.....	(03450) 269897
Tag Florist, Florists And Flowers, Redbridge, London.....	(0845) 2998290	Tates Transport, Co (UK) Ltd, Unit 3 Roxwell Trading Pk Argall Av E10.....	(020) 8539 7170	Chingford 239 Chingford Mount Rd.....	(03456) 102736
Tag Florist, Florists And Flowers, Waltham Forest, London.....	(0845) 2998290	Tav Supermarket, Shop, 429 High Street North Manor Park London.....	(020) 3802 5741	Gants Hill 476 Cranbrook Rd.....	(03450) 269144
Tag Flowers, Florists And Flowers, Redbridge, London.....	(0845) 2998291	Tawakal Foods, Unit 10, 13 Argall Av E10.....	(020) 8556 9933	Ilford 74 Cranbrook Rd.....	(03456) 719516
Tag Flowers, Florists And Flowers, Waltham Forest, London.....	(0845) 2998291	Tax S A Accountancy, 353 High Street North London.....	(020) 3842 1075	Ilford Esso 229 Green La.....	(03456) 779374
Tag Hackney Cab, Travel & Transportation, Redbridge, London.....	(0845) 2998243	TaxAssist Accountants, 1 Broadway Mkt Fencepiece Rd Ilford.....	(020) 8500 7114	Ilford 284 Ley St.....	(03456) 746372
Tag Hackney Cab, Travel & Transportation, Waltham Forest, London.....	(0845) 2998243	Taxcare Accountants, Acctnts, First Floor Prudential Buildings 103 Cranbrook Road Ilford.....	(020) 8478 3383	Leyton Esso 727a Lea Bdge Rd.....	(03456) 779408
Tag Radio Taxis, Travel & Transportation, Redbridge, London.....	(0845) 2998241	Taxexpress.Org.Uk, Ltd, 18 Beehive Lane Ilford.....	(020) 8554 6000	Leyton 401 High Rd.....	(03456) 719424
Tag Radio Taxis, Travel & Transportation, Waltham Forest, London.....	(0845) 2998241	Taxi Call, Taxi Firm, 8 Greenwood Rd Chigwell.....	(020) 8500 7575	Leytonstone 567 High Rd.....	(03456) 757268
Tag Taxi, Travel & Transportation, Redbridge, London.....	(0845) 2998240	Taxi Vans Big & Small, Removals & Storage - Domestic, 261 - 275 High Road Ilford.....	(0871) 2217618	Romford 849 Romford Rd.....	(03456) 757142
Tag Taxi, Travel & Transportation, Waltham Forest, London.....	(0845) 2998240	Taxwise Accounts Specialists, Ltd, 439 High St Nth E12.....	(020) 8471 0045	Walthamstow Esso 394 Hoe St.....	(03456) 779697
Taj Carpets, Crpt & Furn, 2 Hickling Rd Ilford.....	(020) 8478 7775	Taylor, F.W, Chrd Survyr, 3A Richmond Crescent E4.....	(020) 8531 8616	Walthamstow 82 Forest Rd.....	(03456) 102840
Taj Grill, Rstnt, 72 Ilford Lane Ilford.....	(020) 8478 8352	Taylorgaze, Ltd, 17 Hawthorn Road Buckhurst Hill.....	(020) 8281 8282	Walthamstow 43 St. James St.....	(03456) 719619
TALK TALK, Telecoms Supplier, Head Office 1 Portal Wy London.....	(0800) 0497664	Taylor's Cards Limited, 17-19 The Broadway Loughton.....	(020) 8508 9432	Walthamstow Tower Mews.....	(03450) 269929
Talking Heads, Unisex Hair Sal, 394 Forest Road E17.....	(020) 8520 6572	Taylor's Legal, FAX.....	(020) 8501 3008	Wanstead 65 High St.....	(03456) 757207
Talman, Ltd, Whslr Identification Jwly, Grays Cnr Ley St Ilford.....	(020) 8554 5579	Tayyab Food Store, 104 Palmerston Road London.....	(020) 8520 0784	Woodford Green 253 High Rd.....	(03456) 719518
Talon Clothing, Co Ltd, Unit 12 8 Argall Avenue London.....	(020) 8988 3389	Taza Chaiwala, 400 Green Lane Ilford.....	(020) 8590 8208	Superstore Highams Park 405 Larkshd Rd.....	(03456) 719558
Tamannas Hair And Beauty, Hair, 792 High Road Ilford.....	(020) 3754 7254	Taza Chaiwala, Ltd, 400 Green Lane Ilford.....	(020) 8599 8464	Ilford 796 Cranbrook Rd Barkingside.....	(03456) 779038
Tamba Day Nursery, Ltd, 29 Mansfield Rd Ilford.....	(020) 8553 1513	TCG Design & Management, Ltd, 369B High Road Leyton E10.....	(020) 8558 3501	Leyton 825 High Rd.....	(03456) 779427
Tammy Singing & Comedy Tutor, Tutor, 21 Shakespeare Crescent E12.....	(020) 8279 1984	Tealk Services, Ltd, Care Home, Goodmayes Pk Ldg Abbotsford Rd Ilford.....	(020) 8127 8234	Leytonstone Gainsborough Rd.....	(03456) 779409
Tamy's Nails, Ltd, Scarborough Road London.....	(020) 8558 3882	The Lodge, Goodmayes Pk Abbotsford Rd Ilford.....	(020) 8599 2480	Woodford Green Southend Rd.....	(03456) 779733
Tamy's Nails, Ltd, Tammys Nails London.....	(020) 8558 7148	Tealk Services, Ltd, 45 Norfolk Road Ilford.....	(020) 3759 0029	Tew, Terry, Sound & Light, Link Ho 42b Chigwell La Loughton.....	(020) 8502 2943
Tan, M, Eral Mtl Ltd, Eral Mtl Ltd, Eral Metal Limited Leytonstone London.....	(020) 8127 8634	Team Good Music, UK Ltd, 5 Argall Avenue London.....	(020) 3794 6905	FAX.....	(020) 8532 0254
Tandoori Cottage, 68 Chingford Mount Road London.....	(020) 8531 9547	Tech Engineering, U K Ltd, Unit 2 133B Ilford Lane Ilford.....	(020) 3343 8334	Tfc London Bond, Cromwell Indust Est Staffa Rd E10.....	(020) 8556 6555
Or.....	(020) 8531 9555	Tech Smart Group Limited, Unit 9 Maybank Industrial Estate, 109 Maybank Road London.....	(020) 8252 0246	TG Productions, Ltd, Unit 10, 8 Argall Avenue Leyton.....	(020) 3904 7889
Tandoori Cottage 1, 68 Chingford Mount Road London.....	(020) 8117 9808	Tech Smart Group, Ltd, 332 Cranbrook Road Ilford.....	(020) 3827 9458	TGF Pizza, Pizza Dlvry, 13 Woodford Av Ilford.....	(020) 8551 7070
Tanganyika Exports Services, Tanganyika Exports Services, Ltd, 28 Station Rd E12.....	(020) 8553 0906	Techcube, Ltd, 988 Eastern Av Ilford.....	(020) 8586 1500	Thames Building Supplies, Carlton Dv Ilford.....	(020) 8550 1178
Tanglewood Cattery, Manor Pk 89 Aldersbrook Road Manor Park London.....	(01375) 640898	Technolink Ltd, 577 Lea Bridge Road London.....	(020) 3524 2618	Thames Gateway Manufacturing, Thames Gateway Mfg, Unit 5 Forest Road Hainault Business Park Ilford.....	(020) 8501 5558
Tangopay, Ltd, 125 High Street E17.....	(020) 8520 8600	Technostart, Ltd, 1A Clifton Av E17.....	(020) 8503 2778	Thames Gateway Manufacturing Centre, Ltd,The, Unit 5 Forest Rd, Hainault Bsns Pk Ilford.....	(020) 8501 4777
Tanners, 14 Brook Parade High Road Chigwell.....	(020) 8500 0018	Technostart, Ltd, FAX.....	(020) 8523 3054	Thames Roofing & Building Supplies, Ltd, Goods Yard Wood Street Railway Station Wood Street E17.....	(020) 8520 0200
Tapemaster, 760 Eastern Av Ilford.....	(020) 8518 4202	Tecnico Technology, Curlew Ho Trinity Wy E4.....	(020) 8503 3222	Or.....	(020) 8521 0293
Tapi Carpets & Floors Limited, Carpet & Flooring Company, Tapi Carpets & Floors Limited Chingford Warehouse Store Tapi Carpets & Floors Limited Unit B3 Circular Point, Jubilee Avenue Chingford London.....	(020) 8629 6830	Tecnodoals, Ltd, 225 Cranbrook Road Ilford.....	(01646) 839227	Thames Water Utilities, Ltd, Lower Hall Lane Pumping Station Mandeville Court E4.....	(020) 8529 3490
Tagwa Carpets, Ltd, 645-647 High Road,Seven Kings Ilford.....	(020) 8590 8600	Teen Challenge London, Wilkerson House Uphall Road Ilford.....	(020) 8553 3338	Thames Water Utilities, Ltd, Coppermills Wtw Coppermill Lane E17.....	(020) 8509 1074
Or.....	(020) 8599 1800	Tees Barbers, 15b Valley Side Parade London.....	(020) 3105 7376	Thameside Roofing, Ltd, Gable Ho 1 Balfour Rd Ilford.....	(020) 8478 4100
Tara Hair & Beauty, Ltd, 58 Station Road Chingford London.....	(020) 3876 8947	Tehxehb London, Ltd, 197 Ilford Lane Ilford.....	(020) 3305 6778	Thanalakhme Jewellers, Ltd, 82 High Street Barkingside Ilford.....	(020) 8551 1153
Tara Romaneasca, Ltd, 713 Romford Road London.....	(020) 3874 9689	Tekniko, Ltd, 160 Wanstead La Ilford.....	(020) 8554 9155	Thatched Cars, (GB) Ltd, 177 Wood St E17.....	(020) 8521 6888
Tarantula Electronics, 64 Cavendish Dv London.....	(0843) 5154753	Temati, (UK) Ltd, Field Indust Est Lowmoor.....	(01623) 721888	Thatched House Cars, 261A High Rd Leytonstone E11.....	(020) 8519 0305
Target Fit PT, Ltd, 15 High Street Wanstead E11.....	(020) 8532 2778	Temisrey, Ltd, Grocery, 596 Green Lane Ilford.....	(020) 3784 9790	Or.....	(020) 8555 6000
Tariq Food Store, 503 High Road Leytonstone Leytonstone.....	(020) 8539 5716	Temperos, Ltd, 748 Romford Road E12.....	(020) 8514 4053	The, See also second word of name	
Tariq Halal Meat, (Leyton) Ltd, 792 High Rd Leyton E10.....	(020) 8539 6200	Templetons, (UK) Ltd, 309 Hoe St E17.....	(020) 8925 0440	The Apostolic Church, Manor Park Methodist Church Herbert Road London.....	(020) 3091 9723
Tariq, M, 332 High Road Leytonstone E11.....	(020) 8519 8234	Tenant Management Organisation, Ray Lodge Rd Woodford Gn.....	(020) 8505 1932	Or.....	(020) 3091 9724
Tartz Beauty Salon, 102 Tanners Lane Ilford.....	(020) 8551 9019	Tenby & Penny, Co Ltd, Giss Mrcnts, 38A Beulah Rd E17.....	(020) 8520 2494	The Coppermill Public House, 205 Coppermill Lane London.....	(020) 8520 3709
Tash The Barber Shop, 38 Station Road Chingford London.....	(020) 8524 3499	Tendering Security, Ltd, 11-17 Fowler Road Ilford.....	(020) 8500 4141	The Cornerstone, 149 St. Catherine & St. Paul Churc Canterbury Road London.....	(020) 3665 7538
Taste Of India, Ltd, 340 High Street North E12.....	(020) 8586 0681	Tennessee Fried Chicken, High Street North London.....	(020) 8471 4933	Or.....	(020) 3665 7539
Taste Of India Pure Vegetarian, Ltd, 293-29 High Street North London.....	(020) 8472 9779	Tenny 1, Ltd, 78 Lambourne Road Chigwell.....	(020) 8500 0007	Or.....	(020) 8558 2121
Taste Of Jamaica, The, Green Lane Ilford.....	(020) 8599 9298	Tepearay Precision Sheet Metal, Ltd, 1 Fowler Rd, Hainault Business Pk Ilford.....	(020) 8501 1222	The Hoe Street Dental Practice, Ltd, Dent, 337 Hoe Street London.....	(0843) 5150544

The Royal Regency, The Royal Regency Club 501 High Street North London.....	(020) 3623 0685	Tidy Books Europe, Ret Shop Furn, 10 Hatherley Mws E17.....	(020) 8520 4647	Toni & Guy South Woodford, Hair Salon, 15 Electric Pde George La E18.....	(020) 8989 8699
Or	(020) 8478 6020	Tight Fit, Unisex Jean Boutique, Branches Ilford FAX	(020) 8514 0900	Tonis Fish Bar, 180 High Rd Woodford Gn.....	(020) 8505 9654
The Sadaf Halal Meat Uk Ltd, 198 Longwood Gardens Ilford.....	(020) 8550 1232	Tight Fit, 49 Cranbrook Road Ilford	(020) 8514 0800	Tony's, 61 The Broadway Loughton	(020) 8508 4924
The Spot Lbr, 334 Lea Bridge Road London.....	(020) 3561 4827	Tilbury Garages, Main Enquiries Uplands Bsns Pk Blackhorse La E17.....	(020) 8531 3139	Top Auto Locksmiths, Locksmiths, 24 Hour Emergency Auto Locksmith, Chequers Rd Essex	(0845) 1647319
The Wild Goose Bakery Limited, 654 High Road Leytonstone London	(020) 3662 8698	Breakdown Recovery	(0870) 8508439	Top Cars Mini Cab Company, 322 Hoe St E17	(020) 8520 1112
The Woodford Barber Shop, The Woodford Barber Shop, 473 High Road Woodford Green	(020) 8252 5068	Tillship, Ltd, 12 St. Marys Av E11	(020) 8989 1921	Or	(020) 8521 1000
Thendele Engineer, Ltd, 24c Balfour Road Ilford	(020) 3659 9191	TIME, (Accurist Timeline) Dial 123 Timeport, Ltd, 137 Woodlands Road Ilford.....	(020) 8553 3969	Top Chicken, 286 Hoe St E17	(020) 8521 9999
Theori Investments, Ltd, 840 High Rd Leyton E10 FAX.....	(020) 8988 1095	Timeport Travel, 137 Woodlands Rd Ilford	(020) 8553 3993	Top Curries, Ltd, 12 Forest Road Loughton	(020) 8508 7185
Theurbandealership Ltd, 769 High Road Ilford	(020) 8306 6932	Timpson, 8 Salisbury Hall Gardens E4.....	(020) 8531 8710	Or	(020) 8508 8480
Theva Solicitors, 128 Ilford La Ilford	(020) 8478 5797	Timpson, 27B Selborne Walk E17.....	(020) 8520 9873	Top Dog Joinery, Ltd, 252 Railway Arches Joseph Ray Rd E11	(020) 8558 0511
They Compare, Ltd, Insurance Providers, 6 Connaught Road Ilford.....	(0843) 8163483	Timpson, 27B Selborne Walk E17.....	(020) 8521 1905	Top Gear Auto Centre, 378 Forest Road E17.....	(020) 8520 3710
Theydon Garage, Unit 3 Taylors Gravel Lane Chigwell	(020) 8617 1099	Timpson, Ltd, 796 Cranbrook Rd Ilford.....	(020) 8551 0340	Top Hat Pizza, Ltd, Pizza Takeaway, 811 Romford Rd E12	(020) 8553 2999
Theydon Property Services, 20 Church La E11	(020) 8539 2009	Timpson, Ltd, 176 George La E18.....	(020) 8989 6205	Top Mark Tuition, 889 High Road Leytonstone London	(020) 8989 4666
Theydon Timber, Co Ltd, Timb Mrcnts & Joins, Unit C1 Seedbed Centre Langston Road Loughton	(020) 8502 0155	Timpson Shoe Repairs, Ltd, 249 High Rd Loughton	(020) 8502 3582	Top Services, 6 Argall Av E10	(020) 8558 8528
Think Fire Defence, Fire Serv Activities, Unit 5 Forest Industrial Park Forest T Road Ilford.....	(020) 8172 0265	Tinseltown, Ltd, 1 Woodford Av Ilford	(020) 8550 8088	Top T, Co, The, 708 Lea Bdge Rd E10.....	(020) 8988 0222
Thirsk Winton, Lp, 445 High Rd Woodford Gn.....	(020) 8506 1294	Tiny Champs Nursery, Ltd, 183 Wood Street E17	(020) 8521 4640	Top Travel, UK Ltd, 353 High Rd Ilford.....	(020) 8220 3333
THN Accountants, Ltd, Room 5 Gable House 1 Balfour Road Ilford	(020) 8478 4333	Tiny Toes, The Pavilion, Score Building 100 Oliver Road London, London	(020) 8539 9005	Topcoat Construction, Ltd, Unit 8 Orient Industrial Park Simonds Road E10.....	(020) 8539 7977
Thomas Cook Travel, Chingford Branch 3 Hall La	(0844) 3357172	Tish Leibovitch, 249 Cranbrook Rd Ilford.....	(020) 8709 6000	TopGolf, Top Golf Game Cntr Abridge Rd Chigwell	(020) 8500 2644
3 Hall La FAX	(0844) 3359172	Tish, Press & Co, Acctnts, Cambridge Ho Cambridge Mws Cambridge Pk E11.....	(020) 8530 7676	Topps Tiles, 750 Eastern Av Ilford.....	(020) 8554 3767
Bureau de Change 3 Hall La	(0844) 3357172	Titan Forge, Ornmfl Irnwks, Unit 3 Shaftesbury Court Shaftesbury Road E10.....	(020) 8558 9000	8 The Deacon Estate Cabinet Way E4	(020) 8523 2110
Ilford Branch Unit 1 171 High Rd FAX	(0845) 3049371	Titanic Kitchen, 469-71 High Road Leytonstone London.....	(020) 3686 5124	Toprak, U K, Stand 60A Market Pavillion, 1 Sherrin Road London	(020) 8539 9090
Walthamstow Branch Unit 2C Selborne Walk Shopping Cntr FAX.....	(0845) 3049623	Tiwa Foods, African Food Groceries, 6 Argall Avenue Leyton London	(020) 8556 0570	Tops Treatz, 760 High Road Ilford	(020) 8599 9880
Unit 2C Selborne Walk Shopping Cntr	(0845) 3089623	TJ Automotive, Ltd, 271 Ilford La Ilford	(020) 8514 8007	Torino Express, 776 High Road Ilford	(020) 8597 3334
Bureau de Change Unit 2C Selborne Walk Shopping Cntr	(0845) 3089623	TJR Bathrooms, Ltd, 666 Romford Rd E12	(020) 8514 5510	Or	(020) 8599 2222
Thomas Lyte, 19-21 Fowler Road Hainault Business Park Ilford	(020) 8500 0294	Or	(020) 8553 2658	Tormo & Mario Auto Services, Ltd, 48 Station Rd E4	(020) 8529 5775
Or	(020) 8500 4056	Tj's Global Logistics, Ltd, West Wing Sterling House Langston Road Loughton	(020) 8502 1018	Tosaka Sushi, Ltd, 178 Longwood Gardens Ilford	(020) 8551 3293
Or	(020) 8501 2479	TJ's Hair Salon, Unit 6 180-82 George Lane E18.....	(020) 8518 8100	Total Engines, Ltd, 9 Rigg Approach Leyton London	(020) 3149 9836
Thomasons Lp, Lp, Consltg Civ & Structl Engs, 528 High Rd Leystone	(020) 8988 5820	TK Maxx, Ret Trade, 11 Loughton Business Centre 5 Langston Road Loughton.....	(020) 8508 1423	Total Medicare, Ltd, Seedbed Cntr Langston Rd Loughton.....	(020) 8502 1480
Thompson's, 68 Snakes La East Woodford Gn.....	(020) 8504 2454	TK Maxx, Ret Trade, 6 Leyton Mills Marshall Road E10.....	(020) 8558 7778	Total Secure Services, 46 Bedford Road Ilford.....	(020) 3441 9788
Thompsons Estate Agents, 103 Cranbrook Road Ilford	(020) 8478 2181	TK Maxx, Ret Trade, The Mall Walthamstow Shopping Selborne Walk E17 ...	(020) 8509 0146	Total Security Services, Ltd, 485 Hale End Rd E4	(020) 8523 5533
Thomson Travel Shop, Barkingside Unit 4 High Street Barkingside	(0845) 0713786	TL Noon, 12 Forest Drive Woodford Green	(020) 8531 4411	Or	(020) 8531 8267
Chingford 22 Old Church Road E4	(0845) 0713751	TMH Research, Ltd, The Stables North End Buckhurst Hill	(020) 8504 6868	Totem Communications, Ltd, 57 Queens Rd Buckhurst Hill	(020) 8505 7777
Ilford 90 High Road Ilford	(0845) 0713257	T-Mobile, (UK) Retail Ltd, Ilford 163 High Rd Ilford.....	(020) 8478 6014	Tots And Tweenies, 54B New Road Ilford.....	(020) 8599 1664
Loughton 243 High Rd IG10.....	(0845) 0713455	FAX	(020) 8478 3049	Toucan Tools, 373 Church Road E10	(020) 8556 6060
South Woodford 140 George Lane E18	(0845) 0713502	TMP Worldwide, Ltd, 5 Jubilee Av E4.....	(020) 8527 6100	Touch Of Class 3, 12A Station Parade High Street Wanstead E11	(020) 8532 9543
Walthamstow Unit 2 Selborne Walk E17	(0845) 0713263	TNAX Trade, 200 Richmond Road Ilford.....	(020) 4568 7062	Touch Of Class Dry Cleaners, (Pvt) Ltd, 67 George Lane London	(020) 8530 1227
Thomson Travel Shops, Chingford 22 Old Church Rd E4	(020) 8559 3111	Tobias, Dr, A, 19 Roll Gardens Ilford	(020) 8491 7853	Touch Of Class I, Dry Clnrs, 106 George La E18.....	(020) 8989 4484
South Woodford 140 George La E18.....	(020) 8989 1770	Toby Carvery, Buckhurst Hill High Rd Buckhurst HI	(020) 8559 0909	Tourist Information Centres, Ilford Town Hall High Rd Ilford	(020) 8478 3020
Thornton Rones, Ltd, 311 High Road Loughton	(020) 8418 9333	Snaresbrook Hollybush HI E11	(020) 8989 7618	Tower Boots London, Ltd, Palace Pde High St E17.....	(020) 8521 7518
Thorogood, S, & Sons (Covent Garden) Ltd, Grwr Slsmn, FAX	(020) 8532 8645	Togar, Ltd, 87 St. Andrews Road Ilford	(01229) 481229	Town Centre Securities, Plc, Office Multi Storey Car Park Clements Road Ilford.....	(020) 8478 2661
Thorpe Hall Primary School, 123 Hale End Road E17	(020) 8527 4062	Toggs, Hdrsr,rs, 15 The Broadway Woodford Green	(020) 8505 2425	Town & Country Photographic, 59 Goldings Road Loughton	(020) 8502 3293
THP Chartered Accountants, 34 High St Wanstead E11.....	(020) 8989 5147	Tolias Humphries, & Co, 84 Kirkland Av Ilford.....	(020) 8551 4459	Toyat, Ltd, 244 London.....	(020) 4539 3264
Three Colts, The, The Three Colts 54 Princes Road Buckhurst Hill.....	(020) 8504 0407	FAX	(020) 8551 0308	TPD London, Ltd, Unit 3 Walthamstow Business Cntr Clifford Rd E17.....	(020) 8531 8181
Three Cs, 25 Kingswood Road Ilford.....	(020) 3674 0457	Tom Cecil Ltd, Unit 11, Period Works 1 Lammas Road London.....	(020) 8556 4316	TPSM, 1-5 Fowler Road Hainault Business Park Ilford.....	(020) 8500 1099
Three Jolly Wheelers, 735 Chigwell Rd Woodford Green	(020) 8502 9296	Tom & Georgies, Ltd, 154 High Road Loughton	(020) 8508 0526	Tracing & 24hr Detectives, Private Investigator, 77 High Street	(0844) 5886854
Three Oaks, Ltd, 160 Fencepiece Road Essex	(020) 8501 3322	Tom Hood School, Tom Hood Senior High School Terling Clo E11	(020) 8534 3425	Tracing And Surveillance Services, Private Investigator, 35 York Road.....	(0844) 7724773
Three Willows, 35 Woodberry Way E4.....	(020) 8529 7088	Tonerflow, Ltd, Sales Hotline	(0845) 9452020	Tracing & Investigations, Private Investigator, Pall House The Square, High Road Leyton, London	(0843) 5050093
35 Woodberry Wy E4.....	(020) 8529 1881	Toni & Guy Ilford, 213 High Rd Ilford.....	(020) 8514 7700	Tracing Missing Persons, Locksmiths, 245 Cranbrook Road	(020) 7175 9247
TIC International, Ltd, 156 Hoe Street E17	(020) 8521 3737			Tracing Services, Private Investigator, Wenlock House Cranbrook Road	(07017) 404762
				Tracing Tracking and Investigations, Private Investigator, 2 Cann Hall Road	(0844) 5857159

Tradeprince, 592 Lea Bridge Road London.....	(020) 3105 7392	Travellers Friend Pub,The, Travellers Friend P H 496-98 High Road Woodford Green.....	(020) 8504 2435	Turkk Retail Services, Ltd, 54 Capworth Street Leyton.....	(020) 8556 0523
Traders & General Insurance Services, Ltd, 38 Church Hill Loughton.....	(020) 8519 5950	Travelodge London Ilford Clemonds Rd Ilford.....	(0871) 9846194	Turner, Steven, Osteopath, 58 Clarence Av Ilford.....	(020) 8554 6622
Tradox Insurance Limited, Ltd, 199 Ilford Lane Ilford.....	(0843) 8163422	The Beehive Beehive La Gants Hill.....	(0871) 9846193	Turtle Bay Walthamstow, Rstnt, 269 High St E17.....	(020) 8520 7839
Trading Places, Ltd, 46 Church La E11.....	(020) 8556 6665	Travis Perkins, Bldrs Mrcnts, Branches Walthamstow 171 Wood St E17.....	(020) 8521 8891	Tuscany Restaurant,The, 167 High Road Loughton.....	(020) 8508 0082
Trading Standard Offices, Redbridge General Enquiries.....	(020) 8478 3020	FAX.....	(020) 8520 4172	Twenty First Century Land, Ltd, 39 High St E17.....	(020) 8521 1221
Wanstead General Enqs.....	(020) 8478 3020	Woodford 31 Marlborough Rd E18.....	(020) 8989 0034	FAX.....	(020) 8521 9901
Traditional Barbershop, Barbers, 34A Queens Road Buckhurst Hill.....	(020) 8559 2289	FAX.....	(020) 8530 2037	TWH Buses, The Academy Langston Rd Loughton.....	(0844) 8000211
Trafalgar Demolition Solutions, Ltd, Hillcrest House 49a Vicarage Road E10.....	(020) 8539 3221	Tre Monti, Oakwood Parade Oakwood Hill Loughton.....	(020) 8502 1989	Two Brewers, 57 Lambourne Rd Chigwell.....	(020) 8501 1313
Training Consultancy & Research, Ltd, 309A High Rd Loughton.....	(020) 8502 1970	Tre Monti, 4A Oakwood Parade Oakwood Hill Loughton.....	(020) 8502 4226	Two Way Hire, Ltd, Tool Hire, 291 Chingford Rd E17.....	(020) 8531 7200
Tranquility Health & Beauty, 26 High Road E18.....	(020) 8989 2349	Treat Hut, 131 High Road London.....	(020) 3712 4444	Or.....	(020) 8531 7999
Tran's City Car Centre, Ltd, Car Sales,Rprs, Sales 65 Hoe St E17.....	(020) 8520 6758	Tree Jolly Weavers The, Pub, FAX.....	(0845) 1126186	Tydene, Fruit & Veg, 5 Market Pavilion,New Spitalfields Mkt Sherrin Rd E10.....	(020) 8558 8047
Workshops 67 Hoe St E17.....	(020) 8521 8363	Treehouse Nursery School Wanstead, 35 Woodbine Pl E11.....	(020) 8532 2535	Tydene, Ltd, Unit 5/6 Market Pavilion New Spitalfiel 1 Sherrin Road E10.....	(020) 8988 9742
67 Hoe St E17.....	(020) 8520 8529	Trevor Vale, 599 Cranbrook Road Ilford.....	(020) 8551 2229	Tyrecheck, Ltd, 368 High Street North Manor Park London.....	(020) 8586 0886
FAX.....	(020) 8521 0875	Trexel Metals, Wellesley House 102 Cranbrook Rd Ilford.....	(020) 8242 9030	Tyremax, 162 Chigwell Road E18.....	(020) 8505 1176
Transaction Network Services, 70 Borders Lane Loughton.....	(020) 8508 9118	Wellesley House 102 Cranbrook Rd Ilford FAX.....	(020) 8242 9033	Tyremax Ltd 162A Chigwell Road London.....	(020) 8559 2347
Transaction Network Services, 636 Chigwell Road Woodford Green.....	(020) 8505 8525	Trichromic, Llp, Ground Floor Flat 88 Coventry Road Ilford.....	(020) 8554 4445	TZ Peri Peri, Takeaway, 644 Chigwell Rd Woodford Green.....	(020) 8504 1795
Transaction Network Services, 172 Church Road London.....	(020) 8539 5712	Trident Business Supplies, Ltd, 25A York Road Ilford.....	(020) 8270 0030	U Fix, Bldg Matls, 94 Goodmayes Road Ilford.....	(020) 8590 3510
Transaction Network Services, 81 Colworth Road London.....	(020) 8558 4036	Trident Insurance Brokers, Ltd, 374-376 High Road Ilford.....	(0843) 8163479	U M Vyas, 8 High View Parade Woodford Avenue Ilford.....	(020) 8551 8338
Transaction Network Services, 735 Eastern Avenue Ilford.....	(020) 8590 6264	Trident Recruitment, Ltd, Recruitment Consultants, 14 Goodmayes Road Ilford.....	(020) 3051 4974	Ubs Ag, Manor Farm Mott Street Loughton.....	(020) 8532 0674
Transaction Network Services, 165 Forest Road Walthamstow.....	(020) 8531 9133	Trilogy Designs, Ltd, 19-21 Fowler Road Hainault Busines Ilford.....	(020) 8501 0126	Ucom Events, Ltd, 13A Heybridge Way Lea Bridge Road E10.....	(020) 8556 5619
Transaction Network Services, 298 Forest Road Walthamstow.....	(020) 8520 8993	Trinity Community Centre, East Av E12.....	(020) 8472 8947	Uddin, Mr A, Uddin, Ground Floor Comms Cabinet 150-52 High Road Ilford.....	(020) 8514 6799
Transaction Network Services, 299 Hall Lane London.....	(020) 8501 7505	Trinity Estates, Reception Desk Oleastor Court Stoneleigh Road Ilford.....	(020) 8550 5921	Uffizzi Restaurant, Rstnt, 753 Lea Bridge Road Walthamstow London.....	(020) 8509 2259
Transaction Network Services, 92-96 High Road London.....	(020) 8530 4339	Trinity London Care, Ltd, 113 Ruckholt Rd E10.....	(020) 8558 4828	UK Aparanji Silks, Ltd, 289-91 High Street North E12.....	(020) 8586 6924
Transaction Network Services, 315 High Road Ilford.....	(020) 8514 6408	Trio Salon, 43 Green Lane Ilford.....	(020) 8553 3341	UK Car Servicing, Car Servicing, 165-69 Wood Street London.....	(020) 8520 1169
Transaction Network Services, 502 High Road Ilford.....	(020) 8597 2311	Triton Cycles, Unit 4 Prospect Business Park Langston Road Loughton.....	(020) 8508 0682	UK College Of Business Computing, Orion House, 104 Cranbrook Road Ilford.....	(020) 8636 1661
Transaction Network Services, 674 High Road Ilford.....	(020) 8590 6587	Tronicgold, Ltd, Ashbrook Ct Care Home Sewardstone Rd E4.....	(020) 8524 5530	UK College Of Business & Computing, Ltd, Wentworth Ho 350 Eastern Av Ilford.....	(020) 8518 4994
Transaction Network Services, Turkish Food Centre, 647-661 High Road Leytonstone London.....	(020) 8539 8690	Tropifresh, Ltd, Market Pavilion New Spitalfields Sherrin Rd E10.....	(020) 8558 6760	UK Investigators, Private Investigator, 524 Chigwell Road.....	(07017) 602475
Transaction Network Services, 24 High Street Walthamstow.....	(020) 8521 0908	Tropifruit, UK Ltd, 73 Market Pavilion New Spitalfields Mkt Sherrin Rd E10.....	(020) 8558 0909	UK Property Consultants, Prpty Conslts, 133 Ley St Ilford.....	(020) 8553 3399
Transaction Network Services, 409-419 High Street North East Ham.....	(020) 8470 3520	Trotman, D, 1A Hall Lane E4.....	(020) 8529 6088	UK Systems Servicing, Ltd, 355 Lea Bdge Rd E10.....	(020) 8539 8008
Transaction Network Services, 273-275 Ilford Lane Ilford.....	(020) 8514 6628	Trotman, D, 1A Hall Lane E4.....	(020) 8529 3111	UK TBG, Ltd, 44-46 Prospect Road Woodford Green.....	(020) 8505 3610
Transaction Network Services, Bank Of England Langston Road Loughton.....	(020) 8502 3855	Trotman, D, 4 Snakes La Wst Woodford Gn.....	(020) 8559 1111	UK Thai Massage, 518 Lea Bridge Road E10.....	(020) 8558 6697
Transaction Network Services, 470 Larkshall Road London.....	(020) 8527 0156	Trouble & Desire Films, Ltd, 7 Morgan Avenue E17.....	(020) 8521 4944	UK Trade Supplies, Ltd, Doors & Conservatories, 616-618 Chigwell Road Woodford Green.....	(01702) 523353
Transaction Network Services, 209 Lea Bridge Road Leyton.....	(020) 8558 4391	Troy Logistics, Ltd, 38A Mansfield Road Ilford.....	(0845) 0179830	Or.....	(020) 8504 6766
Transaction Network Services, 135 Ley Street London.....	(020) 8478 1861	Truro Rd, Community Centre, Truro Rd Community Centre Truro Road E17.....	(020) 8520 7909	UK Tyre Centre, 415 Ilford Lane Ilford.....	(020) 8553 5177
Transaction Network Services, 124 Manor Road Chigwell.....	(020) 8172 0068	TSGK Enterprises, Ltd, 54 Station Way Buckhurst Hill.....	(020) 8502 9997	Ultimate Body Shop, Ltd, Unit 3 Beaver Rd Ilford.....	(020) 8500 3454
Transaction Network Services, 29 Old Church Road London.....	(020) 8524 0491	Tsn Shop, Ltd, 1 Ashville Road E11.....	(020) 3827 0393	Ultrabrook Ltd, Kilroy House Woodford Green.....	(020) 8551 4502
Transaction Network Services, 119 Roding Road Loughton.....	(020) 8508 3581	T-Space Architects, 2 Grove Pk E11.....	(020) 8989 7180	Ultrabrook Ltd, Kilroy House Woodford Green.....	(020) 8551 6770
Transaction Network Services, 893-903 Romford Road London.....	(020) 8911 9176	T-Space Construction, Ltd, 2 Grove Park E11.....	(020) 8989 7183	Ultratone Hearing Aids, Walthamstow 375 Hoe St E17.....	(020) 8520 7756
Transaction Network Services, 149 Station Road Chingford.....	(020) 8524 5752	Tsunami Hair & Beauty, 15 The Broadway Woodford Green.....	(020) 8506 6465	Ummah Care Home, Care Home, 448 Green Lane Ilford.....	(020) 8109 3607
Transaction Network Services, 47 The Broadway Loughon.....	(020) 8502 0525	TTS Solicitors, 1-4 The Parade Monarch Way Ilford.....	(020) 8554 9533	Urmosters, 8 Garnett Way London.....	(020) 8531 2883
Transaction Network Services, 7-8 Valleyside Parade Chingford.....	(020) 8529 3756	Tuckers Solicitors, 601 High Road Leyton E10.....	(020) 8539 0299	Uncharted Projects, 3 Flempton Road London.....	(020) 8532 8484
Transaction Network Services, 157-159 Wood Street London.....	(020) 8521 2403	Tudor Motors, 41 Tudor Cres Ilford.....	(020) 8500 0176	Undre, 28 Lancaster Rd Leytonstone.....	(020) 3645 3568
Transil Travel Agency, 52 St. Barnabas Rd Woodford Gn.....	(020) 8506 1664	Tulek Tutoring, 221a High Road London.....	(020) 4568 8006	Uniksource Logistics, Ltd, Unit 17a Forest Trdg Est Priestley Wy E17.....	(020) 8523 5000
Transitional Care, Ltd, 122 Cranbrook Rd Ilford.....	(020) 8518 3779	Tulip Care, 5 Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 8502 0320	Unique Child Nursery, Ltd, 45 Manor Road E17.....	(020) 3409 2512
Traps Hill Surgery, 25 Traps Hill Loughton.....	(0844) 4778738	Tura London, Unit C9 Leyton Industrial Village Argall Avenue E10.....	(020) 8988 0458	Unique Cosmetics, Ltd, 41 Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 8502 1202
Travel 4 U, Ltd, 82-84 High Street London.....	(020) 8520 1433	Turdo, B.M., 102Artist Studios Rookery Court 80 Ruckholt Road E10.....	(020) 8558 6366	Unique Interior Solutions, Ilford Cedar Ho 56 Peregrine Rd Ilford.....	(020) 8500 2121
Travel Hut, (Gants Hill) Ltd, 577 Cranbrook Road Ilford.....	(020) 8551 0516			Unique Locksmith, Locksmith & Keys, 89 Station Road E4.....	(020) 8524 9292
Travel Plus, Ltd, Trvl Agcy, 617 Romford Rd E12.....	(020) 8553 4499			Unique Nails, 41 High Street Walthamstow.....	(020) 8521 6730
Travel With Us, Ltd, 11 The Broadway E4.....	(020) 8531 9000			Unique Nails, 41 High Street Walthamstow.....	(020) 8521 6730
Travellers Friend, 496-498 High Road Woodford Green.....	(020) 8062 5419				
Travellers Friend, 496-498 High Road Woodford Green.....	(020) 8062 5836				

14a Queens Road Buckhurst Hill.....	(020) 8559 1666	686 Romford Rd E12	(020) 8478 2374	70 The Broadway Loughton	(020) 8532 1999
Unique Office Solutions, Ltd, Ilford		V & R Contracts, Ltd, Cromwell Indust Est Staffa Road E10	(020) 8556 8877	Vetcall, Veterinary Surgery, 91 Station Rd North Chingford	(07000) 838225
Solutions House 56 Peregrine Road	(020) 8500 2121	Vacuum Coatings, Ltd, 66 Barrett Rd E17	(020) 8520 5353	Vetcall Veterinary Surgery, 113 Station Road Chingford London	(020) 8529 4004
Solutions House 56 Peregrine Road Ilford	(020) 8559 6280	Vader Sports, Ltd, 865 Forest Rd E17	(020) 8531 0288	Vethanayakam, Velatham, 27 Fowey Avenue Ilford	(020) 8550 7971
Unisex Beauty Salon, 195 Cranbrook Road Ilford	(020) 8554 5455	Vajra London, Ltd, 210 Ilford Lane Ilford	(020) 3972 4789	Vibrance, Green House 7 Madeira Grove Woodford Green	(020) 8505 1904
Unistat Barkingside, Ltd, 141 High Street Barkingside	(020) 8550 2119	Valentine Dental Health Centre, (Dr H S Moody), Dental Surgery 274 Cranbrook Road Ilford	(020) 8554 9865	Or	(020) 8506 1637
Unit 8 Motors, UNIT 8 400 RODING LANE SOUTH WOODFORD GREEN	(020) 8550 8944	Valentine,The, Pblc Ho, 27 Perth Rd Ilford	(020) 8554 6005	Vibration Music, Louise House 194 Brookcroft Road E17	(020) 8523 4700
United 247 Detectives, Private Detective, 290 Chingford Road	(07017) 331247	Valentines High School, Valentine School Upper 348-60 Cranbrook Road Ilford	(020) 8554 3608	Vibration Music, Ltd, Unit 8 Ferry La Indust Est, Forest Rd E17	(020) 8531 2216
United 247 Investigations, Private Detective, 640 High Road	(0871) 3155992	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford	(020) 3092 5682	Unit 4 Forest Trading Est Walthamstow	(020) 8523 5762
United Detectives, Private Detectives, 180 Cranbrook Road	(020) 7175 4582	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford	(020) 3719 0956	Unit 4b Forest Trading Estate Priestley Way E17	(020) 8527 4583
United Investigations, Private Detectives, Praed House High Road	(07010) 068331	Valentines House Management, Co, Valentines House 51-69 Ilford Hill Ilford	(020) 3802 4691	Unit 4a Forest Trading Estate Priestley Wy E17	(020) 8531 3989
United Investigators, Private Investigator, 88 Ley Street	(020) 7175 8132	Valeting Centre The, 587-595 High Road Ilford	(020) 8599 5902	Vickery & Utteridge, Ltd, 64 Station Rd E4	(020) 8529 1703
United Kars, Car Hire, 394 Ilford Lane Ilford	(020) 8514 1888	Valley Dental Practice, 83 Loughton Wy Buckhurst HI	(020) 8504 5787	Victim Support Waltham Fores, Victimsupport Waltham Forest Ruckholt Rd E10	(020) 8988 8690
United Lights, UK Ltd, Unit 31 Forest Bsns Pk, Argall Av E10	(020) 8521 5021	Valley Food & Wine Stores, 38 Station Way Buckhurst Hill	(020) 8504 5201	Victor Michael, Ltd (lg8), 449 High Rd Woodford Gn	(020) 8559 7040
Or	(020) 8521 5521	Valley Groomers, Dog Cat Groomers, 22 Valley Side Parade E4	(020) 8529 9311	Victoria Bodyworks, Ltd, 2A Castleton Rd Ilford	(020) 8590 8361
United Print Finishers, Ltd, Unit 20 Leyton Business Centre Etloe Road E10	(020) 8556 9577	Valley Hill, Builders Merchants, 2 Valley HI Loughton	(020) 8508 3168	Victoria Tavern, The, 165 Smarts Lane Loughton	(020) 8508 1779
United Reformed Church, Cromwell Church Hall Nightingale Lane E11	(020) 8989 2426	FAX	(020) 8532 1323	Victory Place Management Company, Osprey House Trinity Park Trinity Way E4	(020) 7515 6200
United Services, (Chingford Club) Ltd, 18 Kings Road London	(020) 8529 1605	FAX	(020) 8532 1323	Vida Haidressing, Hdrsr, Unit 92 Upper Level The Exchange High Road Ilford	(020) 8478 9783
United Trading Company, Ltd, 46 Larkshall Road E4	(020) 8559 4334	Valley Takeaway, 8 Valley Hill Loughton	(020) 8508 2991	Vijayakanthan, 6 Cameron Road Ilford	(020) 8590 1373
Unity Investigators, Private Investigator, Kingswood House Selborne Walk	(0844) 8126517	Valli Enterprise, Ltd, Professional Financial Services, 1a Sibley Grove E12	(020) 8471 7050	Villa 1, Ltd, 579 Forest Road London	(020) 8527 2983
Universal Capital Investments, Ltd, Office 19-19A 11-17 Fowler Road Ilford	(020) 7052 3556	Vallis UK, Ltd, Vallis 76 Church Road London	(020) 8514 7777	Village Estates, 54 Hoe St E17	(020) 8223 0784
Universal Exchange, 238 High Road Leyton E10	(020) 8558 7533	Value Added Products, 41 High Rd E18	(020) 8530 6111	Village Florist,The, 2 Station Approach The Avenue E4	(020) 8531 8324
Universal Hotel Reservations, 6 Crown Buildings The Green E4	(020) 8524 6311	Vance International, Private Detective, 640 High Road Leyton London	(0845) 5204255	Village Florist, The, 2 Station Approach The Avenue London	(020) 8523 5395
Universal Investigations, Private Detectives, 114 Horns Road Ilford	(0843) 5121994	Vandevelde Software, Ltd, It Telecoms Internet, 61 Ethelbert Gardens Ilford	(020) 8550 8217	Village India Restaurant, 241-45 High Road E18	(020) 8505 2727
Universal Investigators, Private Investigator, 166 High Street Walthamstow, London	(0844) 2478516	Van-Haaren, R, & Sons Ltd, 323 Chingford Rd E17	(020) 8527 3292	Village Quality Products, Ltd, Unit A3 Circular Point Hickman Avenue E4	(020) 8527 1049
Universal Lubricants & Supplies, Ltd, Unit 13A Cromwell Indust Est, Staffa Rd E10	(020) 8539 2157	Vanilla Blooms, 159 Manford Wy Chigwell	(020) 8500 8833	Unit A3 Jubilee Av E4	(020) 8531 3688
Universal Management & Services, Pco Rental Cars, 48 Chingford Mount Road E4	(020) 8523 0888	Vanish Dry Cleaners, 372 Forest Road E17	(020) 8503 6362	Village Store C & J Ltd,The, 30 Orford Road E17	(020) 8520 7702
Universal Pentecostal Church, 21 Coniston Gardens Ilford	(020) 8551 9799	Vanity Tanning & Beauty, Ltd, 61 Station Road Chingford London	(020) 8524 0710	Village Stores,The, Food Store, 24-26 Orford Road E17	(020) 8521 4635
Universal Property Management, Ltd, 625 High Rd Ilford	(020) 8598 8579	Vans & Cars 4 U, Ltd, 13-17 High Beech Road Loughton	(020) 8508 7020	Vince Court, Business Centre, Olympic House 28-42 Clements Road Ilford	(020) 8553 5242
Universal Tyres, 105 Chingford Mt Rd E4	(020) 8527 3486	Vantis, 151 High Rd Loughton	(020) 8502 0411	Vincent Brown, 8 The Broadway Woodford Gn	(020) 8502 9516
Universal Vibes, Ltd, 7 North Road Ilford	(020) 3876 3221	Vape Empire, Ltd, 622 Lea Bridge Road Leyton	(020) 8988 0700	Vincent, K, Dent Surg, 21 Station Rd Loughton	(020) 8508 2793
UnLockerz, Locksmiths, 201 Coppermill Lane Walthamstow	(0843) 5121160	Vape, Ltd, 214 Hoe Street E17	(020) 8521 4455	Vine United Reformed Church, Riches Road Ilford	(020) 8514 8770
Uplands Motors, Walthamstow		Vape Out, 702 Lea Bridge Road E10	(020) 3794 7851	Vinn Cleaners, 304 Hoe Street London	(020) 8521 0595
Unit 10 Uplands Business Pk E17	(020) 8531 4040	Vara Dental Practice, Dent Surg, 290 High Street North E12	(020) 8552 1626	Vinoramica, 2a Winchester Road London	(020) 8062 6195
Uppercut Hair Salons, Ltd, Head Office 62 Wayside Mews Gants HI	(020) 8551 4808	Vasily Enterprises, 50 Chigwell Road London	(020) 8530 7487	VIP Cars, Hackney CarriageTaxis, 64 The Broadway Loughton	(020) 8502 3333
UPSDALES, Chrted Survyr,Est Agts, 734 Romford Rd E12	(020) 8514 8555	Vasily Enterprises, Ltd, Back Pain Centre, 50 Chigwell Road E18	(020) 8989 3338	Or	(020) 8508 1111
Uptown Appointments, 238 Hoe St E17	(020) 8520 8989	Vasit Hamid T/A Pepes, Takeaway, 527 Cranbrook Road Ilford	(020) 8554 1618	Or	(020) 8508 4444
Urban Bites, 4 Eastern Road London	(020) 7018 5603	VCA Furniture, Ltd, Unit 2a-3 Uplands Business Park Blackhorse Lane E17	(020) 8527 9374	Or	(020) 8502 2020
Urban Move, Unit 4, 10-17 Seven Ways Pde Woodford Av Ilford	(020) 8550 8808	Vectra Freehold Management, Ltd, 115 Fencepiece Road Ilford	(020) 8502 6889	Vip Cars Loughton Ig10, Ltd, Vip Cars Ig10, Caxton House Old Station Road Loughton	(020) 8502 2729
Urban Sprawl, 27 Skeltons Lane London	(020) 3302 8161	Veer Events, Ltd, Greengate Pde Horns Rd Ilford	(020) 8518 3003	Virgin Active, Woolston Manor Cottages Abridge Road Chigwell	(020) 8498 1600
Urbanmyth, Ltd, 7 The Deacon Estate Cabinet Way E4	(020) 8531 3413	Velvet Fox, 32 High St Wanstead E11	(020) 8989 6060	Virgin Mobile, Customer Service	(03456) 000789
Urkish Food Centre Leytonstone, Supmkt, 661 High Rd Leytonstone E11	(020) 8558 8149	Venture Portraits, 223 High Road E18	(020) 8504 8463	Viscount International, Ltd, Sun Roofs, 341-343 Chigwell Rd Woodford Gn	(020) 8505 3259
Ursuline Academy Ilford,The, The Ursuline Academy Ilford Morland Road Ilford	(020) 8518 0330	Verity Healthcare, Ltd, Suite 234 Gateway Bsns Cntr,210 Church Rd Leyton	(020) 3771 5653	341/43 Chigwell Rd Woodford Gn	(020) 8505 4711
US Airtours, Loughton Business Cntr 5 Langston Rd Loughton	(020) 8418 8200	Veromia Group, Seedbed Centre Langston Road Loughton	(020) 8502 2257	Vision Consulting, 555 Cranbrook Road Ilford	(020) 8554 2135
US & UK Eagle Taxation, Ltd, 15 The Broadway Woodford Green	(020) 8989 1666	Versatile Group, Ltd, South Park Business Centre 302 Green Lane Ilford	(020) 8586 1118	Vision Express, Ophthal Optcns, 257 High Road Loughton	(020) 8418 9140
USA Chicken & Pizza, 29 Church Lane Leytonstone	(020) 8556 7733	Versatile Wood Flooring, Ltd, The City Arc 7 Curtain Rd EC2A	(0844) 8009082	Vision RCL, Ltd, Fairlop Waters Country Park Forest Road Ilford	(020) 8501 5102
Usedcarnetwork, Unit 1, Home Fm High Rd Chigwell	(020) 8500 1777	Vestry House Museum, Vestry Rd E17	(020) 8496 4391	Wanstead High School Redbridge Lane West E11	(020) 8530 6823
UTCL Group, Ltd, Ilford		Vet Savers, 70 The Broadway Loughton	(020) 8532 1999	Wanstead Sports Centre Redbridge Lane West E11	(020) 8989 1172
1 Balfour Rd Ilford (Sales)	(0800) 3899435			Vision-Redbridge Culture, Gants Hill Library, 490 Cranbrook Road Ilford	(020) 8708 9274
UWPS London, Ltd, 144 Church Road E12	(020) 8478 7171			Vision-Redbridge Culture & Leisure, Fairlop Outdoor Activity Centre Fairlop Waters Forest Rd Ilford	(020) 8500 1468
V & A Books & Gifts, 2 Bank Buildings The Avenue E4	(020) 8527 7165			Vision-Redbridge Culture & Leisure, Aldersbrook Library Park Road London	(020) 8496 0006
V & G Store, 36 Pyrles La Loughton	(020) 8508 4808			Visions Today Ltd, 25 Rosebery Avenue London	(020) 8637 3692
V.H Holmes, Bldrs Mrcnts,				Vista Contract Management, Ltd, Kirkdale Ho Kirkdale Rd E11	(020) 8539 0700
				Vista Properties,	

686b Green Lane Ilford.....	(020) 8599 9599	7-9 Chingford Mount Rd Chingford.....	(0843) 5156366	Group Home Training Unit 104 James La E10.....	(020) 8556 7276
Vistamatic, Ltd,		Waltham Forest Insurance,		Services For Elderly People	
51 Fowler Road Hainault Business Park Ilford.....	(020) 8500 2200	2B Fulbourne Road Walthamstow.....	(0843) 8162955	Residential Homes	
Vitacress Salads, Ltd,		Waltham Forest Insurance, Ltd,		Alliston House Church HI Rd E17.....	(020) 8520 4984
Market Pavilion New Spitalfields Mkt Sher Rin Rd		2B Fulbourne Road Walthamstow.....	(0843) 8162956	George Mason Lodge Chelmsford Rd E11.....	(020) 8539 0218
E10.....	(020) 8558 4026	WALTHAM FOREST LONDON BOROUGH OF,		Sheltered Housing	
Vitacress, (Spitalfields) Ltd,		Arts & Leisure Department		Boothby Court 15 Ashington Clo E4.....	(020) 8524 9232
98 Market Pavilion New Spitalfields Mkt, Sherrin Rd		Halls		Chantry,The The Ridgeway E4.....	(020) 8524 3738
Leyton FAX.....	(020) 8558 2452	Chingsford Assembly Hall The Green E4.....	(020) 8529 0555	Clifton House 4 Beechcroft Rd E11.....	(020) 8539 1100
Vitalise Centre,		Walthamstow Assembly Hall Waltham Forest Town Hall Forest Rd E17	(020) 8531 4187	Dilwyn Court 1 Hillyfield E17.....	(020) 8527 1914
Jubilee Lodge, Grange Fm High Rd Chigwell.....	(020) 8501 2331	Leisure Centres		Downland Court 1 Lancaster Rd E11.....	(020) 8558 5532
Vitalise Appeals Office		Cathall Leisure Cntr E11.....	(020) 8539 8343	Flat 28 Goddarts House 23 Hoe Street E17.....	(020) 8521 5313
Jubilee Lodge Grange Fm High Rd Chigwell.....	(020) 8500 8675	Kelmscott Leisure Centre Markhouse Rd E17.....	(020) 8520 7464	Holmcroft House 14 Orford Rd E17.....	(020) 8509 1911
Vladi 4, Ltd,		Leyton Leisure Lagoon 763 High Rd Leyton E10.....	(020) 8558 8858	Lime Court 5 Western Rd E17.....	(020) 8521 1606
10 Lea Bridge Road E10.....	(020) 8556 5553	Physchessure		Longfield House 35 Netley Rd E17.....	(020) 8509 0844
Vodafone Wlr Three Limited, Vodafone Wlr Three Limited,		Lloyds E17.....	(020) 8531 9522	Pelly Court Summit Rd E17.....	(020) 8520 5769
Unit 18 Redbridge Enterprise Centre Thompson Close		Recreation Services		Winters Court 115 Alpha Rd E4.....	(020) 8524 7191
Ilford.....	(020) 8514 1901	Chingford Mount Cemetery.....	(020) 8524 5030	2A, Plaxton Ct Woodhouse Rd E11.....	(020) 8519 8876
Volkspares, Ltd, Sprs,Acces,Rprs,		Hawkwood Plant Nursery 115 Hawkwood Cres E4.....	(020) 8524 4994	Waltham Forest MENCAP,	
591 High Rd Leytonstone E11.....	(020) 8539 0513	Education Department		1A Matlock Rd E10.....	(020) 8556 8893
Volkswagen Commercial Vehicles,		Careers Service,Community Education		1A Matlock Rd E10 (Volunteers & Transport).....	(020) 8556 3445
Abridge Van Centre (Authorised Volkswagen Van Centre)		College see Waltham Forest College		Waltham Forest Mental Health Befriending Service,	
Langston Rd Loughton.....	(020) 8532 5555	Schools		2A Truro Rd E17.....	(020) 8520 1592
Vortech, Ltd,		Nursery		Waltham Forest Metals,	
36 Church HI Loughton.....	(020) 8508 5567	Acacia Cecil Road E11.....	(020) 8558 4444	277 Wood Street E17.....	(020) 8521 3113
Voucher Systems,		Chapel End Early Learning Cntr Brookcroft Rd		Waltham Forest Town Hall,	
86 Beehive La Ilford.....	(020) 8550 1770	E17.....	(020) 8527 9192	Forest Rd E17.....	(020) 8496 5000
VSM Software, Ltd,		Lloyd Park Under-Fives Centre Nursery Winns Av E17 ..	(020) 8531 9522	Waltham Forest Youth For Christ,	
Embroidery World Bsns Cntr Southend Rd		Low Hall Low Hall La E17.....	(020) 8520 1689	Cornerstone Church 149 Canterbury Road London.....	(020) 8518 7707
Woodford Gn.....	(020) 8503 9595	Primary		Waltham Guards, Ltd,	
Vt Food & Wine,		Ainslie Wood 140 Ainslie Wood Rd E4.....	(020) 8523 7913	Flat 3 Stoneydown House Blackhorse Road London.....	(020) 8220 7893
149a Lambourne Road Chigwell.....	(020) 8559 9654	Barclay Infants School Nursery Canterbury Road E10 ..	(020) 8539 1299	Waltham Place, Ltd,	
Vujon,		Barclay Junior Canterbury Rd E10.....	(020) 8539 2928	247-49 Wood Street E17.....	(020) 8520 3385
43b Hatch Lane Chingford.....	(020) 8529 0666	Cann Hall Primy Sch Cann Hall Rd E11.....	(020) 8534 3563	Walthamstow Bespoke Mortgages, Mortgages,	
Vulcan Lock & Locksmith, Locksmith,		Chapel End Infants 3 Beresford Rd E17.....	(020) 8527 1388	Hoe Street Walthamstow, London.....	(0845) 6676973
Ley St Ilford.....	(0845) 1283727	Chapel End Junior Roberts Rd E17.....	(020) 8529 6876	Walthamstow & Chingford Almshouse Charity,	
W F Wellcomm, Charity,		Chase Lane Infants York Rd E4.....	(020) 8529 6827	Monoux Almshouses Church End E17.....	(020) 8520 0295
1 Russell Rd E10.....	(020) 8558 3614	Chase Lane Juniors York Rd E4.....	(020) 8529 6827	Collards Almshouses Maynard Road Walthamstow.....	(020) 8521 4915
W.I Chambers, Ltd,		Chingford C of E Junior Cambridge Rd E4.....	(020) 8524 5466	Walthamstow Conservative Club,	
Laurely Site Forest House 185 Bracken Industrial Estate Forest Road		Church Mead Infants Rivery Primary School 40 Park Rd E10 FAX.....	(020) 8558 1358	76 Church Lane E17.....	(020) 8520 3666
Ilford.....	(020) 8500 6772	Copper Mill Edward Rd E17.....	(020) 8520 6267	Walthamstow Dental Practice, Dent Surg,	
W. & I. Craig (Civil Engineering), Ltd,		Dawlish Primary 4 Jesse Rd E10.....	(020) 8558 1566	129 High St E17.....	(020) 8521 4333
Rigg Approach Leyton.....	(0843) 5156631	George Tomlinson 20 Vernon Rd E11.....	(020) 8539 3577	Walthamstow Emergency Drain Cleaners, Drain Cleaners,	
W J Kingham Motors, Ltd,		Greenleaf Junior/Infants 80 Greenleaf Road E17.....	(020) 8520 7963	Hoe Street Walthamstow, London.....	(0845) 6605458
624 Chigwell Road Woodford Green.....	(020) 8504 3355	Gwyn Jones 219 Hainault Road E11.....	(020) 8556 7904	Walthamstow Emergency Plumbers, Plumbers,	
W & M Properties,		Longshaw Junior/Infants 18 Longshaw Rd E4.....	(020) 8529 5693	Walthamstow Employment & Nursing Services,	
80 Nightingale Lane E11.....	(020) 8989 1415	Mayville Junior Mayville Rd E11.....	(020) 8539 5907	785 Lea Bdge Rd E17.....	(020) 8521 7689
W Murray, & Co Ltd,		Newport Infants Newport Rd E10.....	(020) 8539 4552	Walthamstow Gateway Management, Co Ltd,	
21A New Road Ilford.....	(020) 8590 4233	Newport Junior Newport Rd E10.....	(020) 8539 4322	Lift Line Gateway Apartments 11 Hoe Street	
Or.....	(020) 8598 9732	Oakhill Jun and Inf Alders Av Woodford Green.....	(020) 8527 3309	London.....	(020) 3161 5786
W.P Wakefield, Ltd,		Rivery Primary 40 Park Rd E10.....	(020) 8539 4535	Walthamstow Hair & Cosmetics, Ltd,	
680 Lea Bridge Road E10.....	(020) 8539 5482	Riverly Primary 40 Park Rd E10.....	(020) 8527 3157	112 High Street London.....	(020) 3859 6215
Wagland, W.H, Txl Mrcnts,		Roger Ascham 1 Wigton Rd E17.....	(020) 8521 6000	Walthamstow Montessori School, Ltd,	
1 Hookers Rd E17.....	(020) 8531 9702	St. Joseph's R.C Junior 150 Vicarage Road E10.....	(020) 8539 5971	Penrhyn Hall Penrhyn Avenue E17.....	(020) 8523 2968
Wagon Boulangerie, Ltd,The,		Stoneydown Park 89 Pretoria Av E17.....	(020) 8520 7026	Walthamstow Radio Cars,	
174 High Road Loughton.....	(020) 8418 9516	Syboorn Infants 3 Syboorn Street E17 FAX.....	(020) 8558 2688	2 Marlowe Rd E17.....	(020) 8521 1111
Wah Do, Chinese Rstnt,		Whittingham Community 340 Higham HI Rd E17.....	(020) 8523 3228	Walthamstow Removals, Removals & Storage- Domestic,	
17 Broadway Market ,Fencepiece Road Ilford.....	(020) 8500 0149	Winn's Infant School Fleeming Rd E17.....	(020) 8527 1872	Hoe Street Walthamstow, London.....	(0845) 6600626
Waltham Forest Tutor Centre,		Woodside Infants Wood St E17.....	(020) 8520 5168	Walthamstow Rubbish Clearance, Waste Disposal Services,	
350 Hoe Street E17.....	(020) 8509 8165	Woodside Junior Wood St E17.....	(020) 8520 4572	Hoe Street Walthamstow, London.....	(0845) 6693479
Waitrose, Ltd,		Yardley Junior/Infants Hawkwood Cres E4.....	(020) 8529 3671	Walthamstow Scene, Ltd,	
Branches		Secondary Schools		Walthamstow Arc Central Pde Hoe St E17.....	(020) 8521 4158
South Woodford 92 High Rd E18.....	(020) 8989 0022	Connaught Girls High Connaught Rd E11.....	(020) 8539 3029	Block D2 Grant House Cleveland Pk Av E17.....	(020) 8520 2113
Supermarkets		Connaught Girls High 39 Connaught Rd E11 FAX.....	(020) 8558 3827	Chaplin House Hoe Street E17.....	(020) 8521 2415
Buckhurst Hill 27 Queens Rd.....	(020) 8506 1331	George Mitchell Farmer Rd E10 FAX.....	(020) 8532 8766	Walthamstow Trades Hall And Institute Ltd,	
Waldon, (Fruit) Ltd,		Holy Family College,The Shernhall St E17.....	(020) 8520 3587	61-63 Tower Hamlets Road London.....	(020) 8520 3806
Stand 37 Market Pavilion New Spitalfields 1 Sherrin Road		Holy Family College,The Shernhall St E17.....	(020) 8520 3594	Walthamstow Veterinary Surgery,	
Leyton.....	(020) 8558 8818	Or.....	(020) 8520 3594	7 Wyatts Lane E17.....	(020) 8520 6335
Walter Braund, (London) Ltd,		McEntee Billet Rd E17 FAX.....	(020) 8527 3603	Walthamstow Veterinary Surgery, Ltd, Vets,	
62 Market Pavilion New Spitalfields Market Sherrin Road		McEntee Billet Rd E17.....	(020) 8527 3750	07 Jan Wyatts Lane London.....	(0843) 8161487
E10.....	(020) 8558 9868	Norlington Boys Norlington Rd E10.....	(020) 8539 3055	Walthamstow Village Garage, Ltd,	
Walters, Francis & C, Ltd, Funrl Dirs,		Norlington Boys Norlington Rd E10 FAX.....	(020) 8988 9661	28 Ravenswood Road London.....	(020) 3904 1281
Wansted 121 High St E11.....	(020) 8989 1626	Special		Walthamstow Working Men'S Club,	
Waltham Fencing,		Brookfield House Alders Av Woodford Green.....	(020) 8527 2464	82 High St London.....	(020) 8520 5300
142 High Rd E18.....	(020) 8506 1355	Joseph Clarke 31 Vincent Road E4.....	(020) 8523 5063	Wanstead Carriages, Ltd,	
Waltham Forest Black People, Mental Health Assn,		Whitefield School Macdonald Rd E17.....	(020) 8531 3426	253b Chingford Mount Road E4.....	(020) 8524 0077
2 Priory Av E17.....	(020) 8509 2646	William Morris Folly Lane E17.....	(020) 8503 2225	Wanstead Coffee Shop, Ltd,	
FAX.....	(020) 8509 2866	Youth Centres		7 High Street Wanstead London.....	(020) 8989 1777
Waltham Forest Carers Associates, Ltd,		Pastures 15 Davies La E11 FAX.....	(020) 8558 6533	Wanstead Community Riding Stables Ctc,	
1 Russell Rd E10.....	(020) 8556 0857	Minicomms Services For People With Hearing Difficulties		Livery Stables Empress Avenue E12.....	(020) 8530 3890
Waltham Forest CARS,		Housing Services		Wanstead Dental Practice, Dental Practice,	
261a High Rd Leytonstone E11.....	(020) 8520 7411	Registrations Cedar Wd Ho 2D Fulbourne Rd E17.....	(020) 8531 9113	1 Nutter Lane E11.....	(020) 8989 4624
Or.....	(020) 8520 7272	Transfers 869 Forest Rd E17.....	(020) 8531 8106	Wanstead Design Service,	
Or.....	(020) 8520 8545	Museums		59A High St E11.....	(020) 8477 5855
Waltham Forest Citizen Advice Bureau,		Vestry House Museum Vestry Rd E17.....	(020) 8496 4391	Wanstead Golf Club,	
220 Hoe St E17.....	(020) 8509 7503	William Morris Gallery,Lloyd Pk Forest Rd E17.....	(020) 8496 4390	Overton Dv E11.....	(020) 8989 3938
Waltham Forest College,		Social Services,Director Of		Wanstead House Community Association,	
Main Switchboard.....	(020) 8501 8000	Mental Health Centres		Adult Education	
Waltham Forest Community Credit Union,		Larkwood Centre Thorpe Coombe Hosp.....	(020) 8535 6848	21 The Green E11.....	(020) 8989 3693
4 Church HI E17.....	(020) 8520 8740	Red Oak Lodge Langthorne Hosp Langthorne Rd E11.....	(020) 8535 6476	Wanstead Leisure Centre,	
Waltham Forest Energy Services, Ltd, Energy Conslts/Design Engng,		Stonleigh House Langthorne Hosp Langthorne Rd E11 ..	(020) 8535 6477	Fullwell Cross Library 140 High Street	
Energy Cntr 31 Church HI E17.....	(020) 8520 9880	Mental Health Services		Barkingside Ilford.....	(020) 8550 2366
FAX.....	(020) 8520 9882	Larkwood Centre (Locality Mental Health Team)		Wanstead News,	
Waltham Forest Engin,		Thorpe Coombe Hospital Forest Rd E17.....	(020) 8535 6848	117A High Street Wanstead E11.....	(020) 8530 7886
Waltham Forest Engineering / 16 Oakwood Hill Industrial Estate		Red Oak Lodge (Locality Mental Health Team)		Wanstead Opticians,	
Loughton.....	(020) 3305 9125	Thorne Clo Langthorne Rd E11.....	(020) 8535 6476	127 High Street Wanstead E11.....	(020) 8989 3327
Waltham Forest Engineering, Ltd,		People With A Learning Difficulty		Wanstead Osteopaths,	
Indust Est Oakwood HI Loughton.....	(020) 8502 0337			Phoenix House 24 High Street Wanstead E11.....	(020) 8530 3388
Waltham Forest Insurance,				Wanstead Sub Post Office,	

75-77 High Street Wanstead E11.....	(020) 8989 4208	Wenzels The Bakers, 157 Manor Way Chigwell	(020) 8501 4424	68A Cobden Road E11	(020) 8558 3464
Wanstead Surgery, 45 Wanstead Place London	(0844) 4778606	West Dale Assets, Ltd, 143 Whipps Cross Road London	(020) 3325 7744	William Morris Gallery, Lloyd Pk Forest Rd E17	(020) 8496 4390
Wanstead Village Dental & Health Centre, Phoenix Ho 24 High St Wanstead E11	(020) 8530 2126	West Essex Golf Club, Ltd, (Professional)	(020) 8529 4367	William Morris School, William Morris School Folly Lane Walthamstow, London.....	(020) 8503 2227
Wanstead & Woodford, Synagogue, 20 Churchfields E18.....	(020) 8504 1990	WEST ESSEX HEALTH, Authority, Health Service Clinics Buckhurst Way Buckhurst Hl.....	(020) 8504 0405	William Morris School, William Morris School Folly Lane Walthamstow, London.....	(020) 8503 2870
Wansted & Delta Cars, Taxi Oprtn, 95 Aldersbrook Rd E12	(020) 8530 6666	West Hatch Technical High School, High Rd Chigwell	(020) 8504 8216	William The Fourth, King William IV P H 816 High Road Leyton E10	(020) 8556 2460
War Pensions Agency, Please see Service Personnel & Veterans Agency,The		West Middlesex Hospital, Isleworth.....	(020) 8560 2121	Or	(020) 8988 1251
Waris Food Store, Ltd, 420 Hoe Street E17	(020) 8521 0000	West Middlesex University Hospital, Isleworth	(020) 8560 2121	William Torbitt Primary School, Eastern Avenue Ilford.....	(020) 8599 1209
Warner & Associates, Private Detectives, Leyton Business Centre Etloe Road Leyton	(0844) 8400397	Western International Trading, Ltd, 51 Goldsmith Avenue E12	(020) 8552 4105	William Webb News, Nwsagts, 81 High Road South Woodford London.....	(020) 8989 2891
Warriner, & Sons, Monmntl Mason,Undtkrs, FAX	(020) 8508 9409	Westerville Flooring, Ltd, 44 Westerville Gardens Ilford.....	(020) 8270 9624	Williamjack Communications, Ltd, 77 Hampton House The Ridgeway Chingford	(020) 3649 6556
Wash & Dry Laundrette, 141 Cann Hall Rd E11	(020) 8555 5232	Westminster Car Hire, Ltd, W1.....	(020) 8554 0004	Willow Brook Primary School, 190 Church Road E10	(020) 8539 1428
Washx, Ltd, 339 Forest Road London.....	(020) 3092 7314	1 Wakefield Gdns Ilford	(020) 8554 0004	Willowbrook Primary School, 190 Church Road E10	(020) 8556 0366
Waterman, (UK) Ltd, Waterman Pharmacy, 248-250 Forest Road London	(020) 8520 0795	Westminster Drug Project, Ltd, Charity, Ilford Chambers 11 Chapel Road Ilford.....	(020) 8514 6064	Willows Medical Practice, Hainault Health Cntr Manorford Wy Chigwell.....	(020) 8500 6442
Waterstones, Book Shops, Walthamstow Unit 30 Shopping Cntr Selborne Wlk E17	(020) 8521 3669	Westside Motors, (Woodford) Ltd, 391 High Rd Woodford Gn.....	(020) 8505 5215	The Willows Banqueting and Events Forest Road Forest Road Ilford	(020) 8500 5580
Waterstones Booksellers, 26 Selborne Walk London	(020) 8520 9636	11 The Broadway Woodford Gn	(020) 8505 5259	Wilson's Fish & Chips, Ltd, 101 Station Rd E4	(020) 8524 9065
Waterstone's Booksellers, Ltd, Branches Ilford 158 High Rd Ilford.....	(020) 8478 8428	Westye Group Europe, Ltd,The, 6B Imprimo Pk Langston Rd Loughton	(020) 8418 3800	Wiltshire Court, Pte Retirement Home, Pittman Gardens Ilford	(020) 8478 6729
FAX	(020) 8553 2672	Wetherspoon, J.D, Pblc Ho, The New Fairlop Oak Fencepiece Road Ilford	(020) 8500 2217	Wincastle, 21 Long Deacon Rd E4.....	(020) 8524 0304
Waterworks Nature Reserve & Golf Centre, Main Office 2 Lammas Road E10	(020) 8539 7004	George High St E11.....	(020) 8989 2921	Wincastle, Ltd, 8 Station App Strn Roa D E4.....	(020) 8524 2649
Watoto Child Care Ministries, 2A James Yard Larkshall Road E4	(020) 8592 1287	Great Spoon Of Ilford 114 Cranbrook Road.....	(020) 8518 0535	Winchmore, Ltd, 403 High Road Woodford Green	(020) 8924 1104
Wavetel Ltd, 676 Green Lane Ilford	(020) 3417 3708	King's Ford 250 Chingford Mount E4	(020) 8523 9365	Windscreen, Co Ltd The, 4 Forest Rd E17.....	(020) 8509 0666
Wavetel Ltd, Sevenways Parade 6 Woodford Avenue Ilford	(020) 8127 6794	Walnut Tree 857 High St E11	(020) 8539 2526	Wing Ho, 47 George La E18.....	(020) 8989 6999
Way International, UK Ltd, The, Flat 3 Gaitskell House The Drive Walthamstow	(020) 8520 9760	WFHA, Flat 1 WFHA Housing Electric House 18 Teresa Mews E17	(020) 8509 0908	Wing House, 47 George La E18.....	(020) 8530 0435
Wayne Franklin, & Associates, 173 Whitehall Road Woodford Green	(020) 8505 4160	Wheelie Clean, 6 Connaught Rd Ilford	(0800) 9171720	Wing Sing, (2015) Ltd, 78 George Lane E18	(020) 8532 2883
WB Baxters, Ltd, 263 Cranbrook Rd Ilford.....	(020) 8554 5500	Whipps Cross Hospital, All Enqs E11	(020) 8539 5522	Wingate Builders Merchants, Timb Mrcnts, Wingate House 340-48 Ilford Lane Ilford	(020) 8478 5075
We Are Verified, Ltd, Unit 3 400 Roding Lane South Woodford Green.....	(020) 3691 3233	Whipps Cross Hospital Radio, Ltd, Radio & Tv, Whipps Cross Hospital Whipps Cross Road London	(0843) 8164388	Or	(020) 8553 2677
We Fix Now, Ltd, Plmbg, 350 Eastern Avenue Essex	(0843) 5044030	Whipps Cross University Hospital NHS Trust, Main Switchboard Whipps Cross Hospital E11	(020) 8539 5522	Winkworth Estate Agents, 76 George La E18	(020) 8989 8998
We Love Ironing 4 You, 34 William Street E10	(020) 8558 4694	White Bridge Primary School, Infant Sch, White Bridge County Infant & Junior School Greensted Road Loughton.....	(020) 8508 8624	Winnies Pie And Mash, Station Road London	(020) 8524 1824
We Sell Any Motor, 53 St. Johns Road Ilford	(020) 3793 2711	White Doves,The, Co. Ltd, Dove Release, Sterling Ho Langston Rd Loughton	(020) 8508 1414	Winns Nursery Unit, The Winns Primary School Fleeming Road E17.....	(020) 8531 0781
Weaver, G, Crpt Planner, 70 Greenway Avenue E17.....	(020) 8520 5140	FAX	(020) 8502 2461	Wint Augustus, Ltd, 4 Clementine Walk Woodford Green.....	(020) 8506 9625
Weavers Almshouses, Weavers Almshouses New Wanstead E11.....	(020) 8989 1174	White, G.R, 146 Loughton Wy Buckhurst Hl.....	(020) 8505 7830	Wisdom Kids Nursery, Nrsry, 500 High Street North Manor Park London.....	(020) 8478 2805
Webtech Logics, Ltd, 1 Balfour Road Ilford	(020) 8514 6106	White House Dental Surgery, Ground Floor 2 Roding View Buckhurst Hill	(020) 8504 9393	Wise Way Carriage, 122 Meads La Ilford	(020) 8590 5376
Wed-In-Style, Ltd, 470 Cranbrook Rd Ilford.....	(020) 8554 4741	White Lawrence, & Co, FAX	(020) 8505 5228	Wishes Wedding Services, Ltd, 70 Norlington Rd E10	(020) 8257 8141
Wefixnow, Ltd, Wentworth Ho Eastern Av Ilford.....	(020) 8554 8000	Whitefields Solicitors, 618 Lea Bridge Road E10	(020) 8558 7985	Wizpark, 62 Mulberry Way E18	(020) 8530 7373
Weitzel, David S, Chrt'd Patent Agt, All Enquiries Mobile	(07071) 201953	Whitehall County Primary School, 90 Normanton Pk E4.....	(020) 8529 3813	Wjs Local, Convenience Store, 13 Ravenal's Parade Goodmayes Road Ilford.....	(020) 8598 8988
Welcome Center, The, Mr, Phil, 2-6 St. Marys Road Ilford	(020) 3719 2769	Whitehall Ergonomic Systems, Electrical Contractors, 4 British Legion Rd E4.....	(0800) 3897620	Wm Morrisons, Plc, 203 High Road Loughton	(020) 8508 7856
Welcome Chinese & Tai Takeaway, Chinese Tai Takeaway, 805 Forest Road Walthamstow London	(020) 8527 6085	Whitehall Service Centre, 58 The Ridgeway Chingford.....	(020) 3795 7312	Wo Fat, 270-272 High Road Loughton	(020) 8508 0464
Well, Essex Barkingside - High Street Somerfield Store 115	(020) 8550 5816	Whitehaze, Ltd, Dispng Chemts, 124 Langthorne Rd E11.....	(020) 8539 0983	Or	(020) 8508 4576
Loughton - Loughton HC The Drive	(020) 8502 5268	Whitestar Dental Care, The Exchange The Exchange High Road Ilford.....	(020) 8477 0920	Wod, 111 Snakes Lane Woodford Green.....	(020) 8505 4921
Woodford - Jubilee Parade 2 Snakes La London	(020) 8504 0121	Whitneys Carpets, 187a High Road Loughton	(020) 8502 5476	Women On The Frontline Ministries, 1 Toronto Avenue Manor Park London	(020) 3340 7278
Chingford - Chingford Mount Road 267.....	(020) 8529 1351	Whitres Dry Cleaners, 162 Fencepiece Road Ilford	(020) 8500 7447	Wonderlease, Ltd, Letting & Mngmt Conslts, 1 Station Approach,Hoe Street E17	(020) 8520 7334
Chingford - Hatch Lane 20	(020) 8524 4310	Whole Foods Centre, 668-70 High Road Leyton E10	(020) 8556 4205	Or	(020) 8509 3000
Highams Park - The Avenue 10	(020) 8527 1727	Wholesale Tropicals (UK) Ltd, Merlin Grove Ilford	(020) 8500 9356	Wong's Chinese Takeaway, 42 Wood Street E17	(020) 8520 0738
Walthamstow - High Street 19	(020) 8520 4769	Why Not Wine, 75 Station Rd E4	(020) 8524 6035	Wongs Dental Surgery, 845 High Rd Leytonstone E11	(020) 8539 4720
Walthamstow - Wood Street 147	(020) 8520 3055	Wickremasinghe, Dr.(Mrs), S.M, 40 Perrymans Fm Rd Ilford	(020) 8554 1094	Wood & Flames Grill, Rear Of 371 High Road Leyton E10	(020) 8556 7788
Wellesley House Dental Surgery, 9 Wellesley Rd Ilford	(020) 8554 4150	Or	(020) 8554 3944	Wood 'N' Floors Specialists, 1A Kingsley Gdns E4.....	(020) 8559 4599
Well-Fittt, Ltd, 196 Chingford Mount Road Chingford London	(020) 8524 3470	Wickremasinghe, Dr, S.P, 40 Perrymans Fm Rd Ilford	(020) 8554 1094	Wood Street Autos Ltd, Vallentin Road London.....	(020) 8520 9359
Wells Gate Management, Co Ltd, 5 Mornington Road Woodford Green	(020) 8505 4498	Or	(020) 8554 3944	Wood Street Auto Welding, 82 Vallentin Rd E17	(020) 8520 1666
Wells Park School & Training Centre, Lambourne Rd Chigwell	(020) 8502 6442	Wiiwil Productions, T 105 497-01 London	(020) 7052 7165	Wood Street Car Service, 177 Wood Street E17	(020) 8520 8585
Wenn Stage School, Electric Parade Electric Parade Seven Kings Road Ilford.....	(020) 8597 6033	Wildcard Promotions, (UK), Postcard Printers, PO Box 2305 Woodford Green, Essex	(0870) 7605505	Wood Street Dental Practice, 176 Wood Street E17	(020) 8509 0055
Wentworth Apartments, Ltd, 239 Cranbrook Road Ilford	(020) 3084 7210	Wilder Creative, 11A Argall Avenue E10.....	(020) 8556 2741	Wood Street Food & Wine, Ltd, 241 Wood Street Walthamstow.....	(020) 8520 6785
Wentworth Housing, Ltd, 106 Ilford Lane Ilford.....	(020) 8478 4786	Wilding Sound, Ltd, 50 Beulah Rd E17	(020) 8520 3401	Woodbridge Autos, 18 Daisy Road E18.....	(020) 8530 2511
Wentworth Property, UK Ltd, Est Agt, 239 Cranbrook Rd Ilford.....	(020) 8518 2000	Wilkins, P.A, Cpntr, 48 Stonards Hl Loughton	(020) 8502 1690	Or	(020) 8530 6605
		Wilkinson Hardware Stores, FAX	(020) 8911 9008		
		William Fountain, Ltd,			

Woodbury Estates, 244 High Rd Loughton.....	(020) 8508 2030	130 Ilford La Ilford	(020) 8514 4675	Yogi Krupa Food & Wine, 133 Woodlands Road Ilford	(020) 8478 1348
Woodbury Practice, Dents, 77 Woodford Rd E18.....	(020) 8989 2113	World Of Kids 3, Ltd, 293 Wanstead Park Road Ilford	(020) 3971 9515	York Supermarket Convenience Store, York Road Ilford	(020) 8477 0663
Woodcock, V & Co (Ins) Ltd, Broks, 110 High Road Loughton	(020) 8508 2126	World Of Windows & Doors, Ltd, 68 Sewardstone Rd E4	(020) 8885 3009	York Surgery, 55 York Rd Ilford	(020) 8514 0906
Woodcroft School, Ltd, Whitakers Way Loughton	(020) 8508 1369	World Soul Winning Church Of Christ, Unit 3 2-8 Hainault Business Park Ilford.....	(01646) 839276	Or	(020) 8924 6371
Woodford Accident Repair Centre, 3 Raven Rd E18.....	(0870) 4211057	World Wide Solicitors, Aztec Ho High Rd Ilford	(020) 8514 1829	You Me Nails, Nails Beauty, 118 High Street Walthamstow London.....	(020) 3784 1597
FAX	(0870) 4214591	Worlds Larder,The, Ltd, 12 Rangers Road E4.....	(020) 7998 7858	Young, Brian, & Co, The Shrubberies George La E18.....	(020) 8530 5156
Woodford Aquatics, Aquarium Specialists, 115-17 Maybank Road E18.....	(020) 8505 6444	Worldwide Company Incorporation, PLC, Bsns Financial Servs, 5 Blackhorse La London	(0870) 4601037	Young, & Co Accountants Ltd, 702 Romford Road Manor Park.....	(020) 8514 7944
Woodford Autos, 400 Roding Lane South Woodford Green.....	(020) 8551 7777	FAX 5 Blackhorse La London	(0870) 4601036	Young Inspirations After School Club, 322 High Rd Ilford	(020) 8514 4284
Woodford Baptist Church, Baptist Church George Lane London.....	(020) 8530 4916	Worldwide Travel Solutions, 353 Thorold Road Ilford	(020) 3161 5811	Youngertabbitt, Ltd, 42 Orford Rd E17	(020) 8520 9184
Woodford County, Woodford County High School High Rd Woodford Gn ...	(020) 8498 0344	Worshipful Company Of Weavers,The, Weavers Almshouses New Wanstead E11	(020) 8530 5145	Or	(020) 8521 5364
Woodford Express, Ltd, George Lane London.....	(020) 8530 7963	Wow Brows By Zarish, 1 Ollards Gro Loughton	(020) 8502 3758	Your Estate Management, 425 High Rd Ilford.....	(020) 8478 5463
Woodford Gates, Ltd, Unit B 400 Roding Lane South Woodford Green.....	(020) 8503 9292	4 Queens Rd Buckhurst Hill	(020) 8504 4244	Your Move Sterling, & Co, 232 Hoe St E17	(020) 8520 3077
Woodford, Golf Club, Sunset Avenue Woodford Green	(020) 8504 3330	Wrights Gallerys Services, Ltd, 11A Rigg App E10	(020) 8558 5374	Your Seven Stars, Ltd, 667 High Road Ilford.....	(020) 8548 3835
Or	(020) 8504 4254	Wrightways, (Domestic Appliances) Ltd, 287 Hall Lane London.....	(020) 8529 0753	Yourtravelshop.Com, Ltd, 197 Cranbrook Rd Ilford	(020) 8554 7070
(Payphone) Sunset Av Woodford Gn	(020) 8504 0553	Ws Building & Development, Ltd, Lift Thurlow Court Wellesley Road E11.....	(020) 8989 5650	Yum Bun, 11a Heybridge Way Lea Bridge Road London.....	(020) 7998 1644
Woodford Green Dental Centre,The, Dent Practice, 80 Snakes La East Woodford Gn	(020) 8502 9966	www.freecovered.com, Ltd, Insurance Providers, 186-192 High Road Ilford	(0843) 8163453	Yume House, 293 High Road Leytonstone E11.....	(020) 8539 6559
Woodford Green Funeral Directors, Ltd, 354 High Road Woodford Green	(020) 8559 1979	Wyllie, A, 73 Forest Drive East E11	(020) 8556 1822	Yummy Hut, Ltd, Spice Hut 569 Cranbrook Road Ilford	(020) 3225 2023
Woodford Green Preparatory School, Woodford Green Preparatory School Snakes Lane Woodford Green	(020) 8504 5045	X L Hair Design, 76 St. Mary Road E17	(020) 8509 3157	Yummy Thai, 136 Hermon Hill London	(020) 8530 8611
Woodford Green Sub Post Office, 471 High Road Woodford Green	(020) 8559 1016	76 St. Mary Road London	(020) 8521 0210	Yung And Kush, 84 Prestige House Queens Road Buckhurst Hill	(020) 3842 6030
Woodford Heating & Energy, Ltd, Oakwood House Oakwood Hill Industrial Estate Oakwood Hill Loughton.....	(020) 3225 5067	X M B Motors, Ltd, Car Rprs/Gars, Unit 71 Kimberley Industrial Estate Billet Road London	(0843) 8164105	Yunky Baba, Crown Fried Chicken, 55 London.....	(020) 8911 9100
Woodford Memorial Hall, Halls For Hire, 209 High Road E18	(020) 8505 3352	Xchange Sales & Lettings, Ltd, 141 Cranbrook Road Ilford.....	(020) 8553 1444	Z L London, Unit 1 Estate Way E10.....	(020) 8556 5623
Woodford Motor Cycles, 51-53 George Lane South Woodford London.....	(020) 8989 3157	Xenon Locksmith, Emergency 24hr locksmith, Ley Street Essex	(0845) 1647279	Z S Double Glazing, Ltd, Unit P2 Pegasus Works Hainault Business Park Ilford	(020) 8501 2712
Woodford Muslim Cultural Centre, 114-116 Snakes Lane East Woodford Green.....	(020) 3337 2313	XGRO Accountants, Ltd, 6 Connaught Road Ilford.....	(020) 3478 6747	Zac Worldwide Travel, Ltd, 70 Ilford La Ilford	(020) 8514 8444
Woodford Parish Office, Woodford Parish Ch High Rd E18	(020) 8505 3000	Xpress Cars, 671 High Rd Leytonstone E11.....	(020) 8539 8883	Zadams Chemist, Pharm, Goodmayes 841 High Road Ilford	(020) 8599 3150
Woodford Scrap Metal, Ltd, 129-133 Green Lane Ilford	(0843) 5066486	Or	(020) 8556 6800	Zadoo, Dr, K, 53 Lyndhurst Drive E10	(020) 8539 1663
Woodford Service Station, Petrol Stn, Woodford Self Serv Gar Woodford New Rd E18.....	(020) 8504 1904	Or	(020) 8558 0085	Zahra Grill Restaurant, Ltd, 82 Ilford Lane Ilford	(020) 4568 0710
Woodford Self Serv Garage Woodford New Road E18... Woodford Taxis, Taxi Cabs, 411 High Rd Woodford Green	(020) 8504 7048	Xra, Whsle & Packaging, Unit 5 Lea Valley Business Park Lammas Road London	(020) 3643 3394	Zaib Inport Export, 50 Clarence Rd E12.....	(020) 8478 3797
Woodford Wells Club, Woodford Wells Cricket & Law Monkham Lane Woodford Green	(020) 8498 0105	Xs 81 Ltd, 83 High Street Essex, London	(020) 3302 5585	Zak Money Exchange Ltd, 70 Ilford Lane Ilford	(020) 3663 3824
Woodford Wine Room, (Woodford) Ltd,The, 17 Mill Lane Woodford Green	(020) 8504 2440	XSELV, Ltd, 53 Onslow Gardens E18	(020) 3941 2045	Zakco, Ltd, 12 High Street Barkingside.....	(020) 3915 3944
Woodford Wise Solicitors, 9 Woodford Av Ilford	(020) 8550 2908	Xtec Communications, Ltd, Telecommunications, 32 St. James's St E17	(020) 8509 6700	ZAKK Associates & Solicitors, 279A Ilford La Ilford	(020) 8478 1391
Woodgrange Estates, Forest Gate 4 Fullwell Pde,Fullwell Av Ilford	(020) 8522 6666	Y U Garden, Take Away, 346 High St Nth E12	(020) 8470 8282	Zakk Associates & Solicitors, Ltd, 766 Eastern Avenue Ilford	(020) 8554 4955
Woodgrange Park Village Cooperative, Estate Office Woodgrange Park Community Centre Bluebell Avenue E12.....	(020) 8503 5041	Y Wait, Ltd, The Georgian Village 100 Wood Street London	(020) 8520 7083	Zam Management, Ltd, 167 High Road Ilford	(020) 8553 9878
Woodland Leathers, Ltd, 11 Loughton Bsns Cntr, Langston Rd Loughton	(020) 8502 2910	Yagmur, Ltd, 616-618 High Road Leytonstone London.....	(020) 8558 1131	Zam Zam Builders, Ltd, 335 Strone Rd E12	(0800) 1214505
Woodlands Nursing Home, 1 Gordon Rd Ilford.....	(020) 8553 2946	Yahyas Grill, 508 High Road Ilford.....	(020) 3952 9024	Zamcorp, Ltd, 18 Hoe Street Walthamstow	(020) 3325 1420
Woodlands Total Care Nursing Home, Ltd, 1 Gordon Road Ilford	(020) 8553 2841	Yam-Man Imports, 27 Walthamstow Business Centre Clifford Road E17	(020) 8527 1741	Zarms Hair & Beauty, Ltd, Zodiac House 257 Ilford Lane Ilford.....	(020) 8514 8826
Woodfords Barber, Barbs, 63 High Road London.....	(020) 3609 1875	Yangfan, Mrs, Yong Hong Li, Ltd, 41 Station Road Chingford London	(020) 8559 3481	Zebaish Clothing Store, Zebaish Ltd 329 Green Lane Ilford	(020) 8597 5291
Woodside Pharmacy, 633 High Road Leytonstone Leytonstone London	(020) 8539 3586	Yangming, (UK) Ltd, FAX	(020) 8532 4636	Zeba'ish, Ltd, 329 Green La Ilford	(020) 8215 1275
Woodside Pharmacy, 851 High Road Leytonstone E11.....	(020) 8556 2502	Yankee Hardware Solutions, 291 High Road Leyton, London	(0871) 4250868	Zee, & Co Ltd, 221 High Rd Loughton.....	(020) 8508 8040
Woodside School,The, Warwick Junior Comprehensive Boys School Barrett Rd E17.....	(020) 8509 0763	Yardley Primary School, Hawkwood Crescent E4	(020) 8529 3671	225 High Rd Loughton.....	(020) 8508 1378
Or	(020) 8520 5467	Yas Carpet And Flooring, 118 George Lane London.....	(020) 3091 1621	Or	(020) 8508 6702
Woolwich, plc, Banking, Branches Woodford Green 98 Snakes Lane East Woodford Green	(0845) 0718676	Yaseen Fruits & Veg, Ltd, 56 Market Pavilion New Spitalfields Market Sherrin Road E10.....	(020) 8556 9359	Zeesha Tech, Mobile Shop, 137 High Street London	(020) 3632 9871
WOOLWORTHS, PLC, Stores South Woodford 146 George La E18.....	(020) 8989 5118	Yatsing Chinese Takeaway, 316 Grove Green Road E11.....	(020) 8539 4957	Zekana, Ltd, 151 Station Road E4	(020) 8501 7575
Wordsworth Health Centre, 19 Wordsworth Av E12	(020) 8548 5960	Yellands Estates, Ltd, 70 George La E18.....	(020) 8491 5656	Zeta Homes, Est Agcy, 991 Romford Rd E12	(020) 8514 2232
FAX	(020) 8548 5983	Or	(020) 8491 8080	991 Romford Road E12	(020) 8514 2617
Wordsworth Health Centre,The, 19 Wordsworth Av E12	(020) 8470 3935	Yellow Birds Play Academy, Ltd, 11 Sinclair Road London	(020) 8509 0006	Zetra, UK Ltd, 44A High St Wanstead E11	(020) 8518 8615
Work Link, Indust Catrng Agcy, 21 Cambridge Pk E11	(020) 8989 1125	Yens Foodstore, 1 Ashville Road E11	(020) 8539 9346	ZFA, Ltd, Prpty, 336 Ley St Ilford	(020) 8514 3333
Working Girl, Ltd, 223 High Road Ilford	(020) 8911 0231	YK Foods, Ltd, 23 Woodford Avenue Ilford.....	(020) 4506 0569	Zi Tyres, 378 Ilford Lane Ilford	(020) 8553 2953
World Calls STD, World Of Kids 3, Ltd, 293 Wanstead Park Road Ilford	(020) 3971 9515	YMCA, YMCA Head Office England Finance, Fundraising, Human Resources, Marketing, Operations, PR Shops 640 Forest Rd E17 (Reg. Office)	(020) 8520 5599	Zig Zags Day Nursery, Ltd, 38 Wellwood Road Ilford	(020) 8597 0555
World Of Windows & Doors, Ltd, 68 Sewardstone Rd E4	(020) 8885 3009	Ycare International (YMCA International Development Agency) 640 Forest Rd E17	(020) 8520 5599	Zoa Energy Solutions, Ltd, 608A Romford Road Manor Park	(020) 3336 9122
World Soul Winning Church Of Christ, Unit 3 2-8 Hainault Business Park Ilford.....	(01646) 839276	FAX E17	(020) 8503 7461	Zoe Drycleaner, Ltd, 321 Ley Street Ilford	(020) 8478 0494
World Wide Solicitors, Aztec Ho High Rd Ilford	(020) 8514 1829			Zone Contractors, Ltd, Suite 5 The Gateway Business Centre, Church Road Leyton	(020) 8558 8124

Zoo Fashions, Ltd,
FAX (020) 8514 0335
Zoology, Unisex Hrdrsrs,
145 High Street Wanstead London (020) 8530 3005
Zorba, Ltd,
23 Woodford Avenue Ilford (020) 8550 6610
Zoya's Health & Beauty Clinic, Ltd,
94 Chingford Mount Road Chingford (020) 8527 4865
Zsk London, Ltd,
17 New Road Ilford (020) 3441 4753
Zss Trading, Ltd,
751 High Road Leytonstone E11 (020) 8556 6544
Ztk Tax Advisory,
Suite 1 Ideas House Station Estate Eastwood Close
London (020) 3294 9476
Zu's Ilford, Takeaway,
815 High Road Ilford (020) 8598 1110



Residential Listings

A. ASSOGBA, S, 33 Grantham Road, LONDON	(020) 3623 1879	ADDO, K, 4 Glenholme Road, E17	(020) 8509 2035	A, H, 25 Waremead Rd, Ilford	(020) 8177 0556
A HUSSAIN, N, Flat 4, Corinth House, 33 Barley Lane, Ilford	(020) 3689 6376	ADDOW, E, 74 Brooke Road, London	(020) 8928 0643	A, I, 16 Beaconsfield Road, E10	(020) 8558 5573
A KHANHARA, S, 393 High Road, Leyton, London	(020) 7022 3581	ADE, M.J, Flat 2 58 Davies Lane, E11	(020) 8539 0876	A, I, 125 Clayhall Avenue, Ilford	(020) 8551 9208
AA SECURITY, A, 9 Daylop Drive, Chigwell	(020) 8054 4798	ADEBAYO, E, 25 The Birches Station Road, LONDON	(020) 3288 0045	A, Imran, Flat 3 Ogden House 76 Grantham Road, E12	(020) 8911 6098
AAMIL, K, 15 New Rd, Ilford	(020) 3132 1490	ADEBIYI, Jocelyn, Flat 27 Maybrook Court 43 St. Gabriel's Close, E11	(020) 8989 7429	A, I, Mobile, 37 Lark Row, London	(07904) 401616
AANONSON-RAWLINGS, N, 5 East View, London	(020) 8531 0879	ADEEF, K, 85A Sheringham Avenue, E12	(020) 8553 5939	A, I, 186 Langness Avenue, London	(020) 3132 9161
AARON, A.J, 200 Dawlish Drive, Ilford	(020) 8590 5031	ADEFARAKAN, A, Mobile, 128 Gordon Road, Ilford, Essex	(07946) 367438	A, I, 277 Mortlake Road, Ilford	(020) 3132 9464
ABAD LOPEZ, R, 138 Carr Road, London	(020) 3601 6953	ADEGBITE, A, 38 Audrey Road, Ilford	(020) 8141 7330	A, J, 404 Church Road, E12	(020) 8477 0160
ABAGREY, G, 25 Colchester Road, London	(020) 3441 5233	ADEGBOYE, A, 1122 Eastern Avenue, Ilford	(020) 3643 7144	A, Mr Jamil, Seetha House 499 High Road, Ilford	(020) 3719 3423
ABANA, S, 73 Northbank Rd, London	(020) 3132 5307	ADEI, F, 13 Spencer Road, Ilford	(020) 3686 8619	A, K, 189 Brookscroft Road, London	(020) 3132 0310
ABAYOMI, A, 9/591a Nw Nth Rd, Ilford	(020) 8500 7571	ADELAKUN, I, 18 Merlin Close, Ilford	(020) 3662 8053	A, K, 11 Erskine Road, London	(020) 8923 9411
ABBAS, F, 261 Coventry Road, Ilford	(020) 8262 5359	ADELANWA, O, 4 Brooks Mansions Green Lane, Ilford	(020) 3132 0507	A, Mr Kigir, Blakesley House Grantham Road, Manor Park, London	(020) 8109 7880
A, Q, 105 Pearcroft Road, London	(020) 3489 2452	ADEOSUN, Sheri, 13 Whitfield Court 72 Clarendon Gardens, Ilford	(020) 8518 1004	A, L, 56 Room 2 Rushton Gdns, Ilford	(020) 3132 1502
A, Ryadreda, 84 Wigmore Place, E17	(020) 8527 0438	ADERI, B, 19 Brettenham Rd, London	(020) 3132 1071	A, M, 699b High Road Leyton, Leyton, London	(020) 8558 2125
A, S, 2 Granton Road, London	(020) 8117 1548	ADESHINA, I, 110 Limes Avenue, Chigwell	(020) 3722 6545	A, Muhammad, 201 Lavender Place, Ilford	(020) 8478 5223
A, S, 4 Lombard Avenue, Ilford, Essex	(020) 3489 3957	A, T, Flat 2, 327 Markhouse Road, London	(020) 3132 6727	A, M, 879 Lea Bridge Road, E17	(020) 8177 9969
A, T, 168 Church Road, London	(020) 3375 6886	ADESUGBA, A, Mobile, 11 Clifton Avenue, London	(07930) 678977	A, Mr Mohamed, 25, Ground Floor Flat Millais Road, London	(020) 3538 5897
ABBASI, K, 6 Fifth Avenue, London	(020) 3715 4231	ADETUTU, A, Flat 1, 1 Lister Rd, London	(020) 8518 7079	A, M, 113A Richmond Road, Ilford	(020) 8220 6765
A, V, 89 Churchill Terrace, London	(020) 3638 0541	ADEUSI, Melanie, 5 Baden Drive, E4	(020) 8529 3608	A, Mohammed, 74 Sandhurst Drive, Ilford	(020) 8597 2263
ABBEY, J, 3 The Avenue, Loughton	(020) 8508 2586	ADEYINKA, F, 41 New North Road, Ilford	(020) 8501 1278	A, M, 312 Stone Road, London	(020) 3718 7945
ABBOTT, Frank, 112 Helwys Court 107 Selwyn Avenue, E4	(020) 8527 2416	ADHAM, S, 60A Queens Road, E11	(020) 8558 2568	A, M, 27 Tryfan Close, Ilford	(020) 8551 3909
A, P, 22A Courtenay Rd, E17	(020) 8521 4914	ADIE, B, 105 Bluehouse Road, E4	(020) 8524 7342	A, M, 198 Westwood Road, Ilford	(020) 8597 7523
A, S, 41 Gardner Close, London	(020) 8530 2422	ADIL, S, Flat 2 361a High Street North, London	(020) 3732 2403	A, M, 36 Widecombe Gdns, Ilford	(020) 8551 3805
A, S, 72 Northwood Gardens, Ilford	(020) 8550 1052	ADIMALLY, K, Room 2 83a Albert Road, Ilford	(020) 3561 8923	A, N, 26 Goodmayes Avenue, Ilford	(020) 8597 2326
A, Mr S, Mr 91 Sewardstone Road, London	(020) 8559 3217	ADJEL, F, 41 Epsom Road, Leyton	(020) 8558 1406	A, N, 263 Henley Road, Ilford	(020) 8117 7967
ABDALLA, Ruweyda, 24 Westwood Road, Ilford	(020) 8597 9525	ADJO E L LLA, M, 48 Roll Gardens, Ilford	(020) 8177 3824	A, N, 633 High Road Leyton, London	(020) 8556 9235
ABDALLAH-JALLO, A, 332 Halley Road, London	(020) 8471 9718	ADOLPHE, C, 20 Seodgwick Road, London	(020) 8556 4101	A, N, 85 Kettlebeaton Road, London	(020) 3132 7861
ABDELHAMID, N, 96 Leyswood Drive, Ilford	(020) 8599 0474	ADOLPHUS, S, 3 Roll Gardens, Ilford Essex	(020) 8551 2312	A, N, 61 Kharfour Road, Ilford	(020) 3608 0863
ABDI, Ms F, Flat 3/290 Chingford Road, London	(020) 3132 4992	ADOMAVICIUS, A, 480 High Road, Leyton, London	(020) 8141 3444	A, N, Ignition, 459-461 Lea Bridge Road, London	(020) 3670 3678
A, N, 46 Writtenham Way, London	(020) 3092 8476	ADRESS, M, 19 Thornhill Gardens, London	(020) 8177 0695	A, N, 4 Mansel Grove, London	(020) 3608 1824
A, Mr S, 130 Maybank Road, London	(020) 3132 8636	ADRIEN, D, 3 Daffodil Gardens, Ilford	(020) 8822 1056	A, N, 31 Worcester Road, London	(020) 3380 3837
ABDILLE, N, 8 Rookton Terrace Dunedin Road, London	(020) 8558 1457	ADU-GYAMFI, A, 32 Queensberry Place, London	(020) 8013 6938	A, R, 103 Otley Drive, Ilford	(020) 8554 0552
ABDUL REHMAN, M, 7 Jewel Road, E17	(020) 8177 5459	ADUNURI, V, 98 Shelley Avenue, London	(020) 8471 8697	A, R, 47 Quebec Road, Ilford	(020) 3729 6377
ABDUL, S, 6 Oakfield House 76 Oakfield Road, Walthamstow	(020) 3015 7645	AFFUL, J, First Floor Flat 33 Poppleton Road, E11	(020) 8530 5669	A, R, 174 Richmond Road, Ilford	(020) 8141 5560
ABDULBARI, A, 871 Romford Rd, E12	(020) 8911 9703	AFIAL, S, 82 Mortlake Road, Ilford	(020) 3608 4196	A, Admiral R, 383 Roding Lane North, Woodford Green	(020) 3875 3163
ABDULLA, N, 108 Shelley Avenue, London	(020) 3417 0766	AFRANIE, R, 183 Chingford Road, London	(020) 8117 6374	A, R, 24 Windermere Gardens, Ilford	(020) 8924 7509
ABDULLAH, Mrs A, Mrs Flat 33 Downland Court Lancaster Road, London	(020) 8558 7538	AFRIDI, J, 90 Cranley Drive, Ilford	(020) 3461 2244	A, S, 4 B Herbridge Drive Ilford	(020) 8550 2752
A, Mr A, M, 9 Coleridge Avenue, London	(020) 3375 6716	AFSAR, N, Flat 1, The Lodge, 174 New North Road, Ilford	(020) 8616 2785	A, S, 66 Flat 6 Icen Court Epping New Road, BUCKHURST HILL	(020) 3844 8138
A, M, 3 Waterloo Road, Ilford	(020) 8214 7307	AFTAB, N, 9 Cypress Grove, Ilford	(020) 3723 0299	A, S, 20 Fairfield Road, Ilford	(020) 8514 2082
A, S, 67 Trelawny Road, Ilford	(020) 3624 8219	AFZAL, B, 41 Hamilton Road, Ilford	(020) 3132 9171	A, S, 20 Orchard House Flat 1404 20, Ilford Hill, Ilford	(020) 3566 8869
ABDULLAHI, S, Flat 2 Hinton Court Leyton Grange Estate, London	(020) 3602 1624	A, K, 121 Woodlands Avenue, London	(020) 8989 4439	A, S, 2 King Edward Rd, London	(020) 7165 7220
ABDULLATEEF, M, 179 Chingford Road, London	(020) 8531 2977	A, S, 99 Fenman Gdns, Ilford	(020) 8597 3026	A, S, Flat 1/21 Pendlestone Rd, London	(020) 8521 3264
ABDULMAGID, S, 27 Colchester Avenue, London	(020) 8014 4625	A, S, 95 Water La, Ilford	(020) 8586 4535	A, S, Flat 20, De Havilland Square Piper Way, Ilford	(020) 3730 9898
ABDUSALAM, A, 12 Gloucester Rd, London	(020) 8514 6511	A, Z, 111 Cumberland Road, London	(020) 8141 7345	A, S, Flat A-C 821 Romford Road, London	(020) 3138 5227
ABEL, K, 18 Sinclair Road, LONDON	(020) 8529 2011	AGANIMWONNI, R, 26 Wigmore Place, E17	(020) 8523 3914	A, S, 3 Flats A Road, London	(020) 8556 0041
ABELIA FAST FOOD, 216 New North Road, Ilford	(020) 4501 0147	AGASS, D, 28 Cypress Grove, Ilford	(020) 8500 2488	A, S, 41 Stanley Road, Ilford	(020) 3723 1485
ABERNETHY, W.J, 5 Sawsey Avenue, Ilford	(020) 8599 3899	AGBAPURUONWU, B.C, 52 Tallack Road, E10	(020) 8556 9315	A, S, Shageela, 8 Thorpe Cres, London	(020) 8531 3822
ABERY, P, 58 Larkwood Road, London	(020) 8529 1662	AGBODO, B, 8 Queen Mary Av, E18	(020) 8559 1874	A, S, N, 9 Carlyle Road, E12	(020) 8478 0349
ABHINAKI, R, 5 Tudor Mews Mansfield Rd, E17	(020) 8509 7617	AGBONSON, F, 449A Cranbrook Road, Ilford	(020) 8518 6673	A, T, 117 Abbotts Park Road, London	(020) 3732 3826
ABID, S, 20 Millfield Avenue, Walthamstow	(020) 3605 7447	AGENCY, J, 2 Estore Gardens, Ilford	(020) 3304 0889	A, T, 146A Richmond Road, Ilford	(020) 3724 1603
ABIODUN, M, Mobile, 10 Aberdour Court, Ilford, Essex	(07904) 907331	AGGARWAL, A, 82 Emmott Avenue, Ilford	(020) 8518 2717	A, T, 9 Wellesley Rd, London	(020) 8521 8667
ABLE, B, Mobile, 40 Sky Peals Road, Woodford Green, Essex	(07956) 403838	A, A, 6 Thomas Barnardo Way, Ilford	(020) 8551 4689	A, U, 2 Water Lane, Ilford	(020) 8586 1427
ABLEY, P, 84 Perth Road, Ilford	(020) 8554 0784	A, A, 8 Monkwood Gardens, Ilford	(020) 8550 5975	A, W, 15 Milton Crescent, Ilford	(020) 3723 7546
ABOAGYE-FRIMPONG, J, 2 Longfield Road, E17	(020) 8520 0186	AGGUS, D.G, 338 Larkhall Road, E4	(020) 8527 5286	A, Z, 8 Rowan House 3 Allerton Grove, Chigwell	(020) 8500 4872
ABOIM, A, Flat 90 Tenby Court Tenby Road, Ilford	(020) 8509 0650	A, J, 232 Larkhall Road, London	(020) 8529 6226	A, Z, 163 Hainault Road, LONDON	(020) 8558 4883
ABOLOU, K, 35 Lyttelton Rd, London	(020) 3138 0565	AGHA SOLEIMANI, K, Blackborough House Flat 9 23, Beatrice Court, Buckhurst Hill	(020) 3712 4145	A, Z, 10A High View Parade Woodford Avenue, Ilford	(020) 8550 9108
ABORA, A, 53 Leyton Park Road, Leyton	(020) 8558 0439	AGHAKARIMOVA, T, 13C Hermon Hill, London	(020) 8989 7357	A, Z, 72b Hoe Street, London	(020) 8521 8058
ABOUD, Y, 23 Beaumont Road, London	(020) 4568 5460	AGHAIW, K, 86 Herongate Road, London	(020) 8926 6859	A, Z, 1C Kensington Avenue, E12	(020) 8141 8024
ABRAHAM, A, 170 Cann Hall Rd, E11	(020) 8519 9349	AGNIHOTRI, G, 109 Auckland Road, Ilford	(020) 8554 7264	A, Z, 70 Kensington Gardens, Ilford	(020) 8518 2775
A, M, 112 Chingford Road, London	(020) 3304 1653	AGRAWAL, V, 4 Sackville Gardens, Ilford	(020) 8924 0077	A, Z, 242 Parkhurst Road, London	(020) 3652 0744
A, Mr R, 2 Madras Road, Ilford	(020) 8177 1488	AGUIA, Ms Alberta, 6 Bluebell Avenue, Manor Park	(020) 8552 1540	AHMET, A, Mobile, Flat 34 Nash House Prospect Hill, London	(07932) 679136
A, Mr R, 112 Seventh Av, E12	(020) 3132 2931	AGUNYEGO, F, 21 Orsett Terrace, Woodford Green	(020) 3663 5301	A, H, 14 Atherton Road, Ilford	(020) 8550 3063
ABRAHAMS, D, 91 Howard Road, London	(020) 8926 2997	AGUSHEV, S, 123 Norrmanshire Drive, E4	(020) 8529 0444	A, H, 14 Atherton Road, Ilford	(020) 8551 2149
A, R, 6 Southdown Crescent, Ilford	(020) 8220 6779	AGYAKWAH, E, Flat 2 84 Ley Street, Ilford	(020) 3605 2871	A, I, Mobile, 174 Waltham Way, London	(07961) 075744
A, S, 73 Elphinstone Road, Walthamstow	(020) 8527 8580	AGYEI, D, 45 Navestock Crescent, Woodford Green	(020) 3410 7823	A, S, Flat 4 Mark Samuel Court 23 Higham Place, E17	(020) 8531 1892
ABRAMOV, M, Clement House Flat 2 2, Village Way, Ilford	(020) 8014 4857	AGYEMANG, N, Flat 207 Benjamin House 64 Roden Street, Ilford	(020) 8514 6866	A, S, 27 27 Saddlers House Track Street, Walthamstow	(020) 3592 5864
ABRAMSON, J, 20 Harewood Drive, Ilford	(020) 8551 5228	AHAMAD, H, 318 Stocksfield Road, London	(020) 3556 3077	A, T, Mobile, Flat 29, Nash House Prospect Hill, London	(07986) 306415
ABREU DE SOUSA, Patricia, 118A Hoe Street, E17	(020) 8509 2565	AHAMED, A, 4/56 Bulwer Rd, E11	(020) 8177 4151	AHMUD, K, 77A Pearcroft Road, London	(020) 3662 0785
ABREU, J, 321 Church Road, E17	(020) 8553 4325	AHAZIE, U, Dilwyn Court Flat 4 1, Hillyfield, London	(020) 3605 3236	AHSAN, R, 46 Skeltons Lane, London	(020) 8177 4149
A, Mr R, 364a High Road Leyton, London	(020) 8556 3773	AHDHI, Ms Surjit, 72 Pearcroft Road, London	(020) 8558 0479	AHSON, S, 34 Garner Road, London	(020) 8523 0457
ABREUOSSANTOSFERNANDES, Linda, Flat 1 47 Norman Road, Ilford	(020) 8478 7927	AHEKPOR, W, 10 St Mary's Approach, London	(020) 8141 5435	AHUA, G, 309 Stone Rd, London	(020) 8141 1475
ABSAU, U, 19 Piper Way, Ilford	(020) 3302 6826	AHELUWALLA, J, 12 Airthrie Road, Ilford	(020) 8590 9379	AIDEN, J, 90 Lynn Road, Ilford	(020) 8554 9131
ABU, Mr A, 16d Argyle Road, Ilford	(020) 8478 4291	A, S, Gloucester Ho, 355 Green Ln, IG3	(020) 8599 9442	AIEH, P, Flat 4 Gean Court, 4 Langthorne Road, E11	(020) 8177 4867
ABUBAKAR, F, 35 Charlbury Gdns, Ilford	(020) 8510 1451	AHMAD, A, 39 Gyllyngdune Gdns, Ilford	(020) 8503 8623	AIKEN, Mrs 5 Harman Close, London	(020) 8531 2647
A, K, 3 Villiers Close, London	(020) 8539 9313	AHMAD, A, Flat 18 Allison Court Leyton Grange Estate, London	(020) 8281 1521	AINSCOUGH, P, 200 Selwyn Avenue, London	(020) 8531 1337
ABUBAKR, O, Flat 20 Ley Street House 497-99 Ley Street, Ilford	(020) 8518 3591	A, A, Mobile, 45 Rushton Gardens, Ilford	(07904) 579372	AINSIE, A, 2 Buckstone Howe, E10	(0131) 477 2051
ABU-GYAMFI, R, 118 Green Pond Close, London	(020) 8925 4430	A, B, 200a Capworth St, London	(020) 3132 3136	AITKEN, Dr M.J, 67 Leyspring Road, E11	(020) 8530 6218
ABUIN VILARINO, S, Flat 4 The Point 1 Selborne Road, E17	(020) 8509 8109	A, F, 172b Midland Road, London	(020) 3132 6539	A, W, 17 Ridgeway, Woodford Green	(020) 8505 3810
ABUKAR, Z, 26 Queenswood Gardens, London	(020) 3722 1839	A, G, Flat 170 City View Centreway Apartments Axon Place, ILFORD	(020) 8478 5208	AIYEYOIMI, A, 239 Dawlish Drive, Ilford	(020) 8599 5499
ABUU, O, 201, 6th Avenue, London	(020) 8141 0511	A, J, 48 Wellesley Road, London	(020) 8521 1181	AJAM, N, Flat B 212 Twickenham Road, London	(020) 4541 2393
ACHARYA, I, Flat 4 34 Budoch Drive, Ilford	(020) 3722 6418	A, K, 3 Milton Crescent, Ilford	(020) 8554 9858	A, Y, 123 Worcester Crescent, Woodford Green	(020) 8504 3007
A, Y, 1 Sandringham Close, Ilford	(020) 8220 6032	A, L, 194a High Street, London	(020) 8141 6591	AJAY, J, 29 Trotwood, Chigwell	(020) 8243 7294
ACHARZEWASJ, R, 38 Wellington Rd, E17	(020) 8521 6069	A, N, 30 Erskine Road, E17	(020) 8509 9800	AJAYBIN, J, 65 East Avenue, E12	(020) 8471 9771
ACHILLEA, K, 114 Leuca Road, London	(020) 8503 7110	A, N, 151b Thorold Road, Ilford Essex	(020) 3719 7004	AKAM, M, 3 Roycroft Close, London	(020) 8505 8905
ACHILLEOS, P, Corporation Yard Wanstead Place, London	(020) 8518 8929	A, R, 3 Mulberry Close, London	(020) 8524 5072	AKAMO, T, 16 Shernhall Street, London	(020) 8521 6814
ACKERMAN, A, 12 Collinwood Gardens, Ilford	(020) 8550 1036	A, S, 594A Romford Road, London	(020) 3560 0371	AKANDE, A, Flat 6 30, Lemna Court Lemna Road, London	(020) 8793 4539
ACKERS, E, 38 Brunswick Street, London	(020) 8521 6144	AHMADI, A, 13 Byron Road, London	(020) 3380 2189	AKAZAN, A, Robin Hood Epping New Rd, Loughton	(020) 8508 0944
ACKET, C.M, 88 Eden Road, E17	(020) 3091 8462	AHMED, A, 38 Camaron Road, London	(020) 3632 1774	AKBAR, A, 43 Wallington Rd, Ilford	(020) 8590 4216
ADAMIEC, C, 76 2, Manston Court Thornbury Way, London	(020) 3091 8462	A, A, Flat 1 41 Cecil Road, Ilford	(020) 3561 7216	A, K, Flat 25, 33 Heathcote Grove, London	(020) 3674 5777
ADAMOU, Z, 19 Crofton Grove, E4	(020) 3243 1008	A, Admiral A, 1043 Forest Road, London	(020) 4541 5887	A, M, 280 Forest Road, London	(020) 3774 9274
ADAMS, B, 7 Saxon Road, Ilford, Ilford	(020) 3732 6870	A, A, Flat 1 41 Cecil Road, Ilford	(020) 3561 7216	A, M, 552 High Road Leytonstone, London	(020) 8923 4402
A, C, Flat 2 Buxton House Buxton Drive, E11	(020) 8530 1475	A, A, 23 Howard Road, Ilford	(020) 8141 7607	A, Muhammad, 61 Sunnyside Road, Ilford	(020) 8553 2753
A, C, Flat 3 John Cornwell V C House Grantham Road, E12	(020) 8514 0718	A, A, Ahmed, 42 Morris Avenue, Manor Park	(020) 3675 5149	A, Shazia, 102 Hathaway Crescent, E12	(020) 8471 3611
A, E, Flat 3, 3 Wavertree Road, London	(020) 8924 2752	A, A, 27 Mortlake Road, Ilford	(020) 3722 1597	A, S, 119 Horn Lane, Woodford Green	(

A, S, 249 Cann Hall Road, E11.....	(020) 8177 1520	A, A.M, 20 Percy Road, E11.....	(020) 8558 0862	ALVAREZ, Res, 12, 1st Fl Ft Toronto Road, Ilford.....	(020) 8220 8026
A, S, 17 Lupin Crescent, Ilford.....	(020) 8141 1111	A, B, Mobile, 14 Mundon Gardens, Ilford, Essex.....	(07940) 002735	ALVES, P, 250 Stockfield Road, London.....	(020) 8279 7452
A, W, 181 Little Ilford Lane, London.....	(020) 8281 2017	ALI BIBI, A, 44 Albert Road, London.....	(020) 8013 8488	A, P.L, 173 Gordon Road, Ilford.....	(020) 8553 3057
A, Z, 16 Richmond Road, E11.....	(020) 8556 7844	ALI, Faduma, Flat 4 Claymore Court 244 Billet Road, E17.....	(020) 8503 3014	ALVIS, Mrs A, Flat 6, Etloe House, 180 Church Road, London.....	(020) 8539 0430
AKHTER, B, 60 Fenman Gardens, Ilford.....	(020) 3069 1088	A, F, 11/67 Vallentin Rd, E17.....	(020) 8509 0678	ALY HAMED, M, 200 Albert Road, London.....	(020) 3726 5794
A, Mir Nadeem, 27 Kingsdown Road, Leytonstone.....	(020) 8617 0574	A, Mr H, 86 Albert Road, Ilford.....	(020) 8141 7621	ALY, M, 34 Dalkeith Road, Ilford.....	(020) 3720 5622
A, R, 80 Warrior Square, E12.....	(020) 8478 8133	A, H, Flat 3, Daisy Baker House 452A High Road Leyton, London.....	(020) 8558 3643	ALYAS, Tayyab, 37 Wordsworth Avenue, E12.....	(020) 8552 4636
A, S, 5 Kesteven Close, Ilford.....	(020) 8802 2952	A, H, 63 Lindley Road, E10.....	(020) 8141 7027	AMALAN, G, 31 Birkbeck Road, Ilford, Essex.....	(020) 8554 3584
A, S, 1 Selborne Avenue, LONDON.....	(020) 3842 2782	A, H, 116A Windsor Road, Ilford.....	(020) 3648 1384	AMALAVANNAN, R, Mobile, 15 Devonshire Rd, London.....	(07961) 700049
AKHUNZADA, T, 5/152 Westward Rd, E4.....	(020) 8523 5028	A, I, 5 Queensland Close, Walthamstow.....	(020) 8418 5966	AMANULLAH, M, 6 Maple Close, Ilford.....	(020) 8501 1734
AKIN SAMUEL, IM, 14 Palmerston Road, London.....	(020) 3754 6517	A, K, 339b Ley Street, Ilford.....	(020) 8177 9478	AMANULLAH, R, 23 Langley Drive, London.....	(020) 3561 2499
AKIN UNAL, G, 13 Selworthy Close, E11.....	(020) 8530 5400	A, M, 11C Ashgrove Road, Ilford.....	(020) 3352 6860	AMARIEI, I, Flat 803 Lea Bridge Road, London.....	(020) 3509 1105
AKINDELE, Olufunmi, 32A Goodmayes Road, Ilford.....	(020) 8597 8863	A, Mr L, 22 Clandon Road, Ilford.....	(020) 8177 9662	AMBARDAAR, S, Flat 95 City Gate House 399-425 Eastern Avenue, Ilford.....	(020) 3662 8240
AKINFINWA, Mrs A, Mrs 28 Roding View, Buckhurst Hill.....	(020) 8504 6499	A, M, 42 Flat 1 Forest Drive West, E11.....	(020) 3132 5765	AMBROSE, C, 66 Hazelwood Road, London.....	(020) 8923 5887
AKINTOYE-LUXENBURG, F.K, 69 Kimberley Rd, E17.....	(020) 8418 5516	A, M, 212 Hathaway Crescent, London.....	(020) 8470 7724	A, P, 180 Willingale Road, Loughton.....	(020) 8508 8303
AKINYEMI, D, Flat 3 7 Courtland Avenue, ILFORD.....	(020) 3532 0504	A, M, 4 Melbourne Road, London.....	(020) 8558 0617	A, T, 82 Exmouth Rd, E17.....	(07956) 320070
AKITA, Alex, 20 Newbury Rd, Ilford.....	(020) 8590 5773	A, M, 23 Shakespear Crescent, E12.....	(020) 8141 8004	AMBULANCE In Emergency dial 999 and ask the operator for Ambulance See business section for full list of entries	
AKMAL, M, 88 Hatherley rd, London.....	(020) 3132 2205	A, M, 42 Flat 1 Forest Drive West, E11.....	(020) 8556 0866	AMEER, M, 50 Greenway Avenue, Walthamstow.....	(020) 3757 5579
AKON, H, 18 Newcomen Road, London.....	(020) 3490 5543	A, R, Mobile, 1 De Vere Gardens, Ilford, Essex.....	(07983) 800947	AMEY, R, 55 New Wanstead, E11.....	(020) 8530 6357
AKORTSU, J, 5/60 The Avenue, E4.....	(020) 8523 3849	A, R, 7 Malta Road, E10.....	(020) 7165 6796	AMHED, S, 110 Forest View Rd, London.....	(020) 8503 3309
AKOT, N, Flat 31 Napier Court 521 Green Lane, Ilford.....	(020) 8599 0448	A, R, 20 St. Edmunds Road, Ilford.....	(020) 8554 0823	AMHESLI, C, Flat 2, 88 Aldborough Road South, Ilford.....	(020) 7671 2605
AKOWUA-APPIAH, E, 3 Kays Ter Walpole Rd, E18.....	(020) 8141 8328	ALI RIAZ, M, 74 Macdonald Road, London.....	(020) 8117 2831	AMIN, Ms A, 1/375 High Road, E10.....	(020) 8177 6394
AKRAM, C, 102 Palmerston Road, LONDON.....	(020) 8014 7979	ALI, S, 17 Beatrice Court, Buckhurst Hill.....	(020) 3561 8245	AMIN, Ms A, 124 Kings Avenue, Woodford Green.....	(020) 3566 5749
A, M, 20 Ave Ct Claybury Bdwy, Ilford.....	(020) 8550 1191	A, S, 65 Belgrave Road, London.....	(020) 8281 3136	A, J, 58 Highlands Gardens, Ilford.....	(020) 8262 4299
A, M, 23 Windsor Road, Ilford.....	(020) 8177 9507	A, Mrs S, 28 Carlton Ct Craven Gdns, Ilford.....	(020) 8551 9186	A, N, Flat 13, Marnie Court, 675 High Road Leytonstone, London.....	(020) 3674 1852
A, S, 29 Shrubland Road, E17.....	(020) 3132 3557	A, S, Flat 9 258, Abraham Fisher House Grantham Road, London.....	(020) 3612 7364	A, N, 9 Redbridge Court Redbridge Lane East, Ilford.....	(020) 3536 7880
A, T, 24 Church Lane, London.....	(020) 8177 8395	A, S, Shahad, Flat 16 Oldham House 3a Grantham Road, E12.....	(020) 8553 1374	A, P, 2 Eastfield Rd, E17.....	(020) 8503 6710
A, Z, 2 King Edward Rd, London.....	(020) 8141 8491	A, S, 220 Grantham Road, E12.....	(020) 8514 6855	A, R, 84 Billet Road, London.....	(020) 8279 4070
AKSAMIAN, M, Flat 6 Morley Court Sinclair Road, E4 London.....	(020) 8524 9009	A, S, 116 Hermon Hill, London.....	(020) 8989 6615	A, W, 147 Green Pond Close, London.....	(020) 3673 2240
AKTAR, N, 47 Dersingham Avenue, LONDON.....	(020) 3560 1328	A, S, 273a Markhouse Road, London.....	(020) 8109 8683	AMIRI, A, Roebuck Court 163a Flat 5 Cavendish Road, London.....	(020) 3370 5722
A, P, Flat 1 23 Parham Drive, Ilford.....	(020) 3623 3513	A, S, 20 Merton Road, Ilford.....	(020) 8590 8612	AMIRTHALINGAM, S, Mobile, 194 Mottlake Road, Ilford, Essex.....	(07944) 697670
AKTER, A, City View Flat 235 Axon Place, Ilford.....	(020) 3304 0986	A, S, 182 Sheringham Av, E12.....	(07956) 444012	A, S, Mobile, 4 Newton Road, Chigwell, Essex.....	(07984) 275920
A, A, 40A Stanley Road, Ilford.....	(020) 3172 2161	A, S, 22 Wolsley Gardens, Ilford.....	(020) 3524 5785	AMJAD, A, Flat 5 36, Halstead Court Verulam Avenue, London.....	(020) 3016 6571
A, F, 210 Green Lane, Ilford.....	(020) 8227 1559	A, S, 63 Wyemead Crescent, London.....	(020) 3441 9075	AMOATIN, O, 12 Middlefield Gardens, Ilford.....	(020) 8518 1695
A, J, 34 Thurlow Gardens, Ilford.....	(020) 8172 0293	ALI SUBHANI, M, 39 Starch House Lane, Ilford.....	(020) 3623 9058	AMODE, M, 6 Argyle Road, Ilford.....	(020) 3718 8998
A, M, 194 Church Road, London.....	(020) 3536 4624	ALI T, Mobile, 86 Hampton Road, London.....	(07958) 116023	AMOS, M, Flat 20 Avondale Court Churchfields, London.....	(020) 3091 9425
A, M, 34C York Road, Ilford.....	(020) 3685 0942	A, Mr T, 104 Napier Road, E11.....	(020) 8519 6750	AMOUR, S, 395 Flat 14 Eastern Avenue, Ilford.....	(020) 3894 9939
A, R, 52 Daines Close, Manor Park.....	(020) 3727 5419	A, T.H, 92 Windsor Rd, E10.....	(020) 8988 1947	AMPADU-ASANTE, S, 29 Gabrielle House 332-36 Perth Road, Ilford.....	(020) 8544 1756
A, S, Flat 1 363a Green Lane, Ilford.....	(020) 3712 0599	A, W, 15 Khartoum Road, Ilford.....	(020) 8177 8563	AMPONSAH, S, 3 Meadway, Woodford Green.....	(020) 8491 6029
A, S, 2 Hyacinth Close, ILFORD.....	(020) 3843 5170	A, Mr Y, 123 Belmont Park Road, London.....	(020) 3132 9530	AMPONSAH-KUBI, F, 36 Priory Avenue, London.....	(020) 3759 4579
AKTHER, M, 91 Buttsbury Road, Ilford.....	(020) 3640 8071	ALIA, A, 85 New Road, E4.....	(020) 8524 4094	AMIKER, R, 68 Empress Avenue, London.....	(020) 3718 8998
AKUFFO, L, 244 Dersingham Avenue, London.....	(020) 8514 2920	ALIANE, M, 13 Longcourt Mews, E11.....	(020) 8530 8392	AMSDEN, C.M, Flat 2 St. Georges Court 287 Wood Street, E17.....	(020) 8520 0808
AKUOKU, K, Mobile, 51 Kitchner Road, London.....	(07960) 926742	ALICODIN, M, 5 Purley Close, Ilford.....	(020) 8550 1809	AMURE, Mrs M, 17 Regardar Road, Chigwell.....	(020) 8500 8439
AKYIAA, M, 143 Aldriche Way, London.....	(020) 3556 1747	ALICODIN, M, 18 Forest View Road, Loughton.....	(020) 8502 1338	AMWAR, N, 152 High Road, Loughton.....	(020) 3478 7187
AL MAHMUD, A, 67 Pittman Gardens, Ilford.....	(020) 3132 6277	A, P, 18 Forest View Road, Loughton.....	(020) 8502 4912	ANA, G, 673A High Road, Ilford.....	(020) 3294 6717
ALA, G, 7/112b Hainault Rd, E11.....	(020) 8556 1377	ALIN, H, 230 High Road, E10.....	(020) 8177 5014	ANAND, G, 115 Hoe Street, E17.....	(020) 8521 6222
ALABI, B, Kross Studios Unit 22 Argall Avenue, London.....	(020) 8141 7898	ALIOUA, Sarah, 88 Parade Gardens, E4.....	(020) 8527 4804	A, R, 286 Cranbrook Road, Ilford.....	(020) 8220 3221
ALABO, J, Flat 8, 137 Beresford Road, London.....	(020) 3759 9306	ALIYEV, Mr 57 Gardner Close, London.....	(020) 3659 2717	A, S, Buckhurst Way, Buckhurst Hill IG9.....	(07956) 385470
ALAHAKION, Grace, Flat 23 Parkview Court 54 Brancaster Road, Ilford.....	(020) 3686 8898	ALLAHBIK, S, 11 Charlotte Close, Ilford.....	(020) 8550 2188	A, S, 6 Beech Close, Loughton.....	(020) 8418 9678
ALAM, K, 7C Kensington Gardens, Ilford.....	(020) 8518 2252	ALLAN, D, 196 Vicarage Rd, London.....	(020) 3132 4932	ANANG, S, 23 Freedom Close, London.....	(020) 8257 9371
A, M, Flat 5, 1 Aldborough Road South, Ilford.....	(020) 8001 4677	A, S, 34 Roebuck Lane, Buckhurst Hill.....	(020) 8923 9521	ANASTASIOU, Andreas, 4 Monmouth Avenue, E18.....	(020) 8529 2601
A, M, 69 Sandringham Rd, E10.....	(07956) 566335	ALLARD, J, 12a Beacontree Avenue, London.....	(020) 3583 6024	A, C, 57 Sewardstone Road, E4.....	(020) 8529 2601
A, M.D, Invito House 1-7 99 Bramley Crescent, Ilford.....	(020) 8117 5405	A, S, Flat 14 Aurora Court 14a Sunset Avenue, Woodford Green.....	(020) 8506 0770	ANCILL, K, Flat 2, 2 Chertsey Rd, Leytonstone.....	(07951) 380072
A, S, 89 First Avenue, London.....	(020) 3902 9893	ALLOCOCK, J, 23 Manor Way, Chingford.....	(020) 8524 8501	AND JOEL CHIKA IBEMEZIE, R, 191 Express Drive, Ilford.....	(020) 8597 1319
A, T, 568 Green Lane, Ilford.....	(020) 8590 7333	ALLEN, C.R, A 4 Hawarden Road, E17.....	(020) 8521 9050	ANDERSON, A, Flat 2 Arnold Court Chelmsford Road, E18, South Woodford.....	(020) 8504 2881
A, Z, 26 Sinclair Road, London.....	(020) 3091 9029	A, D, 96 Gosnowen Drive, Loughton.....	(020) 8508 1109	A, A, 2 Cooper Avenue, LONDON.....	(020) 8527 6381
ALAN, R, 3 Queen Victoria Street, London.....	(020) 7168 1988	A, D, 21 Lansdowne Road, Chingford.....	(020) 8529 0998	A, A.W, 1 Eattington Road, E10.....	(020) 8529 4977
ALAUDEEN, H, 161 Browning Rd, London.....	(020) 8552 0502	A, J, 11 Amberley Road, Buckhurst Hill.....	(020) 8504 7904	A, D, 23 Sheradan Road, London.....	(020) 8527 5134
ALBERT, Mrs Esta, Flat 15, Milne Court, 14 Churchfields, London.....	(020) 8506 0617	A, J, 24A Meadow Way, Chigwell.....	(020) 8500 8926	A, D, 26A Whitehall Gardens, London.....	(020) 8529 7487
ALBUETIYI, M, Fairwood Court Flat 14, 33 Fairlop Road, London.....	(020) 3737 3508	A, K.R, 147 Monkams Lane, Woodford Green.....	(020) 8504 9704	A, H, 5 Brockton Close, Chigwell.....	(020) 8501 2927
ALBUM, J, 292 Courtney Ldg Ashurst Drive, Ilford.....	(020) 8550 9724	A, L, 8 St. Mark's House Evelyn Road, E17 London.....	(020) 8509 3938	A, H, 31 Mayfield Road, London.....	(020) 8524 2555
ALBUREY, R.M, 16 Lyndhurst Drive, E10.....	(020) 8556 9906	A, M, 57 Peel Road, London.....	(020) 8504 3095	A, H.G, 4 Grange Avenue, Woodford Green.....	(020) 8504 2688
ALCID, K.L, 11 Kensington Avenue, London.....	(07957) 272301	A, Norman, J, 81 Colvin Gardens, Ilford.....	(020) 8500 3201	A, H.M, 135 Henley Rd, Ilford.....	(07956) 451115
ALDERMAN, G, 378 Hale End Road, London.....	(020) 8925 1353	A, P, 132 Queens Road, Buckhurst Hill.....	(020) 8505 0854	A, Irene, 57 Waltham Way, Chingford.....	(020) 8529 2033
A, K, 21 Baden Drive, LONDON.....	(020) 3663 3495	A, R, 3a Elster Gardens, Ilford.....	(020) 8911 6276	A, J, 32 Bradwell Road, Buckhurst Hill.....	(020) 8281 0036
A, R, 12 Seawardstone Road, London.....	(020) 8923 2021	A, R, 38 Elstree Road, E11.....	(020) 8556 5741	A, J, 98 Stanley Road, Ilford.....	(020) 8220 8393
ALDERSLEY, M, Flat 6 High Oaks Lodge 90 The Drive, E18.....	(020) 8530 7152	A, R, 31 Spruce Hills Road, LONDON.....	(020) 8523 2455	A, Miss Lorraine, 44 Edward Avenue, Chingford, London.....	(020) 8523 0094
ALDERSON, K, 37 Stanley Road, London.....	(020) 8685 3566	A, R, 4 York Crescent, Loughton.....	(020) 8502 0939	A, L.A, 241 Sinclair Road, E4.....	(020) 8529 5686
A, R, 40 Loughton Way, Buckhurst Hill.....	(020) 3504 1957	A, S, 221a Fullwell Avenue, Ilford.....	(020) 8503 9844	A, Mark, 52 Mallards Blake Hall Road, E11.....	(020) 8989 8243
ALDRED, C, 36 Alexandra Road, London.....	(020) 8928 0309	A, S, 71 Harpenden Road, London.....	(020) 8014 9567	A, M, Lily's Design, 109 Station Road, London.....	(020) 3719 9328
ALDRIDGE, P, 33 Mornington Road, LONDON.....	(020) 8529 2450	A, S.G, 3 Margaretting Road, E12.....	(020) 8530 4393	A, Miss P, Miss 120 The Avenue, London.....	(020) 3654 4218
ALDULAINMA, Dawd, 19 Tycehurst Hl, Loughton.....	(020) 8502 3555	A, W, 17 Ingarsdale Road, Woodford Green Essex.....	(020) 8504 1199	A, S, 106 Higham Hill Road, London.....	(020) 8177 7488
ALEXANDROVA, J, 46 Cromwell Road, London.....	(020) 8141 8308	ALLENBY, Ian N, 7 Teesdale Road, E11.....	(020) 8989 7139	A, W, 134 Wood St, London.....	(020) 3138 3987
ALEMAYEHU, K, 2 Hornbeam Lodge Montalt Road, Woodford Green.....	(020) 3441 4436	ALLENHUNT, V, 171 St. Johns Road, London.....	(020) 8531 7035	ANDOH, J, Flat 1 4 Hopkins Road, E10.....	(020) 8558 6614
ALEMSEGHED, T, 241 Winns Avenue, E17.....	(020) 8531 9503	ALLEYNE, A, 83 Matcham Road, E11.....	(020) 8925 1914	ANDRESS, Mr William, Flat 7, Oak Lodge, 56 Cambridge Road, London.....	(020) 3305 7537
ALENZI, M, 2 King Edward Road, London.....	(020) 3719 3092	A, C, 18 Theydron Grove, Woodford Green.....	(020) 8505 9887	ANDREW, Miss Flavia, 124 Quebec Road, Ilford.....	(020) 3489 9964
ALESKEVICIUTE, L, 35A Waverley Rd, London.....	(020) 3132 1941	ALLIRAJAH, I, 67 Hainault Road, Chigwell.....	(020) 8501 6887	ANDREWS, B, 116 Wansford Road, Woodford Green.....	(020) 8504 0767
ALEXA, C, 15 Hazelwood Park Close, Chigwell.....	(020) 8522 6173	ALLITT, R, Flat 10 Wentworth Court 25 Castle Avenue, E4.....	(020) 8527 0705	A, C, 12 North Birkbeck Road, E11.....	(020) 8539 2150
A, M, Flat 9 Vellum Court 2 Hillfield, London.....	(020) 8531 3508	ALLMAN, J, 73 Clavering Road, London.....	(020) 8530 1489	A, D.J, 241 Old Church Road, E4.....	(020) 8529 1923
ALEXANDER, D, 48 Lytton Road, London.....	(020) 8925 1740	A, J, 275 Murchison Road, London.....	(020) 8556 1690	A, J, Flat 8 118 Burnham Road, E4.....	(020) 8524 8119
A, D, 19 Marmion Close, E4.....	(020) 8524 7974	A, M, 41 South Park Road, Ilford.....	(020) 8514 8831	A, J, 58 Melford Road, E17.....	(020) 8521 9146
A, G, Flat 4 Aztec House 163 Tomswood Hill, ILFORD.....	(020) 8500 4626	ALLOTTEY, Mr Kevin, 27 Fencepiece Road, Ilford.....	(020) 3305 7291	A, N, 34 Whitehall Road, London.....	(020) 8524 3343
A, G.J, 5 Elderfield Walk, E11.....	(020) 8989 9622	ALLOWAY, E, 26 Preston Road, E11.....	(020) 8989 5365	A, N.C, 40 Roding Road, Loughton.....	(020) 8502 2519
A, V, 84 Grange Park Road, London.....	(020) 8556 1074	ALLOSSOP, P, 3 Lloyd Road, Walthamstow.....	(020) 8509 1959	A, Ms O, Ms 26 Chester Road, Ilford.....	(020) 8270 9806
ALEXANDER-SERFE, J, 12 Sunnymede, Chigwell.....	(020) 8500 8037	ALLSUCH, B, 59 Grange Crescent, Chigwell.....	(020) 8501 0301	A, P, 17 Lambourne Gardens, London.....	(020) 8529 2815
ALEXANDRA-GUILLEN, H, 73 Barrett Road, London.....	(020) 3132 8461	ALLSWORTH, M, 10 Albert Road, Buckhurst Hill.....	(020) 3669 3319	A, R.E.W, 79 Dale View Avenue, E4.....	(020) 8524 4239
ALEXANDRE, C, 344 Monega Road, LONDON.....	(020) 3539 8230	ALLWRIGHT, L, 97 Colebrook Lane, Loughton.....	(020) 8508 6362	A, W, 28 Brindwood Road, E4.....	(020) 8524 3544
ALEXANDROU, N, 49 Pretoria Avenue, London.....	(020) 8923 0174	ALLYBACCUUS, W, 209 Beehive Lane, Ilford.....	(020) 8550 3775	ANDRUSKEVICIUTE, G, 18 Greenville Rd, London.....	(020) 8177 2424
ALEXIS, J, 135a Shakespear Crescent, London.....	(020) 8552 6275	ALLYBOCCUUS, H, 65 Woodford Avenue, Ilford.....	(020) 3648 9482	ANGEL, R, 8 Seymour Gardens, Ilford.....	(020) 8518 0159
A, R, 16 Loughton Lodge, Higham Hill Rd, E17.....	(07956) 926295	ALLYIAUN, Mr Mamode, 39 Harvey Road, London.....	(020) 8558 2380	ANGELL, Mr R, Mr Flat 5, Linney House, 43 Tanners Lane, Ilford.....	(020) 3729 9630
ALFORD, R.R, 525 New North Road, Ilford.....	(020) 8500 0466	ALMEIDA, L, 5 Mountain Ash Close, Chigwell.....	(020) 8500 5079	ANGELOV, P, 279d The Drive, Ilford.....	(020) 8518 3038
ALFRED, A, 120 Hoe Street, Walthamstow.....	(020) 8141 2731	A, Miss Marybeth, Flat 3 Albart House, Reservoir Way.....	(020) 8091 9479	ANGELOV, G, 111 Calderon Rd, E11.....	(020) 8518 7688
A, L, 100 Foulbourne Road, Walthamstow.....	(020) 8527 8010	A, Mr Ramon J.D.O, 30 George Lane, London.....	(020) 8062 3041	ANGULO, E, Fairlop Court Flat 1 Fairlop Road, London.....	(020) 8988 1143
ALGIS, A, 41 Bernards Close, Ilford.....	(020) 8501 3731	ALMOND, Mrs Debbie, Flat 1, Stavely Court Hermon Hill, London.....	(020) 8530 3995	ANHAI, R, 68 Woodford Avenue, Ilford.....	(020) 8550 1716
ALHIN, E, Flat 23 Blakesley House Grantham Road, E12.....	(020) 8516 7278	ALMUTAIRI, D, Laybrook Lodge 1 63, Snaresbrook Road, London.....	(020) 3663 4279	ANJUM, Muhammad, 266 Monega Road, E12.....	(020) 8472 3312
ALI, A, 152 Church Road, London.....	(020) 8556 3633	ALOM, M, 357 Dersingham Avenue, E12.....	(020) 8514 1695	ANN BURTON, Z, 255 Foulbourne Road, London.....	(020) 8923 1259
A, Amina, Flat C Ruscon Court 98a Hainault Road, E11.....	(020) 8558 5730	A, M, 5A Grantham Road, LONDON.....	(020) 8013 7161	ANNES, L.L, 31 Gyllyngdune Gardens, Ilford.....	(020) 8590 6294
A, A, Mobile, 19 Harbourer Road, London.....	(07932) 477829	ALONSO PARADELA, M,			

A, N, 163 Larkshall Road, Chingford	(020) 8529 9604	ASHO KUMAR, S, 301-305 Ley Street, Ilford	(020) 3638 4537	AYRES, J.T, 17 Somerses Road, E17	(020) 8521 3332
ANTHONY, G, 12 Etlisley Road, Ilford	(020) 8553 4693	ASHOKNATHAN, M, 190 Wards Road, Ilford	(020) 8554 6609	AYRTON, J, 44 Retreat Way, Chigwell	(020) 8500 3579
ANTONELLI, D, Vellum Court Flat 62 2, Hillyfield, London	(020) 3663 5077	ASHRA, S, 70 Chester Road, Ilford	(020) 8252 2722	A, R, 14 Chigwell Rise, Chigwell	(020) 8501 2163
ANTONIAK, Mrs Adam, 39 Kinfauns Road, Ilford	(020) 8597 8184	ASHRAF, F, 601 Lea Bridge Road, London	(020) 3581 5180	AYTON, T, Mobile, 29 Woodstock Road,	(07939) 476677
ANTONIO, J, 3 Mornington Avenue, Ilford	(020) 8554 8771	A, Furat, 68 Rose Avenue, E18	(020) 8989 8620	AYUBI, A, 112 Westbury Rd, Ilford	(020) 8514 2597
A, M, 123 Lavender Place, Ilford	(020) 3712 5221	A, K, 53 Shakespeare Road, LONDON	(020) 3612 6780	AVAYZOV, David, 38 Stocksfield Road, E17	(020) 8509 0679
ANTONIOU, K, 76 College Gardens, London	(020) 8524 1253	A, N, 51 Tavistock Gardens, Ilford	(020) 3669 6338	AYAZ, S, 4 Falmer Road, LONDON	(020) 8520 7531
ANTONOPoulos, Andreas, (Mobile), 26 Frith Rd, E11	(07050) 400988	A, S, 156 Cranbrook Rd, Ilford	(020) 3132 1389	AZAD, M, Mobile, 49 Grosvenor Road, Ilford, Essex	(07932) 629346
ANTONOV, S, 51 Woodman Path, Ilford	(020) 8501 1978	A, S, Mobile, Flat 5, 9-11 Drive The, London	(07956) 903188	AZAM, M, 20 Sunnyside Road, London	(020) 8556 4247
ANTONYK, V, 109 Grove Green Road, London	(020) 3712 9176	A, U, 54 Wallwood Road, London	(020) 8141 2745	A, R, 20 Tavistock Gardens, Ilford	(020) 8177 3285
ANTYAK, A, 300 Cann Hall Road, Leytonstone, London	(020) 3490 2858	A, U, 54 Wallwood Road, London	(020) 8177 8400	AZEZ, A, 22 Farnham Road, Ilford	(020) 3612 1645
ANUBA, P, 72 Cecil Road, LONDON	(020) 3539 7907	ASHWELL, M, 47 Essex Road, Chingford	(020) 8524 7659	AZEVEDO, R, 7 Woodlands Avenue, London	(020) 8530 7827
ANUTOIU, A, 59 Alexandra Road, London	(020) 3308 6988	ASIF, Mohammed, Melford House Melford Road, Ilford	(020) 8911 8303	AZIZ, Mr A, 58 Salcombe Road, London	(020) 8926 2705
ANUWORAKARN, W, Ground Floor, 441 Grove Green Road, London	(020) 8558 2013	A, R, 25-43 Windsor Road, Ilford	(020) 8177 3500	A, Miss A, Mobile, 15 Station Road, London	(07951) 877894
ANWAR, D, 14 Vaughan Gardens, Ilford	(020) 8554 4361	A, S, 25 Lennox Road, London	(020) 3509 1399	A, F, 25 Broomfield, Walthamstow	(020) 8521 3923
A, K, 38 Hermitage Walk, South Woodford	(020) 8530 3623	ASKARI, S, 179 Byron Av, East Ham	(020) 8470 9692	A, H, Harrison House Flat 4 211, Westwood Road, Ilford	(020) 3726 4540
ANWAR KAUSAR, A, 250 Sheringham Avenue, London	(020) 3592 3858	ASLAMI, A.S, 41 Grove Rd, Walthamstow	(07956) 285154	A, M, 49 Longwood Gardens, Ilford	(020) 8220 8901
ANWAR, M, 24 Belgrave Road, London	(020) 8989 0574	A, G, Flat 7 178A High Road Leytonstone, Leytonstone	(020) 4541 6167	A, N, 434 High Road, E10	(020) 8141 2741
A, M, 222 Buckhurst Way, Buckhurst Hill	(020) 3665 2383	A, M, Flat 8 81 Chingford Avenue, London	(020) 3172 3977	A, S, Flat 4 Shirley Court 7 Abbey Road, Ilford	(020) 8518 0735
A, M, 285 High Rd Leyton, E10	(020) 8988 1687	A, R, 228 Lea Bridge Road, London	(020) 3132 8303	A, S, 45A Meads Lane, Ilford	(020) 3132 4812
Dr, R, N, 95 Millfield Avenue, Walthamstow	(020) 8418 5946	A, S, Flat 39, Bulwer Court Bulwer Court Road, E11	(020) 8177 6400	AZIZI, M, 59 Windsor Rd, Ilford	(020) 3132 0827
A, Nadeem, 93 Warren Road, London	(020) 8539 0745	ASLIANI, M, FLAT 36 HOWELL COURT 35 Clyde Place, London	(020) 8556 2320	AZMI, M, 4 Riverdene Road, Ilford	(020) 8141 7855
A, S, 105 Marlowe Road, London	(020) 8223 0964	ASPLESS, B, 27 Roding Gardens, Loughton	(020) 8532 1289	A, M, 26 Rowden Park Gdns, London	(020) 8527 6777
ANWARALI, J, 29 St. Lukes Av, Ilford	(020) 8514 6305	ASPINALI, Bridget, 6 Alderton Close, Loughton	(020) 8502 5331	AZUSANO, J, 27 Globe Road, Woodford Green	(020) 3724 5465
ANYANWU, A, Flat 6 Sage Court 32 Beaumont Road, E10	(020) 8539 9697	ASSAN, Z, 415 Higham Hill Close, London	(020) 8257 0098	BAARS, D, 2 Chase Lane, Ilford	(020) 8554 7659
ANYIMIHAH, B, Flat 51 Staveloy Court Hermon Hill, E11 London	(020) 8530 7259	ASSEFA, S, 19 Clyde Place, E10	(020) 8558 6597	BABICIU, C, 25 Trenance Gardens, Ilford	(020) 8599 4105
APOLLUS, C, 9 Radlix Road, London	(020) 3132 8545	A, T, Flat 39 312, Windsor Court Forest Road, London	(020) 3723 0492	BABIN, M, 23 Tower Hamlets Road, E17	(020) 7159 2993
APOPA, G, 565A-565B High Road Leytonstone, London	(020) 8793 9641	ASSING, M, 33 Rensburg Road, London	(020) 8223 0844	BABRA, Mrs 40 Highlands Gardens, Ilford	(020) 8518 2302
APOSTOL, M, Flat 4, Albert House Reservoir Way, Ilford	(020) 8501 4024	ASSOCIATES, M, 142 Station Road, E4	(020) 8529 3004	BABU, H, 746A-746B High Rd, Leytonstone, London	(020) 3617 4954
A, P, 5 Imperial Heights Queen Mary Avenue, South Woodford	(020) 7172 5410	ASTEL, A, 18 Toronto Road, Ilford	(020) 8518 6262	B, S, 74 Hamilton Avenue, Ilford	(020) 8518 6236
APOSTOLI, A, 46 Sunset Avenue, E4	(020) 8529 4356	ASTIN, D, 81 Herongate Rd, E12	(020) 8989 1037	BABUL, T, 6318 High Road, Ilford	(020) 3722 8828
APPIAGYEY, F, 464 Larkshall Rd, E4	(020) 8523 2414	A, J, 57 Adelaide Road, London	(020) 8923 8259	BABY, V, 5 Panther House 647a High Road, E11	(020) 8988 3356
APPIAH, D, 16 Corn Way, E11	(020) 8556 6794	ASTON, V.E, 18 Broomfield Avenue, Loughton	(020) 8508 9358	BACHA, I, 62B Gloucester Road, E17	(020) 8177 5533
A, Kofi, 121 Beresford Road, Ilford	(020) 8529 1117	ASWANI, J, 34 Southdown Cres, Ilford	(020) 3132 3748	BACIU, C, 62 Long Green, Chigwell	(020) 3152 9140
APPLETON, G, 103 The Lindens, Loughton	(020) 8532 0388	A, P, 49 Elmcroft Avenue, E11	(020) 8530 8882	BACON, N, 28 Keith Road, E17	(020) 8531 7363
A, J, Willow Lodge 6 Montalt Road, Woodford Green	(020) 3172 3821	ASWAT, S, 300 Thorold Road, Ilford	(020) 8270 0984	B, C, 57 Essex Road, London	(020) 8552 8229
A, P, 7 Bernwell Road, E4	(020) 8529 7449	ASZAM, M, 179a Breamore Road, Ilford	(020) 8590 2731	BACUETES, E, 5 Langley Meadows Loughton, Essex	(020) 8508 4991
A, S, 22 Keynham Avenue, Woodford Green	(020) 8505 5375	ATACRGIN, S, 140 Chingford Rd, E17	(020) 8523 3971	BADIU, C, 675 Cranbrook Road, Ilford	(020) 8551 3504
ARABADZHI, M, 15 Kirby Close, Ilford	(020) 7294 6190	ATAMANCHUK, M, 171A Manor Road, Chigwell	(020) 3712 6278	BADR, Mr A, 25 Harvey Ho Hainault Rd, Leytonstone	(020) 8556 1490
ARACHCHIGHE, D, 36 Herbert Road, Ilford	(020) 8599 5885	ATANASIU, A, 19A Mill Lane, Woodford Green	(020) 8504 7437	B, J, 28 Millwell Crescent, Chigwell	(020) 8501 0272
ARAIN, A, 26 Waterloo Rd, London	(020) 8536 9723	ATCHA, A, Fixie Building 27 6, Track Street, Walthamstow	(020) 3686 1279	BADSHAH, H, 100 Castleton Road, Ilford	(020) 8599 6693
ARANAZAJI, Admiral E, 66 Thornhill Gardens, London	(020) 3751 4826	ATHERFOLD, E, 34 Levett Gardens, Ilford	(020) 8590 4565	BAGGA, A, 28 Bentley Way, Woodford Green	(020) 8553 1245
ARBAB, R, 1 Selwyn Avenue, Ilford	(020) 8599 5172	ATHERTON, J, 1 Knighton Place Knighton Lane, Buckhurst Hill	(020) 8506 2084	B, S, 14 Ludham Close, ILFORD	(020) 8500 7812
ARBAN, Antonio, 830 High Road Leyton, London	(020) 8556 7750	ATHITHARAN, Mr 73 Cann Hall Road, Leytonstone, London	(020) 8534 2552	BAGGOTT, M, Flat 11, Woodford House Woodford Road, London	(020) 3645 5782
ARBI, G, 4 Newcomen Road, London	(020) 8091 6646	ATISTODIMOU, A, 30 Naseby Road, Ilford, Essex	(020) 8141 5890	BAGLEY, J, 206 Old Church Road, London	(020) 8529 1205
A, R, 24 Newcomen Rd, E11	(07947) 846149	ATKIN, V.A, 64 Barfields, Loughton	(020) 8508 2328	BAGNALL, J, 95 Worcester Crescent, Woodford Green	(020) 8505 2661
ARCHER, C.R, 28 Pretoria Road, E11	(020) 8556 6199	ATKINS, Sheila, 64 Gordon Road, Ilford	(020) 8510 3364	BAGONNA, P, 10 Rowden Park Gardens, London	(020) 3318 9555
A, S, mobile, 194 Carr Rd, E17	(07960) 682943	ATKINSON, C, 62 Alexandra Road, E18	(020) 8530 5036	BAH, K, 9 Norseman Close, Ilford	(020) 8597 1087
A, T.P, 22 Westall Road, Loughton	(020) 8502 2533	A, D, 4 Russell Road, Buckhurst Hill	(020) 8559 0285	BAHAR, M, 37 Kirkland Avenue, Ilford	(020) 3091 2490
A, W, 19 Betoyne Avenue, London	(020) 8523 2014	A, H, Flat 61 Hainault Court Forest Rise, E17 London	(020) 8521 6645	BAHARRA, J, 28 Danehurst Gardens, Ilford	(020) 8550 2984
ARCHIBALD, A, 140 Manor Road, E10	(020) 8558 5069	A, J, 8 Stanmore Road, London	(020) 8989 9332	BAHRA, I, 166 Dawlish Drive, Ilford	(020) 8220 2267
A, A, 31 Richmond Crescent, London	(020) 8531 9842	ATMA, M, 7 Norton Close, London	(020) 8793 7707	B, S, 6 Manor Road, Chigwell	(020) 8505 2785
ARGENT, L, 26 Beech Hall Crescent, London	(020) 8527 1698	ATTALIA, A.S, 31 Byron Avenue, E12	(020) 8552 7476	BAI, Mrs L, 41 Clifford Rd, London	(020) 3132 5598
ARGISANU, E, 672 Cranbrook Road, Ilford	(020) 8518 0632	ATTERBURY, J.W, 137 Horns Road, Ilford	(020) 8554 0648	BAIDOO COBBINA, J, 189 Wood Street, E17	(020) 8520 3359
ARGYROU, B, 71 Tavistock Gardens, Ilford	(020) 8270 9098	ATTIQUE, M, Flat 4 22 Barley Lane, Ilford	(020) 8597 3438	BAIG, M.A, 10 Hamilton Road, Ilford	(020) 8478 5755
ARIAS, A, 168 Ray Lodge Road, Woodford Green	(020) 3720 6133	ATTIQUE-UR-REHMAN SHAFA, A, 29 Calderon Rd, E11	(020) 8998 3763	B, U, Mobile, 41a Meath Road, Ilford, Essex	(07984) 520481
ARIF, M, 722 Lea Bridge Road, London	(020) 3674 1933	ATUAHENE, V, 55 Granleigh Road, London	(020) 8539 0419	BAILEY, B.C.T, 41 Montalt Road, Woodford Green	(020) 8504 2878
ARIFEEN, M, 6 Theobald Road, London	(020) 8141 1850	ATWAL, G, 28 Elmstead Road, Ilford	(020) 8586 4111	B, B, M.D, 9 Rectory Lane, Loughton	(020) 8502 0575
ARIF, N, 61 Chingford Road, Walthamstow	(020) 8523 3813	A, K, 2 Staines Rd, Ilford	(020) 7165 2251	B, F, 42 Mulberry Court 6 Langthorne Road, E11	(020) 8054 6248
ARKELL, S, 6 Clacton Road, E17	(020) 8521 8687	A, R, 16 Devonshire Road, Ilford	(020) 8599 7363	B, F, 37 Ruckhoff Road, Leyton	(020) 8558 3852
ARKUS, T, 83 Vaughan Gdns, Ilford	(07956) 200133	AUGUSTE, P, 4 Callis Road, E17	(020) 8521 8694	B, Keith, 225 Chester Road, Loughton	(020) 8502 0076
ARMANI, Dr D, 24 Albert Rd, Ilford	(020) 8141 7816	AUGUSTINE, D, 7, Lime Lodge Montalt Road, Woodford Green	(020) 3689 5047	B, M, 38 Ashville Road, London	(020) 3132 6086
ARMOGAN, S, 6 Craven Gardens, Ilford	(020) 8220 7362	A, J, 143 Quebec Road, Ilford	(020) 8252 4645	B, R.G, 36 Loughton Way, Buckhurst Hill	(020) 8505 3863
ARMON, C, 27 Voluntary Place, Leytonstone, London	(020) 8530 1035	AULLYANE, M, 83 Paradye Gardens, E4	(020) 8523 0812	B, S, 127 Clementina Road, London	(020) 8558 3370
ARMSBY, L, 12 Cedar Close, Buckhurst Hill	(020) 8505 3649	AURINO, C, Flat 2, 28 Redbridge Lane West, London	(020) 8616 2369	B, S, 31 Hereward Green, Loughton	(020) 8508 3401
ARMSTRONG, G, 197 Coppermill Lane, London	(020) 8177 5171	AUSTIN, A, 12 Albion Hill, Loughton	(020) 8508 2625	BAILLIE, R, 52 Rivenhall Gardens, London	(020) 7285 5028
A, J.L, 29 Millais Road, E11	(020) 8539 5681	A, D, 31 Highwood Lane, Loughton	(020) 3091 6050	BAIN, J, 140 Hainault Road, London	(020) 8556 0380
A, M.J & J.C, FAX, 21 Broomhill Road, Woodford Green	(020) 8504 2979	A, G, 15 Carlton Road, E12	(020) 8478 1187	BAINES, T, 19 Colson Road, Loughton	(020) 8508 6377
A, P, 223 Henley Road, Ilford	(020) 8141 7235	A, J, 99 Chelmsford Road, E17	(020) 8509 3014	BAINS, R.S, 34 Shere Road, Ilford	(020) 8550 2894
A, S, 40 Campbell Road, London	(020) 8926 2575	A, J, John, 4 Forest Drive West, London	(020) 8556 7184	BAIRD, W, 74 Roding Lane North, Woodford Green	(020) 8504 5950
A, S, 16 St. Peter's Avenue, Ilford	(020) 3730 6860	A, K.D, 1 Hempstead Close, Buckhurst Hill	(020) 8505 0033	BAJIKA, M, 1/15 Coventry Rd, Ilford	(020) 8518 5672
ARMSTRONG-FOX, M.J & J.C, 21 Broomhill Road, Woodford Green	(020) 8504 2479	A, K.L.A, 48 Preston Drive, E11	(020) 8530 2127	BAJLOU, S, 42 Saunders Close, Ilford	(020) 3718 5797
ARNOLD, A.D, 101 Dover Road, E12	(020) 8989 4320	A, L, Flat 6 5, Peters Court 5 Upper Walthamstow Road, LONDON	(020) 3524 3434	BALPAI, Anil, 24 Glebelands Avenue, Ilford	(020) 8518 5251
A, B, 94 Manor Farm Drive, London	(020) 8926 7362	A, Mrs Flat 2 91 The Ridgeway, London	(020) 8524 9805	BAJRAKARI, S, Flat 7, 173a Wood Street, Walthamstow	(020) 3152 5780
A, D, 70 Fairlop Road, E11	(020) 8556 3803	A, P, 20 Roding Lane North, Woodford Green	(020) 8505 4912	BAJRIAMI, K, 37 Marmion Avenue, London	(020) 3300 8823
A, J, 26 Herongate Road, London	(020) 8928 1846	A, T, 90 Durham Road, London	(020) 8911 9542	BAKER, A, 335 Clayhall Avenue, Ilford	(020) 8551 0158
A, Mr Martin, 18 Albert Road, London	(020) 8989 9566	AUTIER, D, 26 Flat A Felbridge Rd, Ilford	(020) 8177 9658	B, A, 1 The Highams Forest View Road, E17	(020) 8531 4009
A, R, 12 King Edward Road, London	(020) 4539 6387	AVARD, I, 179 Sansom Road, E11	(020) 8599 4189	B, Mrs B, Mrs 141 Colebrook Lane, Loughton	(020) 8508 5311
ARNOLD, P, 121 Marmion Avenue, London	(020) 8524 5195	AVEIRO, J, 8 Bames Close, Manor Park	(020) 8478 4220	B, C, 30 Carnarvon Road, London	(020) 8109 3518
ARORA, P, 23 Martley Drive, Ilford	(020) 8220 5839	AVELLA, G.M, 74 New Road, E4	(020) 8529 5623	B, D, 14, Viking Pl Seymour Rd, London	(020) 3132 2963
A, S, 7 New Mossford Way, Barkingside	(020) 4529 5359	AVIS, D, Brookside 4 Hainault, Ilford	(020) 3561 6985	B, E, 81 Handsworth Avenue, London	(020) 8527 2622
ARSHAD, A, 51 Felbridge Road, Ilford	(020) 8590 5906	A, P, 38 Douglas Road, E4	(020) 8524 6588	B, F, 103 Kirkland Avenue, ILFORD	(020) 8550 6522
A, N, 131 Second Avenue, London	(020) 8177 7447	AVVULA, M, Flat 184, City View Centreway Apartments, Axon Place, Ilford	(020) 3092 0889	B, G, 77 Priory Avenue, London	(020) 8524 2575
A, O, 42 Brownlea Gardens, Ilford	(020) 8141 8029	AWAIS, M, 14 Cary Rd, Leytonstone	(020) 3617 4948	B, J, 9 Beech Hall Road, London	(020) 8527 0579
ARSLAN, A, 159 Ilford Lane, Ilford	(020) 8177 7431	AWAL, Dr Mohammad, 48 Madras Road, Ilford	(020) 8553 4098	B, K, 10 Orestes Court 39 Woodford Road, South Woodford	(020) 8989 0276
A, C, 12 Robinswood Gardens, London	(020) 8527 1147	AWAN, M, 11 Springfield Court Forsythia Close, Ilford	(020) 3132 8201	B, L, Mobile, 8a Peterson Court, Lower Road, Loughton	(07904) 767197
ARTAMONOVA, A, 271 Prospect Road, Woodford Green	(020) 7018 2694	A, S, 1 Abbotts Park Road, London	(020) 8925 9486	B, L.C.W, 62 Malvern Drive, Ilford	(020) 8599 0010
ARTHUR, P.M, 63 Collinwood Gardens, Ilford	(020) 8551 1551	A, S, 419 Cranbrook Road, Ilford	(020) 8220 2552	B, M, 103 Fyfield Road, London	(020) 8923 4673
ARTINO, A, Flat 3 Crest House Crest Walk, South Woodford, London	(020) 8989 1648	A, S, 9 Evanston Gardens, ILFORD	(020) 3560 9733	B, P, 27 Levett Gardens, Ilford	(020) 8597 6990
ARULAMPALAM, Mr S, 29 Grange Road, Ilford	(020) 3556 8644	AWDE, R, 4 Halstead Road, E11	(020) 8989 1189	B, P, 7 Mount Echo Avenue, E4	(020) 8524 0167
ARUMUGAM, D, Flat 24, Memorial Heights Monarch Way, Ilford	(020) 3354 7016	AWES, M, Flat 7, Howard Mansions Forest Road, London	(020) 8109 6804	B, P.F, 20 Fairlight Close, E4	(020) 8529 6230
A, U, 135 Wards Road, Ilford	(020) 8554 9179	AWESY, S, 64 Pearl Road, London	(020) 8521 1415	B, R, 127 Brocket Way, Chigwell	(020) 8501 4733
ARUMUGAPERUMAL, P, 2 Clark Grove, Ilford	(020) 3729 8041	AWUAH, F, 26 Greenham Cres Chingford Hall Est, Chingford	(07956) 416360	B, S, 11 Dymchurch Close, Ilford	(020) 8551 5030
ARUNACHALAM, Dharmarajah, 17 Grays Corner Ley Street, Ilford	(020) 8554 1041	A, L, Mills Court Flat 3 19, Harrow Green, London	(020) 3294 2199	B, T.W, 19 Grosvenor Rise Est, E17	(020) 8521 1294
ARUHO, M, Flat 2 Brook Court 2A Harrow Road, London	(020) 3689 4300				

BALD, A, 17 Worcester Road, London	(020) 8911 8743	B, N, 219 Huntsman Road, Ilford	(020) 8500 1502	BAXTER, A.P, 27 Avril Way, E4	(020) 8527 4391
BALDE, C, 104 Shakespeare Crescent, London	(020) 3712 6703	B, Admiral R, 20 Anworth Close, Woodford Green	(020) 3457 1730	B, I, 15 High Meadows, Chigwell	(020) 8500 9780
B, T, 227 Lavender Place, Ilford	(020) 3648 8642	B, R, 29 Aragon Drive, Ilford	(020) 8500 0683	B, J, 144 Middleton Avenue, London	(020) 8923 5363
BALDOCK, M.R, 80 Stockfield Road, London	(020) 8520 1053	B, T, 87 Wings Avenue, Walthamstow	(020) 8523 0229	B, R.N, 45 Chudleigh Crescent, Ilford	(020) 8590 3285
B, N.C, 4 Mount Echo Drive, E4	(020) 8524 4909	B, V, 30 Wanstead Park Avenue, London	(020) 8989 3290	BAYLEY, Miss D, 10 Rowan Close, Ilford	(020) 8177 7433
BALDWIN, C, 28 Barncroft Close, Loughton	(020) 8508 0985	B, W.H, 34 Merlin Grove, Ilford	(020) 8500 3708	B, E, J, 73 Lansdowne Road, E17	(020) 8521 9134
B, D.A, 10474 Forest Road, E17	(020) 8523 0179	BARNETT, B.H, 16 Southview Crescent, Ilford	(020) 8554 1529	B, M, 38 Lukin Crescent, London	(020) 8529 5507
B, R.E, 54 Walpole Road, E18	(020) 8505 1020	B, C, 30 Murchison Road, E10	(020) 8556 7618	B, S, Flat B 21 Rectory Road, E17	(020) 8520 5258
BALE, A, 16 Blackthorn Road, Ilford	(020) 3592 7627	B, D, 34 Walnut Way, Buckhurst Hill	(020) 8281 9021	BAYLIS, A, 23 Salisbury Hall Gardens, E4	(020) 8531 0771
BALENDORAN, P, 48 Spencer Road, Ilford	(020) 8491 6891	B, D.J, 41 Grantock Rd, E17	(020) 8523 2220	BAYLISS, R, Flat 5 High Oaks Lodge, 90 The Drive, London	(020) 8279 2868
BALINT, G, Flat 3 11 Bulwer Rd, London	(020) 7159 8037	B, G, 155 Trotwood, Chigwell	(020) 8500 3296	BAYS, J.J, 17 The Risings, E17	(07958) 467366
B, G, 26 Westward Road, E4	(020) 7159 3157	B, J, 29 Alveston Square, London	(020) 7310 1771	BAZALGETTE, A, 337A Forest Road, London	(020) 7411 7719
BALKAN, Ismet, 105 Hale End Road, E17	(020) 8523 4626	B, M, 94 Oak Hill Crescent, Woodford Green	(020) 8527 9514	BAZARNIK, A, 19 Preston Road, London	(020) 8530 4452
BALL, D.A, 19 Mundon Gardens, Ilford	(020) 8478 3138	B, R, 19 Brook Road, Loughton	(020) 8508 8856	BAZIN, J, 9 Anworth Close, Woodford Green	(020) 8504 3996
B, L, 15 Manor Way, E4	(020) 8529 6471	B, R, 35 Cherry Court Longwood Gardens, Ilford	(020) 8551 1891	BEACH, D, 9 Wyfields, Ilford	(020) 8924 4572
B, M, 25 Elsham Road, London	(020) 8926 3185	B, S, 12 Warren Ct, Chigwell	(020) 8500 8489	B, V, 21 Farthings Close, Chingford	(020) 8279 9381
B, R, 17 Forest View Road, London	(020) 3732 3659	BARNIS, V, 32 Hillcrest Road, London	(020) 8531 1814	BEAGER, F, Flat 3 21 Aldersbrook Road, E12	(020) 8530 6043
B, R, 48 Stoneleigh Road, Ilford	(020) 8550 7649	BARRON, J.A, 70 Buckingham Rd, E18	(020) 8504 9995	BEAK, E, Flat 1, Hunter Court Homesdale Close, London	(020) 8001 8777
B, S.H, 48 Hall Lane, E4	(020) 8524 6739	BARR, B, Flat 7 Barton Meadows, Ilford	(020) 8550 1446	B, N, 14 Oak Hall Road, E11	(020) 8530 1243
BALLAH, Mr 309 Church Road, London	(020) 8478 2698	B, G, 10 The Shrubbery Grosvenor Road, E11	(020) 8989 5349	BEAL, A, 44 Cheyne Avenue, LONDON	(020) 8989 0284
BALLARD, D, 43 Bergholt Avenue, Ilford	(020) 8550 7113	B, J, 41 Salisbury Road, London	(020) 8514 3845	BEALBY, M, 12 Chalgrave Crescent, Ilford	(020) 8550 9194
BALLESTEROS, D, 7 Addison Road, London	(020) 3723 8964	B, W, 2 Greaves Cottages Harbet Road, London	(020) 8531 8856	BEALES, J, 71 Church Lane, Loughton	(020) 8279 1273
BALLINGER, K.I.M, Flat 9 Trent Court New Wanstead, E11	(020) 9898 5007	BARRA, N, 73 Manor Farm Drive, E4	(020) 8524 0530	BEAN, J, 11 Folkestone Road, London	(020) 8503 6671
BALLO, S, 87 Chesterford Rd, E12	(020) 8514 2925	B, R, 98 Antlers Hill, London	(020) 8524 1609	BEARD, J, 24 Tree Tops 9 Sydney Road, Woodford Green	(020) 8505 2395
BALLOON, G, 320 Eastern Avenue, Ilford	(020) 8554 3766	BARRAGAN RUBIO, A, First Floor Flat 700 Lea Bridge Road, Leyton	(020) 3172 5211	BEARFIELD, T, 133 Kings Avenue, Woodford Green	(020) 8504 5633
BALLOO, P, 59A Ingleby Road, Ilford	(020) 3623 8658	BARRASS, A, 96 The Lindens, Loughton	(020) 8508 0375	BEARMAN, U, 2 Cuthbert Road, E17	(020) 8520 3676
BALMFORTH, K, 34 Wellfields, Loughton	(020) 8508 8265	BARRAT, S, 22 Tallack Road, London	(020) 8928 0435	BEASLEY, G, 6 Kimberley Way, London	(020) 8529 6472
B, T, 343 Cann Hall Road, London	(020) 8281 6787	BARRETT, A, 38 Penrith Road, Ilford	(020) 8500 9601	B, S, 58 Northumberland Avenue, London	(020) 8989 5950
BALODE, K, 103A High Street, E17	(020) 8520 9189	B, H, 129 Walnut Road, E10	(020) 8556 2203	B, W, 79 Swans Hope, Loughton	(020) 8500 3236
BALOG, I, 52 Belmont Park Road, London	(020) 3638 3472	B, J, 79 Essex Road, London	(020) 8558 5463	BEATON, R, 1 Southernhay, Loughton	(020) 8923 0229
BALOGUN, F, 13 Queens Drive, London	(020) 8556 8473	B, J, 238 Henley Road, Ilford	(020) 8514 4051	BEATTIE, P, 17 Spruce Hills Road, LONDON	(020) 3673 6633
BALTAG, F, Flat B 24 Cann Hall Road, Leytonstone	(020) 8519 4830	B, K, 24 Newmans Lane, Loughton	(020) 8281 0826	BEAUCHAMP, K, 25 Normanton Park, E4	(020) 3245 0009
BAMBA, F, 31 Titley Close, LONDON	(020) 3654 5570	B, K, 54 Wellfields, Loughton	(020) 8502 0242	BEAUMONT, A, 21 Hawsted, Buckhurst Hill	(020) 8505 0590
BAMBRIDGE, D, 107 West Grove, Woodford Green	(020) 3091 1675	B, Michelle, 29 Droveaway, Loughton	(020) 8502 5641	B, T, 20 Scotland Road, Buckhurst Hill	(020) 8505 3193
BAMIENT, J.M, 12 Cross Road, Woodford Green	(020) 8505 8092	B, S, 48 Meath Road, Ilford	(020) 8924 9199	BECAREVIC, M, Flat 55 Latchingdon Court 26 Forest Road, E17	(020) 8520 3431
BAMGBOYE, F.B, 211 St. Fabian Tower, Iris Wy, E4	(07956) 965365	B, T, 54 Deynecourt Gardens, London	(020) 8925 9382	BECCALONI, G, 14 Wimbome Close, Buckhurst Hill	(020) 8505 4842
BAMIDELE, O, 2 Frank Bailey Walk, E12	(020) 8553 2265	BARRIE, I, Flat 5 Malford Court The Drive, South Woodford	(020) 8075 2668	BECK, A, 101 Ruskin Avenue, London	(020) 8552 7096
BAMPTON, D, The Grange Lymouth Road, London	(020) 8509 1062	BARRIW, J, Flat 50 St Catherines Tower Beaumont Road, London	(020) 8141 7868	B, J, 2 Sovereign Place 2 St Johns Road, Loughton	(020) 8508 0341
BAMRAH, O, 220 Sherrard Road, E12	(020) 8552 7422	BARRON, J, 5 Beresford Road, E4	(020) 8524 8051	B, R, Flat 5 35 Falmouth Avenue, E4 London	(020) 8527 7012
BAMUNARACHCHIGE, S, Flat 2 349b Chigwell Road, Woodford Green	(020) 3565 7523	BARRY, B, 5 Burford Ct, E4	(020) 8503 2289	B, S.A, 158 Dawlish Drive, Ilford	(020) 8599 1464
BANARAS, I, 4 Glen Road, E17	(020) 8520 3959	B, E, 4 St. Rons Crescent, Woodford Green	(020) 8504 6511	BECKERSON, A, 6 Pulteney Road, E18	(020) 8989 5431
B, M, 28 Harrington Road, London	(020) 8527 0652	B, J.M, 36 Larkswood Road, E4	(020) 8529 8085	BECKETT, R, 27 Parkmore Close, WOODFORD GREEN	(020) 3623 7770
BANDARI, V, 4 Kettes Place, Chigwell	(020) 8500 3498	B, M, 47 Forest View Road, Walthamstow	(020) 8523 3969	BECKFORD, Mr G, Mr 30 Colchester Road, London	(020) 3417 9296
BANDARU, S, 333 Express Drive, Ilford	(020) 8177 1016	B, T, 27 Coleridge Road, London	(020) 8520 6222	B, Verona, Flat 8 Tenby Court Tenby Road, E17	(020) 8520 5909
BANERJEE, Dr K, 77 Bressay Grove, London	(020) 8530 6082	BARTZAK, N, 16 Lennox Road, Walthamstow	(020) 8509 3431	BECKWITH, G, 30 Rochdale Road, London	(020) 8539 4477
BANERJI, P, FAX, 44 Tryfan Close, Ilford	(020) 8505 0871	BARTER, M, 6 Hills Road, Buckhurst Hill	(020) 8505 6513	B, S, 39 Harvey Gardens, Loughton	(020) 8508 9651
B, P, 44 Tryfan Close, Ilford	(020) 8505 3324	BARTHRAM, J, 22 Kenilworth Gdns, Loughton	(07961) 519574	BEDDING, R, J, 132 Middleton Avenue, E4	(020) 8529 0710
BANFIELD, R.A, 58 The Drive, E17	(020) 8520 6508	B, J.D, 22 Kenilworth Gardens, Loughton	(020) 8508 9802	BEDFORD, Mr R, 227 Express Drive, Ilford	(020) 8141 1250
B, V.W, 32 Pole Hill Road, E4	(020) 8529 0249	BARTLETT, D, 20 Hampton Road, E4	(020) 8529 1626	B, W, 18 Highfield Road, Woodford Green	(020) 8491 6010
BANGA, A, Flat 42 Malford Court The Drive, South Woodford	(020) 3337 0488	B, K.J, 11 Larkswood Road, E4	(020) 8529 2232	BEDNARCZYK, P, Flat 5, Wentworth Court, 25 Castle Avenue, London	(020) 8377 0018
BANGURA, A, 31 Wellwood Road, Ilford	(020) 8141 1772	B, Paul, 36 Caernarvon Drive, Ilford	(020) 8551 1898	BEDOYA, F, 42 Salcombe Road, London	(020) 8556 7264
BANKS, D, 9 St. Ronans Crescent, Woodford Green	(020) 8504 9234	BARTLEY, D, 4 Horatio Lodge Orford Road, London	(020) 3601 3665	BEDRYLO, M, R O, 64a Normar Rd, London	(020) 3132 0209
B, F.A, 110 Broadmead Road, Woodford Green	(020) 8504 6552	BARTON, D, 22 Retreat Way, Chigwell	(020) 8501 3566	BEDWELL, F, Flat 44 Rayner Towers 2 Albany Road, E10	(020) 8556 6976
B, H.F, 12 Forest Approach, Woodford Green	(020) 8505 2012	B, D.J, 14 The Hollow, Woodford Green	(020) 8504 3356	BEEDEN, J, 11 Mendip Road, Ilford	(020) 8597 1760
B, J, 43 The Drive, Loughton	(020) 8508 4199	B, John, 7 Woodedge Close, E4	(020) 8559 3330	BEG, A, 108 Eskine Road, London	(020) 8521 4381
B, Peter, 32 Warren Rd, London	(020) 8529 1774	BART-WILLIAMS, A, 138 Stradbroke Grove, Ilford	(020) 8215 0337	B, A, 98 Sixth Avenue, E12	(020) 8553 3147
BANNERMAN, A.J, 167 St. Johns Road, E17	(020) 8531 9193	BARWELL, Mr J, Mr Flat 9, Corinth House, 33 Barley Lane, Ilford	(020) 8616 4339	BEGUM, A, 365 Sherrard Road, Manor Park	(020) 8470 9159
BANNERMAN-BRUCE, R.K, 32 Colenso Road, Ilford	(020) 8599 8834	BARWICK, A, 21 Penrith Road, Ilford	(020) 8270 3637	BEGUM ALI, T, 59 Walton Road, E17	(020) 8514 7131
BANNISTER, C, 19 Cherry Court Longwood Gardens, Ilford	(020) 8270 3904	BARWISE, F.J, 110 Gordon Road, Ilford	(020) 8553 3081	BEGUM, B, 17 St. Lukes Avenue, Ilford	(020) 3726 6302
BANO CHAUDHRY, S, 44 Richmond Road, Ilford	(020) 8478 7067	BARZEY, Essther, Flat 18 John Cornwell V C House Grantham Road, E12	(020) 8478 8376	B, F, 104 Blaxhall Road, E10	(020) 8556 9259
BANO, S, 127b Hoe Street, London	(020) 8520 7977	BASDEV, Sarra, 6/1 St. Mary Rd, E17	(020) 8521 0884	B, Fahmida, 38 Rutland Road, Ilford	(020) 8911 7144
BANSAL, Ravi, 175 Dawlish Drive, Ilford	(020) 8597 9378	BASHAR, M, 43 Sandsons Close, Ilford	(020) 8514 0032	B, H, 503 Green La, Ilford	(020) 8597 1522
BANU, H, Flat 13, Colby Lodge 1C The Drive, London	(020) 3609 6193	BASHEER, F, 43 Mayville Rd, LONDON	(020) 7165 7221	B, Ismat Ara, 23 Fairlop Road, London	(020) 8558 5996
B, S, 112 Coventry Road, Ilford	(020) 3380 7176	BASHFORD, N, 237 The Avenue, LONDON	(020) 3723 7370	B, L, 271 Horns Road, Ilford	(020) 3565 3810
BANWATH, I, 16 Aberdour Road, Ilford	(020) 8598 9394	BASHIR, A, Boleyn Ct Epping New Rd, Buckhurst Hill	(020) 8504 5195	B, M, 13C Elgin Road, Ilford	(020) 3532 8571
BANWELL, K, 10 Millers Close, Chigwell	(020) 8257 0352	B, A.A, 15 Gordon Rd, Ilford	(07956) 542629	B, M, 13 Northdown Gardens, Ilford	(020) 3592 4374
BAPARI, Mr Kamal, 66 Broomhill Road, Ilford	(020) 8091 1728	B, Ms H, Ms 108 South Park Road, Ilford	(020) 3532 6834	B, M, 13 Rodding Lodge Royston Gardens, Ilford	(020) 8554 7539
BAPNA, A, 43 Imperial Heights Queen Mary Avenue, London	(020) 3624 3826	B, I, 289 Kingston Road, Ilford	(020) 8514 4765	B, N, 49 Melford Road, E17	(020) 3132 7570
BAPTIE, D.L, 73 Brindwood Rd, E4	(020) 8524 0135	B, Saber, 14 Studley Dr, Ilford	(020) 8554 5436	B, R, 41 Crown Road, ILFORD	(020) 3529 3115
BAPTISTE, N, 16 Hathaway Cres, E12	(020) 8472 3317	BASHKARAN, T, 35 Woodend Road, London	(020) 8527 2309	B, Reha, 11 Farley Drive, Ilford	(020) 8598 2605
B, R, 108 Wyemead Crescent, London	(020) 3015 8675	BASIR SHAKH, S, 71 Burwell Road, Ilford	(020) 3004 0651	B, R, 35 Ranelagh Gardens, ILFORD	(020) 3526 3668
B, S, 220 Westward Road, London	(020) 8923 9217	BASLER, S, 153 Mortlake Road, Ilford	(020) 8514 5531	B, R, 30 Trevor Roper Close, Ilford	(020) 8478 2983
BARBER, C, 92 Bawdsey Avenue, Ilford	(020) 8590 1992	BASRA, S, 54 Fremantle Road, Ilford	(020) 8550 0124	B, R, 3 Parkview Court Flat 14 54, Brancaster Road, Ilford	(020) 3380 9735
B, G, 136 Richmond Road, Ilford	(020) 8553 0016	BASS, G.D, 1 Kirby Close, Loughton	(020) 8508 0077	B, Admiral S, 29a Fourth Avenue, Manor Park	(020) 4568 7985
B, G, 43 Woolhampton Way, Chigwell	(020) 8551 1124	B, S, 31 Atherton Road, Ilford	(020) 8550 5123	B, Mrs S, 30 Grange Park Road, E10	(020) 8177 2188
B, J, 337A Mortlake Road, Ilford	(020) 8220 6279	BASSAN, D, 31 Toronto Road, Ilford	(020) 8514 1198	B, Miss S, 139 Kensington Avenue, London	(020) 8177 7039
B, J.D, 83 Dawlish Drive, Ilford	(020) 8590 6792	B, S, 12 Dudley Road, Essex	(020) 8514 1198	B, S, 63 Long Green, Chigwell	(020) 8500 7703
B, L.M, 13 Coopers Close, Chigwell	(020) 8500 5239	BASSETT, C, 175 Aldrich Way, London	(020) 8117 2106	B, S, Mobile, 214 Ray Lodge Road, Wood Green, Essex	(07949) 752489
B, P, 254 Buckhurst Way, BUCKHURST HILL	(020) 8505 6438	B, P, 66 Alfred Road, Buckhurst Hill	(020) 8505 8066	B, S, 1017 Romford Rd, E12	(020) 8478 0431
BARBERESS, B, 143A Ley Street, Ilford	(020) 8252 9010	B, S, 127 Coleridge Road, London	(020) 8509 3431	B, Mrs S, 28 Windsor Road, London	(020) 8530 7727
BARBIER, Mrs Ghislaine, 41 Mount Avenue, London	(020) 8529 7649	BASSETT, C, 175 Aldrich Way, London	(020) 8117 2106	B, T, 55 Vicarage Lane, Ilford	(020) 8597 6474
BARBU, S, 50A Grove Green Road, E11	(020) 8556 6025	BASHI, H.S, 6 Bethell Avenue, Ilford	(020) 8554 4214	BEHAN, J, 9 Trevoze Road, London	(020) 8923 4518
BARDAKH, N, 71 Peel Road, E18	(020) 8504 5918	B, Kulwinder, 48 Jefferson Close, Ilford	(020) 8518 6215	BEINE, J, 347 Fullow Avenue, Ilford	(020) 8550 9487
BARDI, A, 10b Britannia Road, Ilford	(020) 3620 9347	B, S, 101 Stradbroke Grove, ILFORD	(020) 8550 0530	BEINY, A, 20 Fairlop Road, Ilford	(020) 8550 3677
BARDOT, S, Flat 4 19 Carlton Road, E12	(020) 8553 4953	BASSO, A, 11 Morgan Avenue, London	(020) 8527 8709	BEIU, D, Flat 2 33 Chesterfield Road, Leyton	(020) 3724 6412
BAREE, F, 26 Esther Road, E11	(020) 8556 2474	BASTER, Renate, 80 Forest Edge, Buckhurst Hill	(020) 8504 1055	BELIU, V, 18 Monarch Way, Ilford	(020) 3648 4916
BARFIELD, Kenneth, 84 Chelnsford Road, South Woodford	(020) 8505 7109	BASTHANS, Milroy, 24A Hoe Street, E17	(020) 8257 9323	BELAHYA, B, 55 Wilmot Road, London	(020) 8558 7422
BAREN ZAMBRANO, N, 318 Hallel Road, E12	(020) 3643 8364	BASTIN, L, 58 Express Drive, Ilford	(020) 7285 7711	BELAM, R, 92 Douglas Avenue, London	(020) 8923 1148
BARGAN, V, 6 Gatekeepers House Queen Mary Avenue, London	(020) 7543 8073	BASTONE, A, 6 Powell Drive, London	(020) 4541 1925	BELBE, V, 53 Crescent Road, London	(020) 3538 6261
BARHAM, A.P, 18 Ashbourne Avenue, E18	(020) 8989 7513	BASU, G, 68 Broadmead Road, Woodford Green	(020) 8504 4197	BELCHER, C, 3 Tower Close, Ilford	(020) 8501 0084
B, B.F, 41 High Road, Loughton	(020) 8508 5420	BATAC, J, Flat 1 279 Forest Road, E11 London	(020) 8556 8382	BELL, C, 42 Aubrey Road, London	(020) 8926 7853
B, H, 79 Wansford Road, Woodford Green	(020) 8504 2385	BATCHELOR, S, 2 South Avenue, LONDON	(020) 8529 2218	B, H, 29 The Avenue, Loughton	(020) 8508 3840
B, P, 22 Preston Drive, London	(020) 8925 3155	BATEMAN, A.B, 29 Belgrave Road, E11	(020) 8503 6523	B, I, 119 Fyfield Road, E17	(020) 8520 5405
B, R.L, 67 Coppermill Lane, E17	(020) 8521 3701	BATES, B, 102 Long Green, Chigwell	(020) 8252 1531	B, J, 12 Dorchester Gardens, E4	(020) 8529 5007
BARI, Rb, 51 Ashburn Avenue, Ilford	(020) 8594 9644	BATES, B, 39 Tenyson Avenue, E11	(020) 8989 2885	B, J, 28 Greensted Rd, Loughton	(020) 8418 7801
BARISAUSSKA, Edvina, 67 Frinton Mews, Ilford	(020) 8554 250				

Residential Listings

BENDELOW, C.M, 48 Lloyd Road, E17	(020) 8520 6133	BHADRESH, D.L, 53 Ridgeway Gardens, Ilford	(020) 8550 8497	B, L, 22 Holmwood Road, Ilford	(020) 8924 3611
BENDON, Paul, 5 The Ridings Romford Road, Chigwell	(020) 8501 1224	BHAGALIA, M, 22 Westerham Road, London	(020) 8539 1525	BLACKMAN, T, 55 Sandringham Road, E10	(020) 8556 0368
B, S, 42 Fullwell Avenue, ILFORD	(020) 8550 2768	BHAKAR, D, 7A Mornington Road, Woodford Green	(020) 8559 2035	BLACKMORE, F, Flat 14 Cranbourne Court Hermon Hill, E18...	(020) 8530 2978
BENEFLEIDA, N, 23 Kenilworth Gardens, ILFORD	(020) 3560 3799	BHAMRA, J, 35 Sunnyside Road, ILFORD	(020) 8553 0433	BLACKWELL, E, 11 Levett Gardens, Ilford	(020) 8590 3077
BENEY, C.M, 127 Claude Road, E10	(020) 8539 6499	B, J, 118a Windsor Road, Ilford	(020) 8514 1009	BLACKWOOD, Paul, 57 St. Barnabas Road, E17	(020) 8279 7652
BEN-HYLTON, A, Flat 27 Calver Court 52a Radbourne Crescent, London	(020) 3565 5844	B, N, 29 Kingston Road, Ilford	(020) 8514 1702	BLADGEN, F, 97 Barley Lane, Ilford	(020) 8599 0836
BENJAMIN, B, Benjamin Pharmacy, 263 Chingford Mount Road, London	(020) 8281 4606	BHARA, S, 111 Staines Road, Ilford	(020) 8220 3880	BLAIN, G, 154 Glengall Road, Woodford Green	(020) 8505 7954
B, C, 35 Bute Road, Ilford	(020) 8554 9432	BHARAJ, J, 17 Wray Avenue, Ilford	(020) 8270 1204	B, H.J, 67 Ardmore Lane, Buckhurst Hill	(020) 8504 9801
B, G, 43 Chingford Avenue, London	(020) 8529 3055	B, L, 59 Ridgeway Gardens, Ilford	(020) 8924 7385	BLAIR, V, 31 Haslemere Road, Ilford	(020) 8503 8761
B, J.C, 20 Monkams Drive, Woodford Green	(020) 8559 0286	BHARATHAN, S, 412 Ley Street, Ilford	(020) 8793 9007	B, Z, 49 Coney Burrows, London	(020) 8270 7005
B, O, 42 Macdonald Road, E17	(020) 8527 5399	B, I, 57 Malvern Drive, Ilford	(020) 8599 2313	BLAKE, A, Flat 1 Kendal Court 63 The Ridgeway, E4	(020) 8524 4746
B, R, 110 Little Ilford Lane, E12	(020) 8478 4998	BHARDWAJ, A, 3 Khartoum Road, Ilford	(020) 8514 8013	B, Miss N, 28 Malvern Avenue, London	(020) 8177 5522
B, R, 58 Palmerston Road, LONDON	(020) 8520 7514	B, M, 70 Empress Avenue, Ilford	(020) 8554 7364	B, R, 46 Barrington Green, Loughton	(020) 8508 7822
B, R.E, 177 Manor Road, Chigwell	(020) 8500 2032	BHARGAVA, S, 7 Glen Crescent, Woodford Green	(020) 8252 7869	BLAKE-HERBERT, A, 33 Kings Road, London	(020) 8524 2342
B, Shirley, 30 Limes Avenue, Chigwell	(020) 8500 9562	BHASKARAN, S, 352 Fullwell Avenue, Ilford	(020) 8550 7241	BLANAR, J, 148 Colchester Rd, E10	(020) 8988 6394
BENN, H.R, 13 Inglewood Close, Ilford	(020) 8500 7413	BHASKARAN, S, 352 Fullwell Avenue, Ilford	(020) 8550 7241	BLANCHARD, F, 74 Abbotswood Gardens, Ilford	(020) 8551 9842
BENNACEF, J, 1948 Queens Road, Buckhurst Hill	(020) 8505 2449	BHATT, J.N, Dr 52 Ladymith Avenue, Ilford	(020) 8518 4307	BLANCHFIELD, Joseph, 7 Nyssa Close, Woodford Green	(020) 8491 0994
BENNETT, P, 87 Harold Road, London	(020) 8556 1090	B, J, 91 Sandhurst Drive, ILFORD	(020) 3016 3362	BLAND, A, Flat 34, Staveley Court Hermon Hill, London	(020) 8530 6241
BENNETT, A, 36 Belgrave Road, E17	(020) 8279 2308	BHATT, J.N, Dr 52 Ladymith Avenue, Ilford	(020) 8599 9089	B, M, 22 Teesdale Road, London	(020) 8530 5957
B, A, 4 Woodside Gardens, London	(020) 8531 3648	B, N, 142 Leyswood Drive, Ilford	(020) 8599 2346	B, R, 107A The Avenue, London	(020) 8523 1607
B, C, 17 Peel Road, London	(020) 8502 9050	B, Mr N, 34 Pearl Rd, London	(020) 8141 6587	BLANEY, J.W, 1 North Close, Chigwell	(020) 8520 0446
B, C, 136 Torrington Drive, Loughton	(020) 8418 9086	B, R, 66 Roding Lane South, Ilford	(020) 8550 3212	BLAY, J, 16 Rosslyn Avenue, London	(020) 8524 8079
B, C.G, 167 Horn Lane, Woodford Green	(020) 8505 1166	B, Mr Y, 5 Pembroke Rd, Ilford	(020) 8599 0780	BLENHAM, R.G, 39 Leicester Gardens, Ilford	(020) 8597 1015
B, E.R, 38 Scarborough Road, E11	(020) 8558 5901	BHATTACHARYA, K, 110 Castleview Gardens, Ilford	(020) 8518 3617	BLEWETT, J, 2 Penrhyn Avenue, London	(020) 8523 2405
B, F, Flat 6 379a Eastern Avenue, Ilford	(020) 8554 4099	BHATTACHARYA, I, Raphael House Flat 1601 250, High Road, Ilford	(020) 3722 2708	BLIGH, M, 32 Woodbury Road, E17	(020) 8520 2234
B, G, 10 Corbicum, E11	(020) 8539 7953	BHATTI, A, Mobile, Flat 31, Buxton House Buxton Drive, London	(07958) 168794	BLIGHT, R.A, 22 Charnwood Drive, E18	(020) 8989 1394
B, H, 54 Forest Approach, Woodford Green	(020) 8532 9493	B, H, 43 Cambridge Road, Ilford	(020) 8590 2935	BLITZ, M, 126 Redbridge Lane East, Ilford	(020) 8550 8806
B, I, 10 Holly Drive, London	(020) 8524 6499	B, Mr H, 13 Elstree Gardens, Ilford	(020) 8553 9663	BLOCK, J, 84 Otley Drive, Ilford	(020) 8554 2077
B, K, 23 Felstead Road, Loughton	(020) 3509 9669	B, M, 90 Grosvenor Road, Ilford	(020) 8478 4061	B, S.D, 74 River Way, Loughton	(020) 8508 5069
B, L, Warren Lodge Warren Pond Road, Chingford	(020) 8529 9702	BHAVANANTHAN, Chenniiah, 48 Bawdsey Avenue, Ilford	(020) 8590 0263	BLOIS, R, 13 Roding Gardens, Loughton	(020) 8520 3902
B, M, 47 Wellesley Road, E11	(020) 8530 8152	BHESANIA, E, Flat 2, 81 Howard Road, London	(020) 8926 6258	BLOME, I, 25 Dale View Avenue, E4	(020) 8524 3716
B, R, 75 Cavendish Drive, London	(020) 8539 7501	BHEWA, V, 12 Higham Hill Road, London	(020) 8531 4913	BLOOM, E, Flat 20 Oleastor Court Stoneleigh Road, Ilford	(020) 8551 5108
B, Robert, Flat 8 St. Josephs Court 24 Forest View, E4	(020) 8524 7719	BHOGAL, Jaswant, 186 Grange Road, Ilford	(020) 8553 0355	B, M, 23 Churchill Lodge 50 Savill Row, Woodford Green	(020) 8505 2369
B, Ross, 40 Lynnwood Close, E18	(020) 8505 0460	B, S, 75 Sunnymede Drive, ILFORD	(020) 8551 1645	BLOOMMAN, K, 65 Kirkland Avenue, Ilford	(020) 8550 1958
B, R.J.T, 3 Newcastle Avenue, Ilford	(020) 8500 9716	BHOIWANI, H, (Mobile), 12 Braitre Avenue, Ilford	(07956) 567182	BLOOMFIELD, S, A 44 Leybourne Road, E11	(020) 8279 5660
B, S, 49 Blackmore Road, Buckhurst Hill	(020) 8281 8378	BHONSLE, V, (10) The Uplands, Loughton	(020) 8502 0897	B, V.A, 30 Fyfield Road, E17	(020) 8521 1205
B, S, 128 Chester Road, Ilford	(020) 8599 4045	BHUDIA, D, 62 Dawlish Dv, Ilford	(020) 8590 2900	BLOUNT, Mrs Phyllis, 479 New North Road, Ilford	(020) 3659 9186
B, S, 29 Pelham Road, London	(020) 8989 0381	B, Mr Dhiraj, 26 Denham Drive, Ilford	(020) 8220 8929	BLOUNT, S, 39 New Road, London	(020) 8524 0527
B, S.T, 36 Bracken Drive, Chigwell	(020) 8501 0459	B, K, 367 Eastern Avenue, Ilford	(020) 8550 2239	BLUCK, J, Flat 19 King Court 25 Capworth Street, Leyton	(020) 8556 4061
BENNETTO, P, 18 Blenheim Road, E17	(020) 8527 5755	B, K, 367 Eastern Avenue, Ilford	(020) 8550 2239	BLUTH, Mr John, 21 Silverthorn Gdns,	(020) 8524 6610
BENNIE, C, Flat 10 Colts Yard 10 Aylmer Road, E11	(020) 8556 0397	BHUGTIAR, K, 13 Ellesmere Gardens, Ilford	(020) 8924 3891	B, K, 44 Smeaton Road, Woodford Green	(020) 8281 9809
BENSON, A, 23 Palace Gardens, Buckhurst Hill	(020) 8504 4048	B, K.B, 13 Ellesmere Gardens, Ilford	(020) 8550 1942	B, P, A Conington Crescent, London	(020) 8281 3768
B, G, Mobile, 23 Lyndhurst Road, London	(07976) 263269	BHUNIA, D, 51 Heybridge Drive, Ilford	(020) 8550 6756	BOACHIE, K, Flat 132, Blenheim Court Navestock Crescent, Woodford Green	(020) 8498 0419
BENT, Miss D, 111 Blyth Rd, London	(020) 8558 1805	BHULIA, M, 11 Harold Road, London	(020) 8925 8479	BOAK, A, 103 Bridge End, E17	(020) 8527 7351
B, Miss S, 158 Stockfield Road, London	(020) 8177 8325	BHUNDIA, B, 26 Ridgeway Gardens, Ilford	(020) 8924 7593	BOAKY-BOATENG, D, 26 Thurlow Gardens, Ilford	(020) 8500 5727
BENTLEY, C, 23 Audley Gardens, Loughton	(020) 3609 5587	BHURU, J, 83 Wensleydale Avenue, Ilford	(020) 8551 2716	BOAKY-TYSMSI, K, 83 Prospect Hl, E17	(020) 8223 0716
B, D, 12 Leader Avenue, Manor Park	(020) 3158 8822	BHUVANENDRAN, D, Mobile, 253 Westward Rd, London	(07903) 335353	BOARD, M, 20 Woodberry Way, London	(020) 8524 2610
B, D, 250 Mortlake Road, Ilford	(020) 8478 9624	BI, K, 17 Chingdale Road, London	(020) 3754 9759	BOATENG, Ameyaw, 50 Theydun Street, E17	(020) 8539 1123
B, J, 34 Grantlock Road, London	(020) 8531 4945	BIALEK, E, 62 Farmer Road, Leyton, London, London	(020) 3620 6889	B, C, 25a Capworth Street, London	(020) 8556 4647
B, S, 10 Brook Rise, Chigwell	(020) 8500 4302	BIANCHI, M, Flat 11 St. Columbas House 16 Prospect Hill, London	(020) 8520 7808	B, K, 1 Flaxen Close, London	(020) 3590 9850
BENTON, L, Flat 9 Oxford House 126-28 Tomswood Hill, Ilford	(020) 8500 7899	BIBBY, Emmanuel, 26 Owen Waters House 380 Fullwell Avenue, Ilford	(020) 8551 6361	B, Lucy, 75 Higham Street, London	(020) 8531 6158
B, T, 1 Browning Close, E17	(020) 8509 0200	BIBI, F, 106 Burrow Road, Chigwell	(020) 3726 0330	BOATSWAIN, Mrs Donna, 4 Folkestone Road, London	(020) 8520 6412
B, T, 11 Wood Lane, Woodford Green	(020) 8504 1346	B, Miss F, 177 Stanley Rd, Ilford	(020) 8177 7423	BOB, A, 50 Limes Avenue, Chigwell	(020) 8500 4567
BENVENIGU, M, 52 Francis Road, London	(020) 7305 6386	B, N, Flat 19 395 Eastern Avenue, Ilford	(020) 8554 4284	BOB, A, Flat 3 Churcher House 88 Jack Cornwell Street, E12	(020) 8013 2023
BENVYAM, D, 296 Limes Avenue, CHIGWELL	(020) 3643 3022	BIBISHENAZ, A, Ground Floor Flat 320 Strone Road, London	(020) 3509 3548	BOBIS, R, 81 Huntsman Road, Ilford	(020) 8500 0338
BEPARI, K, 48A Albert Road, Ilford	(020) 3669 3055	BIBIZADEH, H, 39 Levett Gardens, Ilford	(020) 8598 8001	BODINI, L, 404 Billet Road, London	(020) 8925 5906
BERAKET, E, 95 Sixth Av, E12	(07940) 397549	BICKERS, S, 27 Amanda Close, Chigwell	(020) 8500 7925	BODNAR, O, Flat 8 Hedgemoor Court Castle Avenue, London	(020) 3718 5149
BERESFORD, I, Flat 11 Cyan Court Frederic Street, LONDON	(020) 3536 8788	BICKFORD, G, 194 The Broadway, Loughton	(020) 8502 3175	BOE, D, Flat 6 Lindal Court Chelmsford Road, London	(020) 8924 4736
BERETA, Mark, 24 Mynock Drive, Loughton	(020) 8418 9127	BICKNELL, D, 46 Rosedene Gardens, Ilford	(020) 8551 2694	B, Mr E, 123 Albert Road, London	(020) 8558 7211
BERG, Mrs R, Mrs 16 Broad Oak, Woodford Green	(020) 8504 3050	BIDMEAD, Miss M, 88 Woodlands Avenue, London	(020) 8989 3773	BOENKE, C, 23 Barfields, Loughton	(020) 8508 9868
B, R, 66 Endeavour Road, London	(020) 8524 9119	BIELECKI, D, 22C Belmont Road, ILFORD	(020) 8478 3192	B, S, 49 Peacraft Road, E11	(020) 8539 7858
BERGER, I, 63 63 Grange Cres, Chigwell	(020) 8500 1697	BIELECKI, D, 22C Belmont Road, ILFORD	(020) 8478 3192	BOGAN, M, 9 Chester Road, E11	(020) 8989 8525
BERGIN, Mrs M, 62 Higham Station Avenue, London	(020) 8527 7105	BIELECKI, D, 22C Belmont Road, ILFORD	(020) 8478 3192	BOGDAN, C, 18 Guildway, London	(020) 8281 2949
BERHAM, F, 3 Willow Street, London	(020) 8001 2805	BIELECKI, D, 22C Belmont Road, ILFORD	(020) 8478 3192	BOGGI, Ivana, 1 Drysdale Av, Chingford	(020) 8529 2857
BERICA, I, 23 Calderon Road, Leytonstone	(020) 7464 6715	BIFUTU, T, 14 Jaffe Road, Ilford	(020) 3560 9280	BOGGIS, A.J, 26 Claremont Grove, Woodford Green	(020) 8498 9794
BERKLEY, D, Flat 1 Thomas Court New Mossford Way, Barkingside	(020) 8551 2387	BIGGINS, J, Ivy Cottage The Forest, Leytonstone	(020) 8989 5924	BOGHICI, A, 18 Cambridge Close, LONDON	(020) 3720 8948
B, R, 295 Fullwell Avenue, Ilford	(020) 8550 4818	B, J, 2A Waterhall Close, E17	(020) 8523 1318	BOHDANOWICZ, K, 45 Bredden Road, Walthamstow	(020) 8531 7580
BERLEA, A, Flat A 180 Vicarage Road, Leyton	(020) 3723 2836	BIGGS, A, 27 Valley Close, Loughton	(020) 8502 0862	BOHUSLAVSCHIL, N, 74 Cobden Road, London	(020) 8988 1992
BERMAN, A, 33 Felstead Avenue, Ilford	(020) 8551 2525	B, R, 5 Kingsley Road, Loughton	(020) 8529 8066	BOHUSZEWISZ, J.V, 39 Forest App, Woodford Green	(020) 8504 7766
BERNAL, N, 19 Chester Road, London	(020) 8989 1904	BIGLEY, J.C, 21 Brindwood Road, E4	(020) 8500 8519	BOKWA, Muzinga, Flat 31A Elizabeth Court Navestock Crescent, Woodford Green	(020) 8504 7173
BERNARD, K.J, 35 Chaucer Road, E17	(020) 8527 9859	BIHAL, P, (Mobile), 85 Woodlands Rd, Ilford, Essex	(07960) 504694	BOLAND, K.T, 16 Shaftesbury Road, E4	(020) 8529 5317
B, Ola, 32 The Birches Stn Rd, E12	(020) 8514 0988	BIEKIS, S, Dentalux Ltd 489 High Road Leytonstone, London	(020) 8558 8656	BOLAZI, Mr G, 75 St. Johns Rd, London	(020) 8523 5335
BERNHHEIM, E, 17 Westbury Road, Buckhurst Hill	(020) 8505 1314	BILAL, A, 7c Selborne Rd, Ilford	(020) 8514 1675	BOLINA, Mohinder, 16 Newbury Road, Ilford	(020) 8597 4772
BERNSTEIN, F, 37 Abbotswood Gardens, Ilford	(020) 8551 1414	B, M, 22-24 The Avenue, London	(020) 3718 4117	BOLINGBROKE, L.J, 24 Herbert Rd, E12	(020) 8514 4956
BERRICLOTH, P, 112 West Grove, Woodford Green	(020) 8504 8505	BILALAKHTAR, Muhammad, Unit C2 20-22 Fowler Road Hainault Business Park, Ilford	(020) 8500 4840	BOLISTER, R, 13 Long Deacon Road, E4	(020) 8529 3820
BERRIDGE, L, 16 Fraser Road, London	(020) 8257 6654	BILL, S, 1 Raymond Avenue, E18	(020) 8989 2083	BOLITHO, M, 115 Trelawney Road, Ilford	(020) 8501 5459
BERRILL, M.C, 7 Deacon Way, Woodford Green	(020) 8508 8239	BILLA, A, 142 Buckhurst Way, Buckhurst Hill	(020) 8793 4559	BOLLE, M, Flat 2 Cleastor Court Stoneleigh Road, Ilford	(020) 8550 3258
BERRIMAN, Adm B, 90 York Road, E4	(020) 8524 5015	BILLET, A, 26 Crofton Grove, London	(020) 8523 9196	BOLLEGALA, A.J, 25 Monkswood Gardens, Ilford	(020) 8550 1171
BERRY, E, 23 Brettenham Road, London	(020) 8925 4057	BIMAZIR, Gina, 31 Willsmead Way, Loughton	(020) 8502 2248	BOLLEY, T, 4 Rolls Park Road, London	(020) 8925 0138
B, Mrs E, 54 Highwood Lane, Loughton	(020) 8508 8239	BINBUGA, C, Flat F Ruscon Court 98a Hainault Road, E11	(020) 3720 8399	BOIT, R, 75 Millais Road, LONDON	(020) 3538 3781
B, F, 30 Dellwood Gardens, Ilford	(020) 8491 6593	BINGER, G.A, 18 Hervey Park Road, E17	(020) 8521 5763	BOLTON, D, Flat 427 Enterprise House 112 Kings Head Hill, E4	(020) 8523 7761
B, K.B, 57 Meadow Way, Ilford	(020) 8599 0069	BINGHAM, E, 17 The Bramblings, London	(020) 8524 4540	B, S, 73c Egin Road, Ilford	(020) 8598 1133
B, Mr L, Mr 34 Beehive Lane, Ilford	(020) 8554 4709	BINNS, D, 57 Chalgrave Crescent, Ilford	(020) 8550 7203	B, V, 34 Waltham Way, LONDON	(020) 8529 8896
B, M, 75 Appleparth Drive, Ilford	(020) 8599 6665	BINTALI, R, Flat 31, Mamie Court, 675 High Road Leytonstone, Leytonstone, London	(020) 3802 5782	B, V, 34 Waltham Wy, E4	(020) 8529 4008
B, M, 37 Croft Lodge Close, Woodford Green	(020) 8505 6876	BIRCH, Ms 153 Little Ilford Lane, London	(020) 8553 3296	BOMTELA, G, 27 Stow Crescent, LONDON	(020) 3566 6107
B, P, 60 Rivenhall Gardens, E18	(020) 8989 5127	BIRD, A, 4 Fairview Gardens, Woodford Green	(020) 8505 7042	BONASSI, Miss L, 325 Hoe Street, E17	(020) 8141 7616
B, R, 111 Oakwood Hill, LOUGHTON	(020) 8281 1520	B, A, 20 Leighton Avenue, E12	(020) 8911 7425	BOND, A, 224 Prospect Road, WOODFORD GREEN	(020) 3732 4657
B, S, 32 Carriage Mews, Ilford	(020) 8553 2750	B, Colin, 54 Wesley Road, E10	(020) 8556 0770	B, C, 70 Chingford Avenue, London	(020) 3308 6993
B, V, 33 Kingfisher Avenue, London	(020) 8530 5796	B, F.G, 64 High Beech Road, Loughton	(020) 8508 1047	B, C, 11 Woolhampton Way, Chigwell	(020) 8527 0388
BERRYMAN, F, 7 Bentley Way, Woodford Green	(020) 8504 9083	B, L, 14 Burrow Close, CHIGWELL	(020) 8502 7270	B, Joseph, 15 Hillside Gdns, Walthamstow London	(020) 8521 1676
B, Linda, 11 Marian Lawson Court 168-74 Manford Way, Chigwell	(020) 8502 7737	B, P.L, 18A Aldersbrook Road, London	(020) 8530 5750	B, J, 186 Wards Road, Ilford	(020) 8554 5647
BERTELLA, D, 93A Colworth Road, E11 London	(020) 8556 5198	B, S, 15 Bethel Avenue, Ilford	(020) 8554 2283	B, P, 26 Cleveland Park Crescent, London	(020) 8923 5842
BERTRAND, J, 47 Woodcote Road, E11	(020) 8989 4276	BIRD, M, 381 Coppenfield, Chigwell	(020) 3524 3636	B, R, 2 High Road, Loughton	(020) 8523 0959
BERTUCHI, T, 90 Eden Road, London	(020) 8923 4841	BIRKETT, E, 43 Wilton Place, London	(020) 3489 9268	BONDAR, R, The Point Flat 42 6, Tower Mews, London	(020) 3724 2077</

BORIES, C, 184A Sheringham Avenue, E12	(020) 8514 0334	BRATT, P.D, 107 Onslow Gardens, E18	(020) 8989 8323	Buckhurst Hill	(020) 3524 0946
BORISOVA, G, First Floor Flat 2 147 Murchison Road, Leyton	(020) 3532 7189	B-RATTIGAN, Kz, 27 Radlix Road, E10	(020) 8556 5066	B, B, 130 Winchester Rd, E4	(020) 8141 5931
B, N, 33 High View Road, London	(020) 3623 0704	BRATU, Mihaela, 8B Gordon Road, E11	(020) 8530 0334	B, B.F, 19 Kimberley Road, E4	(020) 8529 2912
BORKOWSKA, A, 71 Victoria Road, London	(020) 3016 4905	BRAUN, Miss L, Flat 4 Abbots House 8 Sherwood Close, London	(020) 8503 3201	B, C, 17 Brinkworth Road, Ilford	(020) 8550 9587
BORKOWSKI, J, 49 Harman Rise, Ilford	(020) 3532 0232	BRAY, A, 32 Stanmore Road, E11	(020) 8989 2406	B, C, Mobile, 222 Francis Road, London	(07932) 324426
BORN, K, 39 Carnarvon Road, London	(020) 8530 8994	B, A, 156 West Gate, Woodford Green	(020) 8504 1174	B, C, 35 Maude Terrace, E17	(020) 8521 0231
BOROS, A, 103 Diana Road, London	(020) 3654 3066	B, H, 1 Coppice Path Court Coppice Path, Chigwell	(020) 3015 4808	B, C, Flat 18 Cedars House The Drive, Walthamstow	(020) 3161 5966
B, 1, 171B Manor Road, Chigwell	(020) 8500 3332	BRAZEVICIENE, R, Flat 8 Lincoln Court 634-58 Eastern Avenue, Ilford	(020) 8518 2587	B, D, Mobile, 23 Ivet Farm Close	(07957) 117281
BOROVSKI, V, 237 St. Barnabas Road, Woodford Green	(020) 8504 4467	BRAZIER, H, 41 Beech Hall Crescent, E4	(020) 8527 8556	B, D, 60A Marlborough Road, London	(020) 8989 0049
BORRELL, J, 24 Manor Road, London	(020) 8539 6536	BREAME, R, 85 Ashville Rd, LONDON	(020) 8539 6112	B, D, 4a Meadow, Ilford	(020) 8598 2934
BOSONMPEM, P, Flat 44, Oakside Court Fencepiece Road, Ilford	(020) 7671 4698	BREARLEY, Sheila, Flat 628 Enterprise House 112 Kings Head Hill, E4	(020) 8524 7581	B, D, 32 Pentire Road, London	(020) 8527 2763
BOSSICK, M.P, 49 Worcester Crescent, Woodford Green	(020) 8505 4297	BRECKNELL, M, Flat 6, Ash Court, 29 Forest View, London	(020) 3638 3652	B, D, 174 Winchester Road, London	(020) 8527 8225
BOSTOCK, H.M, 8 Tennyson Avenue, E11	(020) 8989 3973	BREEN, C, 34E Connaught Road, London	(020) 7524 3675	B, D.K, 27 Broadwalk, E18	(020) 8989 2415
BOSTON, J, Flat 7 St. John's Court 40 Harvey Road, E11	(020) 8539 7449	BREEMER, K, 9 Davenport Avenue, E17	(020) 8521 0816	B, F, 43 Mapleton Road, E4	(020) 8523 8726
BOTCHWAY, Mr 41 Melville Road, Walthamstow, London	(020) 3952 3254	BRENNAN, C, 79 Handsworth Avenue, E4	(020) 8531 4802	B, G, 31 Deepdene Path, Loughton	(020) 8502 0630
BOTHWELL, J, 112 Luxborough Lane, Chigwell	(020) 8505 6203	B, J, 33A Louisa Queens Rd, Buckhurst Hill	(020) 8504 9591	B, G, 37 Sherwood Avenue, London	(020) 3685 7420
BOTT, K, Flat 14 Morris Court 3 Flaxen Road, E4	(020) 8524 7909	B, J.S, 49 Leyswood Drive, Ilford	(020) 8599 2735	B, G.A, 156 Dawlish Drive, Ilford	(020) 8599 3190
B, P, 40 Woodberry Way, E4	(020) 8529 5678	B, K.E, 273 Stone Road, E12	(020) 8552 6654	B, H, 78 Courtenay Road, E17	(020) 8520 6836
BOTTEN, D, 22 Brook Road, Ilford	(020) 3152 7826	B, M, 149 Bramley Close, E17	(020) 8531 8548	B, H, 49 Halstead Road, London	(020) 8925 1927
BOUAL, J, 41 Bergholt Avenue, Ilford	(020) 8558 5541	B, M.R, 1 Edwina Gardens, Ilford	(020) 8550 1735	B, I, 34 Castle Avenue, London	(020) 8531 5268
BOUCHER, T, 37 Woodford Road, London	(020) 3784 1399	B, R, 52 Mornington Road, LONDON	(020) 8539 5944	B, I, 34 Loxham Road, London	(020) 8531 0564
BOUDINE, A, 43 Leuca Road, London	(020) 8521 5681	BREATER, P, 34 Mowbrey Gardens, Loughton	(020) 8502 4383	B, J, 26 Cadogan Gardens, E18	(020) 8989 4212
BOULTER, W, 16 Handsworth Avenue, London	(020) 8523 3722	B, S, 11 Royston Avenue, London	(020) 8527 3009	B, J, 31 Church Lane, E17	(020) 8521 5394
BOULTON, G, 112 Merriam Close, London	(020) 3903 6759	BRESSGALL, Danny, 36 Heathside Clo, Ilford	(020) 8518 0681	B, J, 41 Elmsdale Road, E17	(020) 8520 8318
B, I, 5 Beech Avenue, Buckhurst Hill	(020) 8505 1611	BRESSLAW, M, 33 Beattysville Gardens, ILFORD	(020) 8550 3525	B, J, 18 Oakland Place, Buckhurst Hill	(020) 8504 9599
BOURI, Mr L, 19 Hathaway Cres, E12	(020) 8821 9420	BRETT, A, 10 Stoke Avenue, Ilford	(020) 8501 1993	B, J.F, 61 Blackhorse Road, E17	(020) 8520 3647
BOURN, D, 16 Park Road, E12	(020) 8989 2387	B, G, 49 Bawdsey Avenue, Ilford	(020) 8597 5643	B, J.M, 26 Naseby Road, Ilford	(020) 8551 1604
B, J, 43 Rutland Road, London	(020) 8989 1751	B, G, 120 Southern Drive, LOUGHTON	(020) 8502 1361	B, M, 6 Clementine Walk, Woodford Green	(020) 8505 8558
BOURNE, A, 588 Eastern Avenue, Ilford	(020) 8220 5748	B, H, 40 Northbank Road, London	(020) 8923 5148	B, Melvyn, 57 Leybourne Rd, Leytonstone	(020) 8530 3569
BOUSFIELD, L.G, 23 Warwick Road, E4	(020) 8524 5701	B, S, 109 Carr Road, E17	(020) 8531 6545	B, M, 56 Overton Drive, E11	(020) 8989 5687
BOVELL, H, 242 Hall Lane, London	(020) 8501 7357	BREWER, C, 136 Church Road, E10	(020) 8508 0871	B, M, 291 Strone Road, Manor Park	(020) 8470 5178
BOWDEN, Mrs E, 4 Lennox Road, London	(020) 8521 3578	B, J, 7 Etheridge Green, Loughton	(020) 8508 0975	B, M, Flat 46 Hermitage Court Woodford Road, E18	(020) 8989 5150
BOWE, J, 33 Redbridge Lane West, E11	(020) 8530 3446	B, J, 106 Westbury Road, Ilford	(020) 8141 2956	B, Mr 8a Grosvenor Park Road, London	(020) 8521 8138
BOWEN, C.P, 371 Dersingham Avenue, E12	(020) 8478 6863	B, K, 4 Osprey Close, London	(020) 3662 2811	B, P, 46 Preston Road, E11	(020) 8530 1202
B, D, 48 Grenville Gardens, Woodford Green	(020) 8505 1598	B, Valerie, 16 Oaks Grove, E4	(020) 8524 2905	B, P, 18 Rowden Road, E4	(020) 8531 2503
B, J, 38 Huntsman Road, Ilford	(020) 8500 4355	BREWIS, I, 97 Dover Road, London	(020) 3632 2739	B, R, 24 Queens Grove Road, E4	(020) 8524 1974
BOWER, Mr C.B, 41 Millfield Avenue, London	(020) 8523 1253	B, R.J, 29 Underwood Road, Woodford Green	(020) 8504 4624	B, S, 40 Grosvenor Road, London	(020) 8989 3143
BOWERMAN, Rachel, 22 Corbett Road, London	(020) 8520 3338	BREWSTER, J, 76 Beresford Road, E17	(020) 8531 5371	B, S, 19 Sydney Road, Ilford	(020) 8551 4186
BOWERS, Mr E, 6 Beaconsfield Road, London	(020) 8556 3854	BRICKELL, R.A, 47 Courtenay Road, E17	(020) 8520 6092	B, S, Flat 8 Pine View Court 3 The Ridgeway, E4	(020) 8523 9110
B, J, 102 Birkbeck Road, Ilford	(020) 8518 2145	BRICKNELL, A, 58 Leybourne Road, London	(020) 8530 5420	B, Mr T, 416 Forest Road, E17	(020) 8177 5441
B, Riedwaan, 34 Inks Gn, London	(020) 8527 3813	B, J, 62 Luton Road, London	(020) 8531 9409	B, V, 42 Liverpool Road, London	(020) 8556 0488
BOWES, G, 25 Nine Acres Close, E12	(020) 8553 5190	B, R.W.C, 77 Baron Gardens, Ilford	(020) 8551 4350	BROWNBILL, Mr E, 4 Byron Road, London	(020) 8558 5681
BOWLES, C, 20 Spruce Hills Road, London	(020) 8531 4962	BRIDGE, M, 31 Colebrook Lane, Loughton	(020) 8279 9190	BROWNIE, C.P, 30 Studley Av, Highams Pk	(07956) 847711
B, C.M, 58 Old Church Road, E4	(020) 8559 3207	B, R, 9 Cranston Gardens, London	(020) 8527 2195	B, J, 103 Manor Farm Drive, E4	(020) 8524 5039
B, Mr G, 75 Belgrave Road, London	(020) 8925 7747	BRIDGER, F.A, 80 Mannock Drive, Loughton	(020) 8502 2445	B, J, 46 Ritchings Avenue, E17	(020) 8509 1808
BOWMAN, E, 4 Oakmoor Way, Chigwell	(020) 8500 7801	BRIDGES, A, 50 Belgrave Road, London	(020) 8989 5865	B, Mr T, Unit 1 Highams Lodge Business Centre Blackhorse Street, Walthamstow	(020) 8531 1153
B, G, 22 Ardleigh Rd, E17	(07956) 849785	BRIDGES-BRIGGS, M, 9 Percy Road, London	(020) 8556 0059	B, V.M.N, 46 Grosvenor Gardens, Woodford Green	(020) 8504 7485
B, H, 175 Albert Road, Leyton	(020) 8539 3059	BRIERLEY, W, Flat 68, Hainault Court Forest Rise, London	(020) 8389 6522	BROWNING, R.L, 77 Cadogan Gardens, E18	(020) 8989 0271
B, T, 14 Wivins Terrace, Walthamstow	(020) 8527 0456	BRIGDEN, D, 4 Leyland Gardens, Woodford Green	(020) 8504 6178	B, S, 85 Englands Lane, Loughton	(020) 8508 0758
BOWMER, K, 75 Abbess Terrace, Loughton	(020) 8508 8407	BRIGGS, B.S.E, 44 Charmwood Drive, E18	(020) 8989 4340	BROWNJOHN, A, 93A Albert Road, Ilford	(020) 8924 9087
BOWRING, R, 34 Renness Road, LONDON	(020) 8281 7871	B, J.D, 13 Russell Road, Buckhurst Hill	(020) 8505 4682	BROWNIE, M.A, 12 St. Mary's Avenue, E11	(020) 8989 4702
BOXER, J, 76 Mayesbrook Road, Ilford	(020) 8597 4095	B, LV, 36 Vallentin Road, E17	(020) 8503 6839	BROWNRISE, L, 7 Gordon Road, London	(020) 3561 1963
BOYCE, J, 99 Brackley Square, Woodford Green	(020) 8491 6179	BRIGHT, J, 14 Lancaster Avenue, E18	(020) 8989 2322	BROWN-STONE, A, 14 Grovedown Place, Woodford Green	(020) 8506 2946
B, M, 43 Melford Road, E11	(020) 8556 9597	BRIGHTWELL, V, 68 Clacton Road, E17	(020) 8509 8983	BRUCE, M, 5 Oakhurst Gardens, E17	(020) 8520 5733
BOYD, Peter, 14 Mallards Road, Woodford Green	(020) 8505 6818	BRIHIT, K, 30 Peterborough Road, London	(020) 3731 0719	BRUCK, D.R, Flat 42 Westminster Court 23 Cambridge Park, E11	(020) 8532 9919
B, P.J, Flat 6 Waltham Court 5a Garner Road, E17	(020) 8531 0896	BRIILL, R, 45 Park View, Chigwell	(020) 8501 4890	BRUNEAU, C, 22 Priory Avenue, E17	(020) 8520 8394
BOYES, John H, 29 Endlebury Road, E4	(020) 8529 8561	BRINDLEY, E, 134 Maybank Road, E18	(020) 8504 7449	BRUNZU, M, 18 John Walsh Tower Montague Rd, E11	(020) 8518 7290
BOYLE, Sir H, 107 Beresford Road, London	(020) 8524 6837	BRINKIENE, L, Flat 10 Sippets Court Ley Street, Ilford	(020) 8478 2901	BRUNTON, J, 40 Keswick Gardens, Ilford	(020) 8551 4178
B, M, 3 Murtwell Drive, Chigwell	(020) 8925 3791	BRINKJOHNSEN, L, 70 Meadow Road, Loughton	(020) 8281 1006	BRUZGULIS, Mr G, 156 Murchison Rd, London	(020) 8141 7870
B, R, 41 Forest Approach, Woodford Green	(020) 8504 4918	BRISCOE, Ashley H.D, 182 Oaks Lane, Ilford	(020) 8590 1687	BRYAN, C, 29 Forest Avenue, Chigwell	(020) 3715 0575
BOZDEMIR, N, Flat 19 Hopson House 93 Vallentin Road, London	(020) 8521 2635	B, O, 18 Arnett Square, London	(020) 8793 7277	B, D.G, 160 Northcote Road, E17	(020) 8520 3675
BOZENA, L, 37 Aldborough Road South, Ilford	(020) 8599 3143	BRISTOL, C, 84 Lowbrook Road, Ilford	(020) 8924 7914	B, G, 1 Elmbridge Road, Ilford	(020) 8500 9507
BOZIER, C, 1D Gladding Road, E12	(020) 8827 8642	BRISTOW, A.E, 127 Felbridge Road, Ilford	(020) 8220 4511	B, R, 12 Mead Crescent, E4	(020) 8524 2049
BRACE, T, 99 Lushes Road, Loughton	(020) 8257 0217	B, K, 5 Crossway, Woodford Green	(020) 8504 9090	BRYANT, B, 122 Forest Road, Loughton	(020) 8509 4212
BRACHER, P, 17 Sedley Rise, Loughton	(020) 8502 3598	BRITCHFORD, A, 140 Larkhall Road, E4	(020) 8529 1314	B, E, 81 Cambridge Road, Ilford	(020) 8598 7841
BRACKEN, G, 23 Lynton Road, E4	(020) 8524 4539	BRITTO, Margaret, 17 Excalibur Court Queen Mary Avenue, E18	(020) 8505 6518	B, G, 46 Dover Road, London	(020) 8530 5019
B, J, 43 Fullers Road, London	(020) 8504 2417	BRITTON, G, 55 Cowley Road, Ilford	(020) 8252 1704	B, M.J, 5D Chingford Lane, Woodford Green	(020) 8505 2557
BRACKPOOL, E, Flat 69, Cannock Court 3 Hawker Place, London	(020) 7285 5910	B, V, 9 Blackthorn Drive, London	(020) 8529 2861	B, P.W, 95 Douglas Avenue, E17	(020) 8527 1979
BRADBURY, J, 11 Beverley Crescent, Woodford Green	(020) 8504 0301	BRITTON-SMITH, M, 1 The Owl Caravan Site Owl Park Lippitts Hill, Loughton	(020) 8502 1540	B, R, 15 Westbury Lane, Buckhurst Hill	(020) 8923 2465
BRADDICK, R.F, 21 Bosted Close, Buckhurst Hill	(020) 8504 8299	BROAD, K, 31 Frankland Road, London	(020) 8926 8238	B, S, 130 Pembroke Road, Ilford	(020) 8252 6891
BRADFORD, D, 4 Courtland Avenue, LONDON	(020) 3524 3040	BROCK, U, 978 Eastern Avenue, Ilford	(020) 8590 6495	BRYETT, J, 65 The Lindens, Loughton	(020) 3620 1187
B, M, 4, De La Warr Court, 21 Church Avenue, London	(020) 8527 2653	BROCK, H, 19 Grosvenor Drive, Loughton	(020) 3654 5651	BUBB, R.D, 31 Brandville Gardens, Ilford	(020) 8551 2772
BRADLEY, J, 238 Roding Lane South, Ilford	(020) 8551 5757	B, H, 7 Torrington Road, E18	(020) 8989 1475	B, R.D, 31 Brandville Gardens, Ilford	(020) 8551 8392
B, J, 20 Abbots Crescent, E4	(020) 8523 2317	B, P, 2 Goldsbrough Crescent, E4	(020) 8529 2960	BUCEL, L, 9 Gladstone Avenue, London	(020) 8475 8796
B, J, 16 Bedford Road, London	(020) 8262 9240	BROCKINGTON, A, 20 Richmond Road, London	(020) 8529 3077	BUCHAN, Rev Janet, 20 Eastwood Road, Ilford	(020) 8590 6596
B, Jonathan, 55 Stradbroke Grove, Buckhurst Hill	(020) 8559 2153	BROMAGE, E.A, 52 Westrow Gardens, Ilford	(020) 8599 9641	BUCHANAN, Mrs D, Mrs 15 Barclay Oval, Woodford Green	(020) 8504 1310
B, Mr K, Flat 22 Hockley Court, London	(020) 3132 8622	BROMLEY, J, 65 Lower Queens Road, Buckhurst Hill	(020) 8559 2557	B, Mr G, 642b Romford Road, London	(020) 8177 9492
B, L.M, 26 Ashwood Road, E4	(020) 8529 6015	B, V, 5 Arbour Road, London	(020) 8524 3452	BUCHI, H, 124 Springfield Drive, Ilford	(020) 8220 9092
B, M, 42 Larkhall Crescent, E4	(020) 8559 4866	BRONI, F, 53 Bromley Road, E17	(020) 8523 0165	BUCK, C.A, 155 Lansdowne Road, Ilford	(020) 8597 8250
B, P, 20 Vicarage Road, Woodford Green	(020) 8504 3634	BRONZIEIT, H, 16 Asthall Gardens, Ilford	(020) 8551 4730	B, J, 468 Chingford Road, Woodford Green	(020) 8491 7549
B, S, 60 Capel Gardens, Ilford	(020) 8537 4084	BRONZITE, D, Flat 7 Berica Court Mossford Green, Barkingside	(020) 8550 5911	B, R, 219 South Countess Road, Walthamstow	(020) 8531 6599
B, S, 108 Dover Road, E12	(020) 8518 8797	BROOK, C, Flat 1 Malford Court The Drive, E18	(020) 8989 5080	BUCKINGHAM, B.A, 104 Walden Way, Ilford	(020) 8500 9621
BRADLY, Keith, 15 Madeira Grove, Woodford Green	(020) 8505 6554	B, S, 555 Copperfield, Chigwell	(020) 8501 1644	BUCKLAND, H, 39 Valley Hill, Loughton	(020) 8508 9603
BRADNOCK, Mr Derwin, 39 Melbourne Road, London	(020) 8556 0634	BROOKER, D, 56 Coningsby Gardens, London	(020) 8531 7132	BUCKLE, A, High Clere Flat 669 High Road, Buckhurst Hill	(020) 8509 9546
BRADSHAW, J, 52 Penrhyn Avenue, E17	(020) 8527 0995	B, L, 69 Frances Road, London	(020) 8527 5061	B, I.L, 24 Thurlstone Av, Ilford	(07956) 511988
BRAGGINS, K, 24 Gloucester Road, E10	(020) 8539 7224	B, L, 28 Tupelo Road, London	(020) 8558 6209	B, R, 19 Habgood Road, Loughton	(020) 8508 8951
BRAGHIS, V, 30 Imperial Heights Queen Mary Avenue, London	(020) 3624 5414	BROOKNER, B, 7 Hannards Way, Ilford	(020) 8500 9193	BUCKLEY, E, 16 Meadow, Ilford	(020) 8599 4599
BRAHAM, Philip, 11 Roycroft Close, E18	(020) 8505 7701	BROOKS, D, 96A High Street, Barkingside, Ilford	(020) 8550 0758	BUDANOV, D, Mobile, Flat 297 Elizabeth Court Navestock Crescent, Woodford Green	(07939) 500933
BRABHMBHATT, Y, 7 Blossom Way, Chigwell	(020) 4568 1250	B, G.A, 179 Gainsborough Avenue, E12	(020) 8478 8710	BUDES, E, 6 Queenborough Gardens, Ilford	(020) 3490 3595
BRAILSFORD, I, 74 Armstrong Avenue, Woodford Green	(020) 3645 6185	B, Jeffrey, 44 44 Grande Park Road, London	(020) 8539 5638	BUDGEN, S.J, 52 Wivins Terrace, E17	(020) 8523 0786
BRAITHWAITE, Mr A, 365 Aldborough Rd South, Ilford	(020) 8597 8768	B, L, 33 Brookfield Avenue, E17	(020) 8520 3086	BUDURASCU, A, Ley Street House 497-499 Flat 218 Ley Street, Ilford	(020) 3172 2413
B, K, Mobile, Ground Floor Flat. 44 Kings Road, London	(07903) 450245	B, V.C.G, 36 Baldwin's Hill, Loughton	(020) 8508 2692	BUFA, J, 24C Cleveland Road, E18	(020) 8530 2375
B, O, 28 Calderon Rd, E11	(07956) 557322	BROOKWELL, V, 32 Lansdowne Road, E18	(020) 8530 2991	B, S, Flat 8 33 Wallwood Road, Leytonstone	(020) 8558 5970
B, P.M, 1 Herongate Road, E12	(020) 8989 6419	BROOME, F, 275 Copperfield, Chigwell	(020) 8501 0282	BURFONGE, Mrs Bernice, 4 Grove Park Avenue, London	(020) 8521 4959
BRAMBLE, C, 173 Belgrave Road, London	(020) 8928 0637	BROOMFIELD, S, 861 Cranbrook Road, Ilford	(020) 8550 0139	BUGLASS, A, 19 Gastonbury Avenue, Woodford Green	(020) 8504 6541
BRAME					

Residential Listings

BUNDU, A, Mobile, 951 Forest Road, (07944) 734803	B, N, Flat Ground Floor 103 Cowley Road, Ilford (020) 3304 8971	CARBONARA, M, 40 Higham Station Avenue, London (020) 8527 2580
BUNGEANU, L, 345B High Street North, London (020) 3654 0289	B, Mr N, 124 Hoe St, London (020) 3132 2343	CARCHO, K, Spring Court Flat 9 Hermon Hill, London (020) 3532 2300
BUNGHEZ, I, 40 Kimberley Avenue, Ilford (020) 3754 3461	B, Mr R, 61 St. James's Street, London (020) 3132 0736	CARD, Elsie, 51 Normanshire Drive, E4 (020) 8529 8001
BUNTING, G, The Croft Beech Lane, Buckhurst Hill (020) 8504 1008	B, S, 62 Melford Road, E17 (020) 8520 0580	CARDOSO, S, 58 Queensberry Place, Manor Park (020) 7543 9353
BURACK, S, Flat 45 Oakside Court Fencepiece Road, Ilford (020) 8500 5841	B, S, 72 Ripley Road, ILFORD (020) 8525 3434	C, T, Lower Fl 18 Belton Road, Leytonstone (020) 8536 1079
BURANOV, M, 61 Wood Street, London (020) 3732 1763	B, T, 14 Barton Meadows, Ilford (020) 3620 7886	CAREFORD, J, Lower Flat, 14 Hazelwood Road, London (020) 8926 9772
BURBERRY, C, 19 Belgrave Road, Leytonstone (020) 8989 2795	B, Mr W, 27 Farmilo Rd, London (020) 7165 7219	CAREY, L, 35 Cassiobury Road, E17 (020) 8521 3385
BURCEIA, I, 25 Brunswick Road, London (020) 3592 9202	B, Mr W, 27 Farmilo Road, London (020) 3132 7285	CARIBBEAN CORNER, 4 Hall Lane, London (020) 8529 3131
BURCHELL, M, Flat 10 Morley Court Sinclair Road, Chingford (020) 8524 4258	B, Z, 9 Belle Staines Pleasance, E4 (020) 8523 8770	CARLINE, J, 4 Nelson Road, London (020) 8527 4650
BURDEN, T, Flat 9 Draymans Court, 87 Chingford Mount Road, London (020) 8262 0094	B, Z, Flat 1, 51 Endsleigh Gardens, Ilford (020) 3172 3184	CARLISLE, F, 38 Ashbourne Avenue, E18 (020) 8530 8725
BURDETT, J, 43 South Avenue, London (020) 3590 0670	B, Z, 37 Lamorna Clo, E17 (020) 8523 5199	CARLTON, H, 32 Mansfield Hill, E4 (020) 8529 1651
BURENKOV, Vladimir, 9 Hadeleigh Lodge Snakes Lane, Woodford Green (020) 8559 1578	BUTTERFIELD, H, Ground Floor Flat 1 101 Colworth Road, Leytonstone (020) 3536 6575	CARMODY, Ann, 32 College Road, London (020) 8520 1981
BUREYKO, V, 38 Fairfield Road, London (020) 3659 3193	BUTTERWORTH, A, 36 Kimberley Road, E4 (020) 8529 4201	CARNE, A, 1 The Crescent, Loughton (020) 8508 0695
BURGESS, C, 87 Peel Rd, E18 (020) 8504 9638	B, D, 85 St. Barnabas Road, Woodford Green (020) 8505 5012	CARNEHOLM, S, Flat 4 Buxton House Buxton Drive, E11 (020) 8530 3962
B, J, 53 Pembroke Road, London (020) 8521 5009	BUTTON, A, 12 The Charter Road, Woodford Green (020) 8504 7878	CARNELL, J, 22 Marmion Close, LONDON (020) 3648 1480
B, J.D, 36 Preston Drive, E11 (020) 8989 5581	BUZATU, S, 55 Baron Gardens, Ilford (020) 3645 4769	C, K, 11 Buckhurst Court Albert Road, Buckhurst Hill (020) 3020 1875
B, K.C, 80 The Drive, Loughton (020) 8508 4198	BYNOE, J, 86 Harcourt Avenue, London (020) 8553 9210	CARP, E, Flat 5 550, Severn House High Road, Ilford (020) 3732 7749
B, R, 15 Gwynne Park Avenue, Woodford Green (020) 8505 9558	BYRNE, A, 16 Richmond Crescent, E4 (020) 8527 0052	CARPENTER, A, 33 Cazenove Road, Walthamstow (020) 8531 9039
BURGOS, C, Churchill Court Flat 13 Albert Road, Ilford (020) 3715 5137	B, B, 27 Holcombe Road, Ilford (020) 8554 4089	C, Hc, Flat 42 Riverside Court 1 Chelwood Close, E4 (020) 8529 5484
BURKE, Mr Athol, 425 Cranbrook Road, Ilford (020) 8554 1923	B, E, 84 Wycombe Crescent Chingford, E4 London (020) 8529 1538	CARR, A, 45 North Dene, Chigwell (020) 8501 3575
B, B, 29 Ford End, Woodford Green (020) 8505 6918	B, J, Flat 6 Westminster Court 23 Cambridge Park, E11 (020) 8530 5130	C, Mr D, 621A Romford Road, E12 (020) 8578 0236
B, R, 6 Mendip Road, Ilford (020) 8597 5102	B, J, 97 Eton Road, Ilford (020) 8553 4976	C, J, 4 Burchell Road, London (020) 8556 0160
BURKETT, D.M, 40 North Countess Road, E17 (020) 8527 6330	B, L, 14 Barclay Road, London (020) 8520 3311	C, J.A, 5 Abbotsford Gardens, Woodford Green (020) 8505 5108
B, J, 41 Cypress Grove, Ilford (020) 8500 0735	B, Miss Lawrence, Flat 4, Stoneleigh Court Herent Drive, Ilford (020) 8550 3466	C, J.J, 50 Glenwood Gardens, Ilford (020) 8551 6986
BURKIN, I, 113 Trotwood, Chigwell (020) 8501 4557	B, Mr Lillian, 22 Ruschcroft Road, London (020) 8527 1269	C, L, 26 High Meadows, Chigwell (020) 8501 0362
BURKINSHAW, C, 10 Woodville Gardens, Ilford (020) 8550 6597	B, Mrs Patricia, Flat 6, Lichen Court, 38 Mossford Green, Ilford (020) 8551 2735	C, W, 402 Horns Road, Ilford (020) 8550 2480
BURLACU, T, Flat 3, 2a Eve Road, Leytonstone (020) 8519 5309	BYRNES, M, 45 Vaughan Gardens, Ilford (020) 8554 4229	CARRIE, S, 13 Waltham Way, E4 (020) 8524 7614
BURLEY, J, 67 Rous Road, Buckhurst Hill (020) 8505 4153	B, T, 1 Worcester Rd, E17 (020) 8527 1770	CARRINGTON, Mr B, 15 Percy Road, Ilford (020) 8177 3289
B, Margaret, 15 Clifton Rd, Loughton (020) 8508 7645	BYRON, M.J, 159 Trotwood, Chigwell (020) 8500 4247	CARROLL, B.A, 25 Cariton Ho Algers Rd, Loughton (020) 8532 1303
BURLING, D, 4 Newpiece, Loughton (020) 8508 9396	B, S, Flat 16 857 Lea Bridge Road, London (020) 3669 3643	C, John, 31 Montalt Road, Woodford Green (020) 8504 6768
B, D, 10 Priory Close, E4 (020) 8524 7278	BYSSHE-STANFORD, S.S, 92 Mulberry Way, E18 (020) 8530 3917	C, Margretta, 7 Blackthorne Drive, E4 (020) 8524 5489
BURNELL, Andrew, 70 Gordon Road, London (020) 8504 0843	CABALLERO, H, Flat 18, Mill Court, 61 Ruckholt Road, Leyton (020) 7543 9312	C, P, Flat 4 Forest House, 5 Crescent Road, London (020) 8524 4119
B, A, Flat 41 Greenhill High Road, Buckhurst Hill (020) 8504 3920	CABIGTING, R, 37 Beresford Road, Walthamstow (020) 8531 1949	C, S, 19 Harford Road, London (020) 8529 9855
B, J, 27 Cherrydown Close, Chingford (020) 8279 2311	CADOGAN, S, 13 Belgrave Road, LONDON (020) 8521 1196	CARRUTHERS, D, 37 Onslow Gardens, London (020) 8530 1209
BURNEY, D, 46 Forest Lane, Chigwell (020) 8506 0045	CAECA, W, 103 Millais Road, London (020) 3318 3924	CARSTAIRS, F, 1 Acle Close, Ilford (020) 8501 4002
B, S, 4 Stradbroke Park Tomswood Road, Chigwell (020) 8500 8875	CAHILL, B, Arundel House 47 J, Thornbury Way, London (020) 8117 0227	C, E, 7 High Gables, Loughton (020) 8500 5907
BURNIKELL, R, 21 Forest Way, Loughton (020) 8508 0133	C, M, 19 Stainforth Road, Newbury Park (020) 8599 0500	CARTER, A.M, Flat 9 Beaumont House Skeltons Lane, E10 (020) 8539 0975
BURNS, E, 15 Longcourt Mews, London (020) 8062 0348	C, P, 71 Clarence Road, London (020) 8281 2010	C, D, 43D Ringwood Road, London (020) 3673 3476
B, J, Flat 15 Shermwood House 2 Hermitage Walk, E18 (020) 8989 0810	CAHILLANE, CC, 29 Chingford Lane, Woodford Green (020) 8504 9586	C, Mrs G, 68 Lansdowne Road, London (020) 8521 3259
B, R, 21 Rectory Crescent, Leytonstone (020) 8989 8029	CAI, Yudong, 26 Nightingale Av, London (020) 8527 0122	C, G, 82 Loughton Way, Buckhurst Hill (020) 8505 2117
B, S, Flat 14 Copper Works Apartments 57 Blackhorse Road, London (020) 8520 6264	CAIN, J.W, 32 Empress Parade Chingford Road, E4 (020) 8531 6793	C, H, 166 Tudor Crescent, Ilford (020) 8500 1368
B, T, 15 Hillfields, Loughton (020) 8281 1170	C, L, 30 Bramston Close, Ilford (020) 8501 3987	C, Keith, 2 Alma Avenue, E4 (020) 8527 2105
BURNSIDE, E, 5 Sylvan Road, London (020) 8257 8018	CALAMBAT, E, 47 Selby Road, Leytonstone, London (020) 3441 0848	C, M, 22 Bulwer Road, London (020) 8539 2462
BURROSE, A, 2 Juniper House 221 Hoe Street, London (020) 3091 8051	CALCUTTAWALA, M, 181 Aldborough Road South, Ilford (020) 8500 8429	C, P, J, Querinda Wellington Hill, Loughton (020) 8508 2680
BURRELL, G, Flat 9 Devereux Court 44-46 Snakes Lane West, Woodford Green (020) 8506 1820	CALDEIRA, A.F, 198 Tomswood Hill, Ilford (020) 8500 3194	C, R, 165 Waltham Way, London (020) 8529 6871
BURRIDGE, L, 21 Craven Gardens, Ilford (020) 8551 0416	CALDY, P, 1 Chequers Road, Loughton (020) 8508 4246	C, S, 63 Roundmead Avenue, Loughton (020) 8508 1575
BURROUGHS, D, 61B Wellesley Road, Ilford (020) 8220 8987	CALIN, M, Flat 26 Balfour House 394-98 High Road, Ilford (020) 8553 3861	C, W.J, 25 Baywood Square, Chigwell (020) 8500 8435
BURROW, Maria, 103 Manor Road, E10 (020) 8556 5306	CALINGHEN, R, 17 Wanstead Lane, Ilford (020) 8554 5424	CARTWRIGHT, R, 2 Larches Lodge Montalt Road, Woodford Green (020) 3092 4350
BURROWES, P, 110 The Linds, Loughton (020) 8502 0079	CALLISTRU, C, 402 Thorold Road, Ilford (020) 8554 6558	C, Miss S, 5 Heron Mews, Ilford (020) 8141 6373
BURROWS, Mr Colin, 21 Coteford Close, Loughton (020) 8508 6325	CALLAGHAN, M, 22 Durham Road, E12 (020) 8514 6880	CARVALHO, L, Flat 4 Century House 34 Coleridge Road, E17 (020) 8520 1902
B, H, 7 Brindwood Road, E4 (020) 8529 0416	C, P, 72 Glebelands Avenue, Ilford (020) 8220 0306	C, M, Flat 9 133 Westward Road, London (020) 8531 7321
B, Lindsey, 264 Willingale Road, Loughton (020) 8418 9970	CALLAN, L, 7 Corbicum, E11 (020) 8558 3455	C, V, 42 Aldersbrook Lane, London (020) 3712 0144
B, Miss Reisha, Flat 8, Crusoe Court, 6 Robinson Close, London (020) 3638 6275	CALLAND, R, 35 Campbell Road, LONDON (020) 8509 0537	CARYER, R, 82 Dale View Crescent, E4 (020) 8529 4299
BURT, I, 195 Manor Road, Chigwell (020) 8501 2542	CALLCUT, N, 29 Chequers Road, LOUGHTON (020) 8532 1921	CASANOVA, L, 15 Springfield Road, E17 (020) 8521 5634
B, J, Flat 6 Hayward House 11 Orford Road, E17 (020) 8509 8534	CALLEN, S, 3 Albert Terrace, Buckhurst Hill (020) 8926 8437	CASAS, F, 5 Ley Street, Ilford (020) 8014 3159
BURTON, Mr Alex & Er, 24 Pentire Road, London (020) 8279 3783	CALLEY, M, 36 Mighell Avenue, Ilford (020) 8505 4820	CASE, S, 57 Cheney Road, E11 (020) 8555 0687
B, Mr Alex & Er, 24 Pentire Road, London (020) 8923 4692	CALLOW, M, 81B Russell Road, Buckhurst Hill (020) 8505 5003	CASEY, Emma, 6 Banks Way, E12 (020) 8911 9253
B, B, 32 Chesterfield Road, E10 (020) 8556 1267	CALDYCHURN, H.K, 28 Southwell Gro Rd, E11 (020) 8518 7930	C, S.J, 15 Fairview Close, Chigwell (020) 8500 4825
B, D, 7 Blake Hall Road, E11 (020) 8989 4470	CALUME, Ms S, Ms 148 Beaumont Road, London (020) 8556 6791	C, T, 23 Colebrook Gardens, Loughton (020) 8502 3102
B, D, 3 The Green, Woodford Green (020) 8505 5402	C, T, 5 Karen Terrace, LONDON (020) 8556 2143	CASH, B, Flat 8 Mallard Court Connaught Avenue, E4 (020) 8524 4984
B, D.F.J, 35 Mansfield Road, E17 (020) 8520 4088	CALVELEY, J, 8 Woodland Road, Loughton (020) 8281 4843	CASLAW, J, 12 North Dene, Chigwell (020) 8501 0941
B, J, 79 Drysdale Avenue, E4 (020) 8524 4133	CALVER, G, 68 Nelson Road, London (020) 8597 2562	CASS, V, 37 Mayfield Road, E17 (020) 8525 0884
B, J, 120 Mortlake Road, Ilford (020) 8911 9264	CALVINO, Mr 13 Sutherland Road, London (020) 8527 8362	CASSANOVA, P, 56 Church Road, Leyton (020) 8556 4550
B, J, 202 Queens Road, Buckhurst Hill (020) 8504 7753	CAMACHO, Elisabeth, 9 Cotton Close, E11 (020) 8988 2935	CASSELL, L, Mobile, 127 Bramley Close, Essex (07957) 116087
B, Sharon, 18 Whittle Close, E17 (020) 8503 7446	CAMARA, M, 93 Bluehouse Road, London (020) 3532 3754	CASSIDY, B, 6 All Saints Close Chigwell, London (020) 8501 3617
BURJUAN, O, 69 Clinton Crescent, Ilford (020) 7411 8573	CAMBREA, D, 1 Leicester Gardens, Ilford (020) 8500 0542	C, L, 14 Leadale Avenue, E4 (020) 8529 3365
BURJUAN, V, Flat 8 Lockhart Lodge, 1 Gordon Road, London (020) 8279 2142	CAMERON, C, 27 Somerset Road, London (020) 3509 5286	CASTILLO-GUEVARA, V, 32 Lespring Road, E11 (020) 8989 7653
BURWOOD, B, 42 Cedar Close, Buckhurst Hill (020) 3583 6548	CAMFIELD, Mrs Flat 10, Washington House 9 Priory Court, LONDON (020) 8531 2489	CATER, D.C, Jimandi Five Oaks Lane, Chigwell (020) 8500 7682
BUS, C, 13 Queen Elizabeth Road, London (020) 8014 3893	CAMILLE, Mr Kouchner, Jasmine Court, 15 Kings Close, Leyton, London (020) 3489 6484	CATHCART, G, 4 Oak Lodge Avenue, Chigwell (020) 8501 4388
BUSBY, I, 65A Rectory Road, London (020) 8925 7786	CAMILLERI, N, Flat 8 Clock Court Victory Road, E11 (020) 8530 6457	CATHPOLE, T, 536 Limes Avenue, Chigwell (020) 3536 2978
BUSH, B, Flat 43 Avondale Court Churchfields, E18 (020) 8505 3182	CAMP, M, 74 Goldsborough Crescent, E4 (020) 8524 3677	CATLIN, J, 135 Clacton Road, E17 (020) 8521 6870
B, B, 86 Longwood Gardens, Ilford (020) 8551 2882	CAMPBELL, C.F, 191 Beehive Lane, Ilford (020) 8551 2587	C, R.H, 65 Martley Drive, Ilford (020) 8554 6882
B, Barry, 5 Woodside Gardens, E4 (020) 8527 4417	C, E.M, 55 Audley Gardens, Loughton (020) 8508 4554	CATMUR, D, 15 Bush Road, Buckhurst Hill (020) 8506 0512
B, D, 68 Bernard Ho Hennys Walk, Ilford (020) 8500 7545	C, J, 60 Maynard Road, E17 (020) 8520 4284	C, N, 54 Derby Road, London (020) 8504 1861
B, D, 78 Netley Road, Ilford (020) 8554 1710	C, J, 5 Rivington Avenue, Woodford Green (020) 8551 0892	C, S, 134 Tomswood Hill, Ilford (020) 8500 5386
B, D.G, 36 Chelmsford Road, E11 (020) 8539 8495	C, J.J, 53 Church Hill, Loughton (020) 8508 4943	CATO, C, 10 Mead Close, Loughton (020) 8418 9133
B, G, Westleigh Court Flat 3, 2, Nightingale Lane, London (020) 3654 2649	C, L, 2 Millfield Avenue, London (020) 8925 0903	CATTELL, D, 2 The Shrubbery Grosvenor Road, E11 (020) 8989 8215
B, M.L, 9 Merlin Road, E12 (020) 8989 5890	C, M, 2 Beaufort Close, London (020) 8793 3808	C, Dr V, 4 Seaford Road, E17 (020) 8520 2341
BUSHELL, M.R, 38 Bawdsey Avenue, Ilford (020) 8590 4864	C, M, 41 James Collins Twr Oliver Clo, E10 (020) 8558 3470	CATTERALL, A, 61 York Hill, Loughton (020) 8508 9834
B, S, 11 Britannia Road, Ilford (020) 8514 0317	C, M.H, 2 Bloominfield Cres, Ilford (020) 8518 5582	CAUDELL, Mrs B, 8 Herongate Road, London (020) 8530 8582
BUSHILL, A, 59 Tomswood Road, Chigwell (020) 8504 6232	C, N, 41 Newlands Road, Woodford Green (020) 8504 6232	CAUNIHUE, R, 92 Cheriton Avenue, Ilford (020) 8550 8701
BUSHRA, S, 18 Bude Close, London (020) 8509 7661	C, P, 40 Spring Grove, LOUGHTON (020) 8508 2218	CAVICCHINI, R, Flat 5 The Point 1 Selborne Road, E17 (020) 8521 8958
BUSKIN, S.D, Mobile, 9 Ludham Close, Ilford (07956) 9553 6339	C, R, 38 View Close, Chigwell (020) 8501 4544	CAWLEY, D, 58 St. Johns Road, Ilford (020) 8598 8828
BUSSELL, D.V, 18 Cherry Tree Res, Buckhurst Hill (020) 8504 0844	C, Tracey, 188 High Road Leytonstone, E11 (020) 8534 3081	CAZLEY, Mr C, 22 Clandon Road, Ilford (020) 8177 9659
BUSSEY, J, 1 Ferndale Road, E11 (020) 8539 6339	C, T, 98 Park Road, ILFORD (020) 8478 1313	CEARNS, S, 30 Morningson Road, Woodford Green (020) 3662 2097
BUSTARD, E, St. Mary's Lodge St. Mary's Avenue, E11 (020) 8989 8223	CAMPEN, Mr K, 72 Monksgrove, Loughton (020) 8508 4757	CEBULA, J, 570 Green La, Goodmayes (020) 8599 8567
B, J, 99 Dale View Crescent, E4 (020) 8529 6883	CAMPILLO CUICALON, P, 154 Prospect Hill, London (020) 8520 3397	CELAIRE, L, 2 Elsenham Road, London (020) 3720 1814
BUTCHER, B, 26 Hylfille Gardens, Chigwell (020) 8500 9388	CAMPINO, A, 2 Rose Ct Hurstleigh Gdns, Ilford (020) 8550 1964	CELEBI, T, 1 Wadham Avenue, London (020) 8525 8100
B, J.D, 4 Sylvan Wy, Chigwell (07956) 299622	CAMPION, F.J, 4 The Terrace Newgate Street, E4 (020) 8524 1397	CELSIUS, E, 104 Genas Clo, Ilford (020) 8551 6485
B, K, 49 Prospect Road, Woodford Green (020) 8502 9236	CAMPITELLO, C, 111B Carlyle Road, E12 (020) 8911 9796	CENMETEY, Fp, Forest Park Cemetary & Crematorium Forest Road, Ilford (020) 8500 4174
B, Michael, 13 Priory Close, E4 (020) 8524 3682	CAMPOS, D, Flat 6 628-32 High Road Leytonstone, LONDON (020) 3561 2437	CENEMISOV, Mr V, 21 Cavendish Drive, London (020) 8141 7862
B, M, 1 Roberts Road, Walthamstow (020) 8531 9891	C, Mrs P, Mrs 3 Deepdene Road, Loughton (020) 8508 8256	CERNEVAUSCHI, A, 17 Regent Gardens, Ilford (020) 8599 5881
BUTE, S, 26 Stanmore Road, London (020) 8926 7507	CANDAN, Chief Inspector H, NEW SPITALFIELDS MARKET 11 SHERRIN ROAD, LONDON (020) 8539 0323	CERONAVIC, Ms A, 10 Almond Close, London (020) 3659 4203
BUTHORA, Mr S, 57 Blackthorn Road, Ilford (020) 8141 6377	CANDENMIR, M, 27 Chesterfield Road, London (020) 3605 4579	CESONIS, Mr G, 70 Mortlake Road, Ilford (020) 8141 5441
BUTLAND, Sandra, 21 Lambourne Crescent, Chigwell (020) 8503 9145	CANEY, D, 23 Elphinstone Rd, Elphinstone Road London (020) 8531 9305	CETIN, B, 246 St. John's Road, Walthamstow (020) 3152 5033
BUTLER, C, 3 Hatfield Close, Ilford (020) 8503 4604	CANN, J, Unit 4 Golden Parade Wood Street, E17 (020) 8521 9931	CHABER, Gregorz, 19 Tower Hamlets Road, E17 (020) 8521 0574
B, C, Flat 1, 152 Westward Road, London (020) 3730 6232	CANNELL, G.J, 3 Cedar Close, Buckhurst Hill (020) 8505 3604	CHACKO, Ajf, 283 Manor Wy, Chigwell (020) 8500 3269
B, G, 7 N, Nevin Drive, E4 (020) 8524 8062	CANNON, A.G, 11 Elmisle Close, Woodford Green (020) 8505 3970	CHADDETON, J, 69 Marlescroft Way, Loughton (020) 8502 0084
B, J, 37 Warwick Road, London (020) 8529 2575	C, J, 19 Parkhill Road, Chingford (020) 8529 0224	CHADWICK, D, 11 Spencer Close, Woodford Green (020) 8505 8645
B, K, 32 Mansfield Road, London (020) 8925 8452	CANO, M, 4 Alexandra Road, E17 (020) 8521 8954	C, Samantha, 51 Concy Burrows, E4 (020) 8529 8675
B, S, Clock Court Flat 16 Victory Road, London (020) 3686 3086	CANT, B, 32 Wordsworth Avenue, E18 (020) 8989 7646	CHAKRABORTY, N, 16 Wickham Road, E4 (020) 8531 3751
B, S, 15 Lancaster Drive, Loughton (020) 8532 1247	CANTALE, A, 4 Broadmead Road, Woodford Green (020) 8505 4435	C, R, Flat 9 Blacksmiths House Gillards Mews, LONDON (020) 8509 8821
B, T, 47 Grosvenor Road, London (020) 8925 8946	CANTEENWALLA, J.S, 15 The Warren Drive, E11 (020) 8503 4200	CHAKRAWARTY, R, Flat 8 Woodford House Woodford Road, E18 (020) 8989 6475
B, V.L, 22 Norman Rd, Ilford (07956) 406099	CANTURK, Fisun, 323 Clayhall Avenue, Ilford (020) 8551 0451	CHALADAN KURUVEYKANDY, N, Flat 30 Memorial Heights Monarch Way, Ilford (020) 8518 6190
BUTLIN, A.R, 61A Cowslip Road, E18 (020) 8989 7356	C, Fisun, Kings Oak Hotel Paul's Nursery Road, High Beech (020) 8508 0478	CHALK, Mrs J, 37 Lidon Clo, London (020) 8556 3683
BUTT, A, 151B Beehive Lane, Ilford (020) 8551 6345	CAO, Thi, Flat 102 Suffolk Court 25 Cambrian Road, E10 (020) 8556 9021	CHALK, F.T.J, 2 Hale Close, E4 (020) 8524 1563
B, A, 59 Forest Drive West, E11 (020) 8556 9159	C, Miss Y, 26 Alexandra	

CHAMBERS, A.A, 59 Third Avenue, E12.....	(020) 8478 7945	CHEUNG, Y.P, 79 Mount Pleasant Road, Chigwell.....	(020) 8500 3849	C, Mr Jayprakash, 70 Stanley Road, London.....	(020) 8502 9388
CHAMPANERI, R, 103 Mayfair Avenue, Ilford.....	(020) 8554 6334	CHEW, M, 32 Onslow Gardens, E18.....	(020) 8989 4586	CHUGHAI, H, 20 Croft Lodge Close, Woodford Green.....	(020) 8504 8770
CHAMPION, K, 78 Sandhurst Drive, Ilford.....	(020) 8220 2669	CHEYNE, Alexander, 21 Langdale Court 60 Albert Road, Ilford.....	(020) 3538 1157	CHUKWUNWEIKE, I, Selwyn Court Flat 17 2, Yunus Khan Close, London.....	(020) 3380 6371
C, L, 147 Dawlish Drive, Ilford.....	(020) 8590 1163	CHHADEH, Mr A., 73a High St, London.....	(020) 8177 8316	CHUMBLEY, David, 17 Riverhead Close, E17.....	(020) 8531 3063
CHAN, C, 63 Lynnouth Road, E17.....	(020) 8521 6080	CHIAT, Sheila, Flat 9, 2 Mile Court 14 Churchfields, E18.....	(020) 8505 1717	CHUMLEY, V, 2 Alderton Close, Loughton.....	(020) 8508 7027
C, L, 25 Longleaf Road, E17 London.....	(020) 8509 2403	CHIDAMBARAM, M, 14 St Mary's Approach, London.....	(020) 3732 7866	CHUNDURI, P, 31 Mortlake Road, Ilford.....	(020) 8514 0114
CHANA, A, 2 Essex Road, London.....	(020) 8471 9813	CHIHAIJA, P, 12 Betchworth Road, Ilford.....	(020) 8590 1964	CHUNG, I, 40 Mulberry Way, E18.....	(020) 8530 3078
C, A.S, 32 Goldsmith Avenue, E12.....	(020) 8475 0264	CHIHIEB, Y, 32 Central Parade Hoe Street, E17.....	(020) 8509 1054	CHUNG PIN YONG, J, 38 East Avenue, E12.....	(020) 8552 1597
C, B, 21 Hoveton Way, Ilford.....	(020) 8502 6725	CHIHUNDI, Bertha, 89 Coopers Close, Woodford Green.....	(020) 8504 1823	CHURCH, A, 38 Wray Avenue, Ilford.....	(020) 8550 1767
C, J.S, 56 Vaughan Gardens, Ilford.....	(020) 8554 6136	CHIKHI, Kadija, 10 Mark Wade Close, E12.....	(020) 8989 2471	C, Brian, 27 Sedley Rise, Loughton.....	(020) 8550 3152
C, Mrs M, 2 Spencer Road, Ilford.....	(020) 8599 7385	CHILD, F, 1 Loxford Lane, Ilford.....	(020) 3345 4859	C, S, 68 Grange Park Road, E10.....	(020) 8539 2908
CHANAR, T, 408 The Drive, Ilford.....	(020) 3380 0097	C, L, 29 Colebrook Lane, Loughton.....	(020) 8279 2888	CHURCHILL, G, 72 Farmer Road, E10.....	(020) 8556 0167
CHANCE, J, Bywood Woodman Lane, Chingford.....	(020) 4568 7097	CHILDS, B, 30 Tufton Road, London.....	(020) 8252 6272	C, John, Flat 8 Eltho House 180 Church Road, E10.....	(020) 8558 4791
CHAND, D.S, 22 The Albany, Woodford Green.....	(020) 8504 9821	C, L.R, 140 Attlee Terrace Prospect Hill, E17.....	(020) 8521 3208	CHWALEK, L, 1 Lime Tree Close, E18.....	(020) 8989 4051
C, M, 28 Beattysville Gardens, Ilford.....	(020) 8550 2012	C, O, 116 Essex Road, E10.....	(020) 8539 7052	CID AROUGUE, T, 43 Radbourne Crescent, Walthamstow.....	(020) 8520 0463
CHANDA, B, Doctors Surgery, 266-268 Forest Road, London.....	(020) 3602 1800	CHIMES, S, 22B Valentines Road, ILFORD.....	(020) 8014 0229	CIELTO, N, Unit B 56-58 Boundary Road, E17.....	(020) 8503 7738
CHANDARANA, S, 48 Clayhall Avenue, ILFORD.....	(020) 8550 9171	CHINALOY, J, 39 Westbury Lane, Buckhurst Hill.....	(020) 8281 0313	CIFALDI, S, 6A Endlebury Road, London.....	(020) 8013 7372
CHANDER-BHARDWAJ, H, 62 Norfolk rd, Norfolk rd.....	(020) 8599 5062	CHINCHARO, C, Mobile, 59 Waterloo Road, London.....	(07903) 724139	CIFCI, Deniz, 25 Hurst Avenue, E4.....	(020) 8524 3208
CHANDLER, D.A, 31 Mead Crescent, E4.....	(020) 8524 2337	CHINERY, P, 96 Bawdsey Avenue, Ilford.....	(020) 8599 2286	CIOCI, I, 3 Holland Park Avenue, Ilford.....	(020) 8597 2496
C, N, 124 South Park Road, Ilford.....	(020) 8478 8195	CHINNARAJ, R, 58A Jersey Road, Ilford.....	(020) 3685 1204	CINDO, V, 27 Winsbeach, Walthamstow, London, London.....	(020) 3538 9484
C, R.S, 240 Prospect Road, Woodford Green.....	(020) 8505 1960	CHINNEY-LEGG, K, 31 New Wanstead, London.....	(020) 8014 0213	CIQATA, C, Ground Floor Flat 11 Tyndall Road, Leyton.....	(020) 3731 6564
C, T.D, 35 Ladyfields, Loughton.....	(020) 8508 6912	CHINTALAPALLE, M, 580 Limes Avenue, Chigwell.....	(020) 3091 1151	CIQBANUS, S, 2 Badlis Rd, E17.....	(020) 8527 1257
CHANDRA, O, Flat 99 City View Axon Place, Ilford.....	(020) 3091 2552	CHIPPERFIELD, F, Frogghall Cabin Grove Lane, Chigwell.....	(020) 8500 5921	C, Vasile, 2 Sibley Grove, E12.....	(020) 8472 4906
CHANDRAKUMAR, K, 911 Eastern Avenue, Ilford.....	(020) 8599 3416	C, L, 32B Mornington Road, E4.....	(020) 8529 3858	CIOBOTARIU, A, 7a Cherrydown Avenue, London.....	(020) 8524 1310
CHANG, A.K, 34 St. Ronans Crescent, Woodford Green.....	(020) 8504 2488	CHIRIAC, A, 8A High Street, Ilford.....	(020) 3015 0522	CIOCHINA, I, 19 Goodmayes Lane, Ilford.....	(020) 8598 9271
CHANGAIZY, Mr R, 54 Dudley Road, Ilford.....	(020) 3132 9165	CHIRILOV, E, Flat 27 Old Mill Court Chigwell Road, E18 London.....	(020) 8530 0587	CIOLAN, I, 3 Sydney Road, Ilford.....	(020) 8550 0668
C, Mr R, 54 Dudley Road, Ilford.....	(020) 3132 9167	CHISLUC, L, 25 Goldhaze Close, Woodford Green.....	(020) 3172 1773	CIONI, R, 100 Emmott Avenue, Ilford.....	(020) 8554 1509
CHANNAN, B, 30 Westrow Gardens, Ilford.....	(020) 8924 9428	CHISSICK, A, 8 Redbridge Lane East, Ilford.....	(020) 8262 6235	CISSE, A, 8 Mulberry Way Ilford, Essex.....	(020) 3158 8373
CHAN-PENLEY, Collin, 39 Whitehall Lane, Buckhurst Hill.....	(020) 8504 8033	CHISTI, B, 64 Windsor Road, LONDON.....	(020) 8558 6092	CIUCHE, A, 9 Bramshill Close, Chigwell.....	(020) 3620 7510
CHAPLIN, B, 53 Headley Drive, Ilford Essex.....	(020) 8554 1480	CHISWELL, J, 10 Woodland Road, Loughton.....	(020) 8508 3997	CICULESCU, C, 32 Lee Close, London.....	(020) 3643 5873
C, H.M, 17 Wanstead Lane, Ilford.....	(020) 8554 7154	CHITHRALA, Mr S, Flat 26 Churchill Court Albert Rd, Ilford.....	(020) 8514 1137	CIKEY, Mr S, 22 Kings Garden, Ilford.....	(020) 8141 2475
C, J, 37A Addison Road, E17.....	(020) 8223 0470	CHITNIS, A, 9 Marias Gardens Palmerston Road, E17.....	(020) 8521 7658	CLAIRMONT, K, Mobile, 1 Tenneyson Avenue, London.....	(07903) 218679
C, P.J, 20 Woodview Avenue, E4.....	(020) 8524 0571	CHITOLIE, R, 10 Baxter Road, Ilford.....	(020) 8478 1356	CLANCY, M, 36 Richmond Crescent, London.....	(020) 8527 1600
CHAPMAN, B, Flat 1 Stanway House Stanway Close, Chigwell.....	(020) 8500 7185	CHIUJIA, Mrs A, 180 Barley Lane, Ilford.....	(020) 8177 3275	CLAPHAM, J, 10 Iydvenc Court 152-154 Queens Road, Buckhurst Hill.....	(020) 3612 1232
C, R, 82 St. Barnabas Road, Woodford Green.....	(020) 8504 4158	C, Mrs A, 180 Barley Lane, Ilford.....	(020) 8177 3276	C, S.N, 45 Knighton Lane, Buckhurst Hill.....	(020) 8504 4038
C, R, 34 Godwin Close Sewardstone Road, London.....	(020) 8524 2408	CHIVALINGHAM, N, 67 Dawlish Drive, Ilford.....	(020) 3632 4006	CLARE, J, 14 Lorne Gardens, London.....	(020) 8518 8725
C, G, 23 Chelmsford Road, E18.....	(020) 8504 8757	CHIVERS, Mrs M, 25 Albion Park, Loughton.....	(020) 8508 3010	C, R, 42 Poppleton Road, London.....	(020) 8989 4991
C, G, 10 Nafferton Rise, Loughton.....	(020) 8502 3282	CHLEBOWSKA, M, 165 Sansom Road, E11.....	(020) 8988 1874	C, Sharon, 4 Lansdowne Road, E18.....	(020) 8989 9228
C, J, 4 Malvern Avenue, London.....	(020) 8527 4665	CHOC, K, 1/223A Hoe St, E17.....	(020) 3132 5447	CLARK, A, 15 Retingham Way, E4.....	(020) 8529 3586
C, J, 48 Rous Road, Buckhurst Hill.....	(020) 8504 4552	CHOCKEN, Mr N, 262 Hoe St, London.....	(020) 8141 6899	C, B.L, 12 Aveling Park Road, London.....	(020) 8923 2413
C, J.A, 37 Kharotum Road, Loughton.....	(020) 8514 3748	C, S, 209 Parkhurst Road, LONDON.....	(020) 8911 9558	C, C, Flat 3 Milestone Court 584b Lea Bridge Road, London.....	(020) 3904 2836
C, J.D, Motts Cottage Mott Street, Loughton.....	(020) 8508 1767	CHOHAN, B, 27 Lynton Crescent, Ilford.....	(020) 8220 5869	C, D, 45 St. Barnabas Road, Woodford Green.....	(020) 8504 9309
C, J.P, 33 Cann Hall Road, E10.....	(020) 8555 1980	CHOI, J, 50 Waverley Road, E18 London.....	(020) 8504 8371	C, D.J, 47 Heathcote Court Heathcote Avenue, Ilford.....	(020) 8551 8368
C, M, 68 Pearcecroft Road, Leytonstone.....	(020) 8988 0151	CHOKSH, J, 25 Gartmore Road, Ilford.....	(020) 8220 5593	C, F.R, 32 Church Hill Road, E17.....	(020) 8520 5412
C, P, 84 Roding Lane North, Woodford Green.....	(020) 8504 6750	CHOHN, N, 138 Thorold Road, Ilford.....	(020) 8514 7556	C, J, 7 Bickley Road, E10.....	(020) 8556 6130
C, P.W, 29 St. Albans Road, Woodford Green.....	(020) 8504 3878	CHOMYIN, R, 493 Aldborough Road North, Ilford.....	(020) 8599 7857	C, Lyndsey, 15 Queen Mary House Queen Mary Avenue, E18.....	(020) 8505 4864
CHAPPEL, George A, 34 Goldsmith Road, E17.....	(020) 8527 3963	CHOOHAN, Mr A, 415 Grove Green Road, E11.....	(020) 8582 8974	C, L.R, 41 Brindwood Road, E4.....	(020) 8524 4645
CHAPRON, N, 64 Erskine Road, London.....	(020) 8521 2780	CHOONARA, Philippa, Flat 45 Eltho House 180 Church Road, E10.....	(020) 3624 5674	C, S, 46D Argyle Road, Ilford.....	(020) 8554 5556
CHARACH, B, 33 Mighell Avenue, Ilford.....	(020) 8551 4680	CHOYOIN, Miss M, 145 Walnut Road, London.....	(020) 8177 9767	C, Stephen, 87 Monkham Lane, Woodford Green.....	(020) 8504 9789
CHARALAMBOS, M, 31 Goldhaze Clo, Woodford Gn.....	(020) 8505 3418	CHOPRA MANUFACTURING COMPANY LTD, 654-658 Lea Bridge Road, London.....	(020) 8539 0275	C, S, 52 Overton Drive, London.....	(020) 8530 5603
C, M, 43 Lynton Road, London.....	(020) 8925 8250	CHOPRA, R, 7 Hazeldene Road, Ilford.....	(020) 8590 8341	C, Mr Terence, 101 Orange Grove, London.....	(020) 8558 0228
CHARCHAROS, M.N, 45 Greenway Avenue, E17.....	(020) 8521 0280	CHOUHARY, K, 66 Abbots Park Road, London.....	(020) 8558 2033	C, V.L, 42 Broadwalk, E18.....	(020) 8530 4825
CHARGE, Martin, Flat 1 Almond House 84 Church Hill, Loughton.....	(020) 8508 7898	CHOUHURY, K, 42 Malvern Drive, Ilford.....	(020) 8597 9289	CLARKE, A, 49 Lindley Road, London.....	(020) 8926 0833
CHARIF, M, Flat 304 Benjamin House 64 Roden Street, Ilford.....	(020) 4537 3221	C, Mr S, 320 Kingsford Road, London.....	(020) 8177 3493	C, A.W, 12 Beaconsfield Road, E17.....	(020) 8521 1600
CHARITY, Ms Asante Moro, 1 Cann Hall Road, London.....	(020) 3620 2601	CHOUHURY, B, Mobile, 7 De Vere Gardens, Ilford, Essex.....	(07939) 600007	C, C, 9 Dymchurch Close, Ilford.....	(020) 8551 2359
CHARKARBORTTI, G, Flat 4 223 Cranbrook Road, Ilford.....	(020) 3561 0072	C, I, 8 Denham Drive, ILFORD.....	(020) 8554 0547	C, D, 61 Elmfield Road, London.....	(020) 8529 9016
CHARLES, A, 71 Melville Road, London.....	(020) 8521 6958	C, I, 15 Grantham Road, London.....	(020) 8478 7626	C, D.A, 5 Dover Road, E12.....	(020) 8989 1267
C, C, Mobile, 166 Hall Lane, London.....	(07951) 213879	C, I.U, 11 Seventh Av, E12.....	(07956) 459022	C, D.M, 106 Ainslie Wood Road, E4.....	(020) 8524 7276
C, C, 49 Stonards Hill, Loughton.....	(020) 8502 5933	C, K, 14 Dahlia Gardens, Ilford.....	(020) 3649 8081	C, E, 43 Harcourt Avenue, Manor Park.....	(020) 8478 5740
C, Mrs Edna, 2 Peel Road, London.....	(020) 8505 9382	C, K, 38 Castleton Road, Ilford.....	(020) 8227 0235	C, E, 21 Rosslyn Avenue, E4.....	(020) 8529 6810
C, G, Goddarts House Flat 19, 23 Hoe Street, London.....	(020) 8520 3310	C, M, 668A Green Lane, Seven Kings.....	(020) 4521 2889	C, E, J, Ground Floor 129 Norman Road, E11.....	(020) 8558 2417
C, M, 8 Kings Avenue, Buckhurst Hill.....	(020) 8281 6303	C, M, 31 Pembroke Road, Ilford.....	(020) 8598 8227	C, J, 7 Dalton Holme Cross Road, Woodford Green.....	(020) 8504 1116
CHARLESWORTH, M, 65 Rous Road, Buckhurst Hill.....	(020) 8504 0081	C, M, Mobile, 36 Pretoria Road, London.....	(07951) 207615	C, Mr J, 457 Aldborough Rd Sth, Ilford.....	(020) 8141 7783
CHARLETON, M, 37 Cleveland Road, London.....	(020) 8924 9124	C, M, 67 Somersby Gardens, ILFORD.....	(020) 8551 9947	C, K, 91 Forest Rise, Walthamstow.....	(020) 8520 7230
CHARLTON, P, 34 Wadley Road, London.....	(020) 8558 2256	C, R, 106 College Gardens, LONDON.....	(020) 3560 8487	C, L, 30 Wilton Place, London.....	(020) 3737 1211
CHARLWOOD, D, 23C Grosvenor Road, E11.....	(020) 8989 2683	C, T, Flat 193 City View Axon Place, Ilford.....	(020) 3686 0849	C, M, 4 Elderberry Close, Ilford.....	(020) 8500 1815
CHARNOCK, I, 15 Rutland Road, E11.....	(020) 8530 4236	CHOUHAN, H, 67 Rokley Gardens, Woodford Green.....	(020) 3294 0525	C, M, 19 Fairlop Gardens, Ilford.....	(020) 8501 1510
CHARTER, N, 124 Englands La, Loughton.....	(020) 8532 0934	CHOUHAN, H, 27 Felbridge Road, Ilford.....	(020) 8599 7427	C, M.A, 23 Cavendish Drive, E11.....	(020) 8556 3741
CHARTONAS, D, 44 Lynnouth Road, E17.....	(020) 8520 6308	CHOUDHRY, M, Flat 10, John Walsh Tower Montague Road, E11.....	(020) 3132	C, P, 32 Glenwood Gardens, Ilford.....	(020) 8525 7567
CHARYKOWSKI, Mr R, Lower Flat 17 Lonsdale Road, London.....	(020) 8530 5726	CHOUDHRY, M, Flat 10, John Walsh Tower Montague Road, E11.....	(020) 3132	C, P, 59 Penrhyn Avenue, London.....	(020) 8531 3398
CHASE, G.W, 15 Eden Road, E17.....	(020) 8520 3297	CHOWDHARY, S, 13 Seagry Road, E11.....	(020) 8530 3518	C, P, 3 Wessex Close, Ilford.....	(020) 8220 2051
C, S.M, 15 Pretoria Road, London.....	(020) 8529 2880	CHOWDHRY, A, 155 Forest Road, London.....	(020) 8926 2508	C, R, 20 Bushfields, Loughton.....	(020) 8520 2791
CHARGE, Flat 17 Beaumont House Lake Road, E10.....	(020) 8539 4093	C, M, 50 Gordon Road, Ilford.....	(020) 8599 7665	C, R.R, 95 Otley Drive, Ilford.....	(020) 8554 4495
CHASNENEY, T, 22 Clifton Road, Ilford.....	(020) 8522 2360	C, Mr R, 44 Morris Av, London.....	(020) 8911 8242	C, R.W.J, 29 Rodney Place, E17.....	(020) 8531 5339
CHASTELL, G, 143 Roding Road, Loughton.....	(020) 8508 4079	CHOWDHURY, A, 132 Eton Road, Ilford.....	(020) 8514 5716	C, Sam, 17 Wigmore Place, E17.....	(020) 8527 4395
CHATTERJAI, A, 134 Herent Drive, Ilford.....	(020) 8257 8917	C, Dr A, 58 Seventh Avenue, London.....	(020) 8514 3243	CLATWORTHY, D, 38 Milton Road, E17.....	(020) 8520 2979
CHATTERJAI, Amar, Flat 8 Embassy Court Woodford Road, E18.....	(020) 8989 7051	C, A, Mobile, 54 Sheringham Avenue, London.....	(07984) 459879	CLAY, H, 52 Grosvenor Gardens, Woodford Green.....	(020) 8505 2928
C, B, 119 Stradbroke Grove, Ilford.....	(020) 8550 9648	C, D, Food Palace, 626 Romford Road, London.....	(020) 8109 3433	CLAYDEN, F, 19a Marlborough Road, Chingford.....	(020) 8531 9874
CHATTERLEY, S, 227 Woodford Av, Redbridge, Ilford.....	(07957) 217983	C, J, 169 Cambridge Road, Ilford.....	(020) 8518 3620	CLAYTON, N, 31 Vincent Close, Ilford.....	(020) 8501 0811
CHATWIN, S, 57 Coningsby Gardens, E4.....	(020) 8531 9897	C, J, 8 Cormorant Close, E17.....	(020) 8597 5174	CLAYTON, C, 38 Dunspring Lane, Ilford.....	(020) 8551 1499
CHAU, B, 2 Carbis Close, E4.....	(020) 8529 9417	C, J, 22 Marknaper Avenue, London.....	(020) 3731 0645	C, D, 19 Lynch Crescent, LONDON.....	(020) 3843 9032
CHAUDHARY, Mr M, 76 Deringham Avenue, London.....	(020) 8177 9519	C, Admiral K, 341 Clayhall Avenue, Ilford.....	(020) 4527 4854	C, E, 3 Larchwood House 39 Baywood Square, Chigwell.....	(020) 8501 5429
C, Shanaz, Flat 43 Ashdown Court Ze Fulbourne Road, E17.....	(020) 8523 5844	C, Maansib, Flat 3 25 De Vere Gardens, Ilford.....	(020) 8518 4906	C, K, Flat 1 61 Handsworth Avenue, London.....	(020) 3729 9549
C, Usman, 62 Empress Avenue, Ilford.....	(020) 8554 3688	C, M, 72 Friars Close, Ilford.....	(020) 3715 1802	C, M, 171 Rolls Park Avenue, London.....	(020) 8531 9564
CHAUDHAY, A, 198 Beethall Rd, Highams Pk.....	(07944) 886255	C, M, 13 Gayfere Road, ILFORD.....	(020) 8551 0996	C, T, 130 Leyton Green Road, E10.....	(020) 8925 3069
CHAUDHRY, Dr A, 22 Selsdon Road, London.....	(020) 8989 2300	C, M, 19 Kelston Road, Ilford.....	(020) 8551 7548	C, Z, Guru Soundz, Office 1, 12 14 Fowler Road, Hainault, Ilford.....	(020) 3490 7605
CHAUDHRY, H, 35 Sandhurst Drive, Ilford.....	(020) 8599 0070	C, M, Flat 128 Memorial Heights Monarch Way, Ilford.....	(020) 3719 6289	CLAYTON-FISHER, Admiral S, 7 Chatham Road, Walthamstow.....	(020) 8531 4628
C, K, 30 Penrith Road, Ilford.....	(020) 8500 8891	C, R, 60 Glenthorne Gardens, Ilford.....	(020) 8550 1513	CLEAVER, H.S, 97 High View Road, E18.....	(020) 8989 5305
C, Mr M, 4 Kendon Close, London.....	(020) 8530 8663	C, R, 6 St. Edmunds Road, Ilford.....	(020) 8518 9097	C, Mr R, 23 Dyson Road, London.....	(020) 8989 5593
CHAUDRY, A, 37 Keswick Gardens, Ilford.....	(020) 8550 1424	C, S, 13 Dryton Close, Ilford.....	(020) 8793 3362	CLEAVERLY, Clifford, 5 A Lonsdale Rd, London.....	(020) 8989 7250
CHAUHAN, C, 4 Cambridge Road, Ilford.....	(020) 8590 9093	C, S, Parks Depot House Station Road, Ilford.....	(020) 3624 4073	CLEMENS, B, 14 Whitley Rd, Leyton.....	(07956) 282237
CHAVDA, H, Flat 85, Mulberry Court Langthorne Road, London.....	(020) 8558 8183	CHOY Admiral I, 9 Clarence Road, Manor Park.....	(020) 4529 5059	CLEMENS, A, 92 Ganger Road, London.....	(020) 8503 3821
CHAWDA, P, 50 Nine Acres Close, Manor Park.....	(020) 8478 1385	CHRISMAS, B, 198 Roding Lane South, Ilford.....	(020) 8551 2055	C, Mr B, Mobile, 10 Vexley Drive, Ilford, Essex.....	(07984) 255877
CHAZADIS, G, 20 Milton Crescent, Ilford.....	(020) 8554 9062	CHRISTIAN, S, 19 Falmouth Avenue, LONDON.....	(020) 8527 2620	C, C, 38 Woodland Way, Woodford Green.....	(020) 8505 7960
CHEAL, A, 2 The Friars, Chigwell.....	(020) 8500 0956	C, V, 4 Hillfield, Flat 4 Papyrus Court, LONDON.....	(020) 3623 0364	C, G, 37 Spring Grove, Loughton.....	(020) 8508 0176
CHEAVEAU, C.M, 181 Burrow Road, Chigwell.....	(020) 8501 0708	CHRISTIE, R.J, 6188 Green Lane, Ilford.....	(020) 8997 4103	C, J, Carlton Court 8 Craven Gardens, Ilford.....	(020) 3715 7578
CHEBROULI, K, 61D Mansfield Road, Ilford.....	(020) 3649 4404	CHRISTMAS, C.A, 33 The Drive, E4.....	(020) 8529 0925	C, P, 70 Breamore Road, Ilford.....	(020) 8599 3301
CHEDBURN, R, 52 Butterfields, E17.....	(020) 8521 4301	CHRISTODOULOU, Mr C, Mr 6 Campus Road, London.....	(020) 8521 6366	C, R, 29 R	

Residential Listings

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CLOWES, B, 176 Princes Road, Buckhurst Hill.....	(020) 8505 8328	CONNELLY, Mr A, 50 Oakwood Hill, Loughton.....	(020) 8502 5968	COSTIS, M, 7 Mersey Road, London.....	(020) 8527 5406
CLUMP, Michelle, 69 Coolgardie Avenue, E4.....	(020) 8281 3786	C, T, 78 Goldingham Avenue, Loughton.....	(020) 8508 2423	COSY LOST, C, 51 Lambourne Road, Chigwell.....	(020) 8500 2159
CLUNE, S.W, 232 Kingston Road, Ilford.....	(020) 8553 5213	CONNOR, P, 30 Cornwallis Road, London.....	(020) 8925 1337	COTET, D, 68 Oak Lodge Avenue, Chigwell.....	(020) 3784 1614
COASTGUARD H.M		CONNWE, F.W.G, 163 Hall Lane, E4.....	(020) 8529 6514	COTORIBAI, E, Flat 3 Waterfield House 28 Rosslyn Road, E17.....	(020) 3730 2683
In Emergency dial 999 and ask the operator for Coastguard		CONNOLLY, A.J, 20 Sparelease Hill, Loughton.....	(020) 8508 3210	COTTER, W.C, 54 Calderon Road, E11.....	(020) 8556 3788
COATES, C, 33 Woodville Road, E17.....	(020) 8521 9055	C, D, Oak Gates Bury Road, E4.....	(020) 8524 6912	COTTINGHAM, S.M, 98 Harpenden Road, E12.....	(020) 8530 2655
C, D, Fairwinds Chapel Lane, Chigwell.....	(020) 8500 7534	C, Admiral J, 26 Amesbury Drive, London.....	(020) 4568 0255	COTTON, L, 44 Onslow Gardens, London.....	(020) 8532 2242
C, L, 36 Coningsby Gardens, London.....	(020) 8923 2344	C, R, 19 Horace Road, Ilford.....	(020) 8550 2989	COTTRILL, P, 67 Petria Road, London.....	(020) 8926 1311
C, R, 8 Audleigh Place, Chigwell.....	(020) 8505 0536	CONOLAN, M, 74 Matcham Road, E11.....	(020) 8555 2672	COUCH, D, 180 Windsor Road, Ilford.....	(020) 8514 2340
COBB, K, 5 Tuffon Rd, E4.....	(020) 8524 9598	CONOLEY, A, 124 Rodding Lane North, Woodford Green.....	(020) 8500 8519	COUCHMAN, Peter, 3 Forest View Road, Loughton.....	(020) 8502 0551
COBBING, M, Flat 705 Enterprise House 112 Kings Head Hill, E4.....	(020) 8529 3317	CONQUEST, B.M, 1 Oakfields Lower Alderton Hall Lane, Loughton.....	(020) 8508 1658	COULL, Beatrice, 9 Ingleby Gdns, Chigwell.....	(020) 8501 0185
COBBOLD, K, 11 Macdonald Road, London.....	(020) 8925 0464	CONRAD, Josephine, 89 Stanley Road, E18.....	(020) 8505 3376	COUNCIL, E, Emmanuel Vicarage 149 Hitcham Road, Walthamstow.....	(020) 8539 2200
C, Susan, 34 Halstead Road, E11.....	(020) 8989 5490	CONSIGLIO, S, 30 Cavendish Avenue, Woodford Green.....	(020) 8220 0518	COUNSEL, W, 21 Cleveland Road, London.....	(020) 8530 6849
COCHRAN, Mrs K, Mrs 64 Huntsman Road, Ilford.....	(020) 3737 1457	CONSTABLE, A, 3 Alma Avenue, Chingford.....	(020) 8531 1756	COUPLAND, R, 2 Campion Gardens, Woodford Green.....	(020) 8559 1429
COCK, D, 40 Sandhurst Drive, Ilford.....	(020) 8597 5778	CONSTANTIN, F, 130 Matcham Road, London.....	(020) 3590 0815	COURCHA, Bill, 19 Windsor Avenue, E17.....	(020) 8527 1485
COCKER, R.A, 31 Hollybush Hill, E11.....	(020) 8989 1491	CONSTANTINESCU, B, 191 Edward Rd, E17.....	(020) 8520 2524	C, J, 6 Willow Close, BUCKHURST HILL.....	(020) 8505 4328
COCKLE, D, 5 Keynham Avenue, Woodford Green.....	(020) 8926 7902	CONSTANTINO, A, 9 Brantwood Close, E17.....	(020) 8521 4091	COURSE, S, 1 Wigram Road, E11.....	(020) 8989 4259
COCKLIN, A, 16 Collard Avenue, Loughton.....	(020) 8508 3314	C, T, 12 Stapleford Close, London.....	(020) 8523 7883	COURT, K, 14 Selworthy Close, E11.....	(020) 8530 4783
COCKRELL, R.E, 4 Brodie Road, E4.....	(020) 8529 3171	CONTACT, M, Flat 16 Grosvenor Court Brewster Road, E10.....	(020) 8539 6142	COURTENAY, A, The Shrubbery 6 Wadley Road, E11.....	(020) 8556 6922
CODLING, C, 80 Hall Lane, London.....	(020) 8523 7871	CONTEH, Ms M, 18 Chamberlain Close, London.....	(020) 3132 7747	COURTNELL, A, 85 Church Road, Manor Park.....	(020) 8478 1778
CODRINGTON, Meicya, 36 Rayne Court, E18.....	(020) 8989 4855	CONWAY, B, 44 Kensington Drive, Woodford Green.....	(020) 8270 1598	COURTNEY, D, 14 Garden Way, Loughton.....	(020) 8508 0201
COE, A, 45 Queens Road, Loughton.....	(020) 3566 2672	C, M, 49 Beamster Gardens, Ilford.....	(020) 8551 2813	C, G, 104 Forest Road, E17.....	(020) 8521 5194
C, C, 91 Wynnale Road, E18.....	(020) 8504 0988	C, Mark, 54 Shingly Place, E4.....	(020) 8529 4928	C, J, 1b Becontree Avenue, London.....	(020) 8531 9560
COFFEY, K, 150 Belgrave Road, London.....	(020) 8989 5171	C, P, 27 Oak Hill, Woodford Green.....	(020) 8505 1116	COURTS, S.H.A, 250 Old Church Road, E4.....	(020) 8524 5483
COFFRUCCE, Sarmilla, 22 Lawson Close, Ilford.....	(020) 8514 2599	COOK, B, 59 Forest Court, E11.....	(020) 8503 8217	COUSINS, L, 124 Aldriche Way, London.....	(020) 8527 4942
COHEN, A, 33 Rosedene Gardens, Ilford.....	(020) 8550 5608	C, D, 15 Beechwood Park, E18.....	(020) 8530 4786	C, L, 50 The Bowls, Chigwell.....	(020) 8501 3183
C, B, 121 Hamilton Avenue, Ilford.....	(020) 8554 2351	C, D, 35 Harpenden Road, London.....	(020) 8925 8660	COUSSELL, S, 130 Wanstead Park Avenue, E12.....	(020) 8530 3984
C, C, 4 Heatherly Drive, Ilford.....	(020) 8550 7039	C, D.W, Bottom Flat 61 Hatch Lane, E4.....	(020) 8529 1137	COVENRY, Dr P, 10 Park Avenue, Woodford Green.....	(020) 8505 7470
C, C, Warren Hall Manor Road, Loughton.....	(020) 8532 1993	C, E, G, 62 St. Barnabas Road, Woodford Green.....	(020) 8504 8649	COVENTRY, P, 165 Hermon Hill, E18.....	(020) 8518 8284
C, Derek, 55 Clarendon Gardens, Ilford Essex.....	(020) 8518 1970	C, G, 48 Lambourne Road, Chigwell.....	(020) 8500 5446	COVETTE, Mr G, 5 Eighth Ave, London.....	(020) 8141 1330
C, E, 3 Burnett Road, ILFORD.....	(020) 7018 1602	C, I.W, 31 Rushbrook Crescent, E17.....	(020) 8531 2173	COWAN, E, 448 Farmer Road, London.....	(020) 3566 0477
C, E, 1 Laurel Close, Ilford.....	(020) 8500 5799	C, J, 9 Katherine Gardens, Ilford.....	(020) 8500 2491	C, K, 113 Gordon Road, Ilford.....	(020) 8220 6574
C, F, 10 Mundon Gardens, Ilford.....	(020) 8478 4043	C, Mrs Joan, 26 Southwest Road, London.....	(020) 8556 4016	C, M, 48 Theodan Street, London.....	(020) 8925 8288
C, J, 9 Storey Road, London.....	(020) 8928 1880	C, M, 22 Fenman Gdns, Ilford.....	(020) 8597 7318	C, M, 46 Woodland Road, Loughton.....	(020) 8508 3779
C, M, 6, Spanbrook High Road, Chigwell.....	(020) 8500 4735	C, P, 46 Ashburton Avenue, Ilford.....	(020) 8591 0784	C, P, 9 Wivins Avenue, London.....	(020) 8923 9201
C, M, 16 Werneth Hall Road, Ilford.....	(020) 8550 1998	C, P, Davis Court Flat 4 35, Burton Road, Loughton.....	(020) 3592 3349	C, Z, 7 Glenwood Gardens, Ilford.....	(020) 8550 1939
C, N, 11 Cedar Drive, Loughton.....	(020) 8508 7580	C, P.J, Flat 6 Oak Court 111 Higham Station Avenue, E4.....	(020) 8523 2882	COWELL, F, 57 Thorpe Road, London.....	(020) 8531 1475
C, P, Flat 11 Mistley Thorn 5 Cranbrook Rise, Ilford.....	(020) 8554 4566	C, W, 25 Wansford Road, Woodford Green.....	(020) 8505 7215	COWIE, A, 10 Woodland Close, Woodford Green.....	(020) 8504 9322
C, R, 89 Grosvenor Gardens, Woodford Green Essex.....	(020) 3602 8664	C, Z, 60 Wellfields, Loughton.....	(020) 8508 4322	COX, A.G, 40 Woodville Rd, E18.....	(020) 8530 3598
C, R, Flat 26 Hilary Dennis Court 34 Sylvan Road, London.....	(020) 3689 7693	COOKE, David, 172 Colchester Road, E10.....	(020) 8556 9468	C, B, 58 Hollywood Way, WOODFORD GREEN.....	(020) 8527 2413
C, R, Flat 2 69 Vicarage Road, E10.....	(020) 8556 1263	C, J, 38 Dale View Avenue, Chingford.....	(020) 8529 1923	C, C, 42 Lea Hall Gardens Lea Hall Road, E10.....	(020) 8556 3558
C, U, 106 Calderon Road, London.....	(020) 8539 5180	C, M, 12 Woolston Close, London.....	(020) 8925 9694	C, D, 25 Browns Road, E17.....	(020) 8521 3587
C, Z, 59 Kingsley Road, Ilford.....	(020) 8091 5914	C, P.L, 6 Bentley Way, Woodford Green.....	(020) 8504 7457	C, J, 41 Stonards Hill, Loughton.....	(020) 8508 8539
COIDAN, B, 6 Milton Road, London.....	(020) 8925 2714	COOLE, S, 64 Somerset Road, E17.....	(020) 8520 6432	C, M, 96 Burnham Road, Loughton.....	(020) 8529 7308
COKE, E, 11 Elmore Road, London.....	(020) 3663 2908	COOLIE, J, Flat 9 Napier Court 521 Green Lane, Ilford.....	(020) 8599 5620	C, Norma, 101 Colson Rd, Loughton.....	(020) 8508 5331
C, K, 93 Colchester Road, London.....	(020) 8925 8829	COOMB, T, 162 The Drive, Ilford.....	(020) 8518 1785	C, P, 16 Queens Road, Loughton.....	(020) 8502 1106
COLAK, N, 96 Waltham Way, London.....	(020) 8524 2314	COOMBER, A, 1 Golding Court Riverdene Road, Ilford.....	(020) 8553 1578	C, P, 28 Worsley Road, London.....	(020) 8555 6030
COLBURN, T.J, 143 South Park Drive, Ilford.....	(020) 8597 6002	COOMBS, J, 73 South View Drive, London.....	(020) 8491 0259	C, R, 24 Flat 7 St. Josephs Court Forest View, LONDON.....	(020) 8559 3737
COLE, A, 71 Bushwood, E11.....	(020) 8530 3002	COOMBS, J, 85 Springfield Rd, E17.....	(07961) 845525	C, Mr Stuart, 66, Dale View Crescent Dale View Crescent, London.....	(020) 8524 6577
C, C, 126 Chestnut Avenue South, E17.....	(020) 7370 0673	COONEY, M, 91 Norman Road, Ilford.....	(020) 8558 0243	CRABB, M, 24 Wolsey Gardens, Ilford.....	(020) 8524 4283
C, Admiral C, 126 Chestnut Avenue South, London.....	(020) 3345 2934	COOPER, Miss A, Miss 59 Colebrook Lane, Loughton.....	(020) 8502 2380	CRABBE, R, 16 Hatley Avenue, Ilford.....	(020) 8550 1838
C, Mr David, 49 Hawkdene, London.....	(020) 3581 0672	C, A, 59 Priory Av, E4.....	(020) 8529 3564	CRACKNELL, P, 10 Millers Lane, Chigwell.....	(020) 8501 0079
C, J, 311 Billet Road, London.....	(020) 8527 5859	C, B, 57 Farn Avenue, Walthamstow.....	(020) 8591 1885	CRAFT, R, Flat 14 Runcie Court New Mossford Way, Barkingide.....	(020) 8550 3169
C, J, 69 Cedar Close, Buckhurst Hill.....	(020) 8505 4719	C, C, 49 Wanstead Park Avenue, E12.....	(020) 8989 2722	CRAGGS, B, 20 Heathcote Court Heathcote Avenue, Ilford.....	(020) 8551 9510
C, Luke, 76 Netley Road, Ilford.....	(020) 8518 4816	C, E, 44 Sturge Avenue, E17.....	(020) 8531 9163	CRAGIE, B, 52 Torrington Gardens, Loughton.....	(020) 8508 8907
C, M, 13 Felstead Avenue, Ilford.....	(020) 8551 1695	C, G, 28 Woodland Way, Woodford Green.....	(020) 8505 6988	C, P, 70 Dale View Crescent, London.....	(020) 8529 3570
C, Matthew, Ground Floor Flat 9 Stainforth Road, E17.....	(020) 8520 5950	C, H, 78 The Charter Road, Woodford Green.....	(020) 8505 0969	CRAIG, D, 8 Parkhurst Road, London.....	(020) 8923 5831
C, N, 11 The Uplands, Loughton.....	(020) 8508 8121	C, J, 107 Longwood Gdns, Ilford.....	(07956) 825567	C, M, 47 Kington Lane, Buckhurst Hill.....	(020) 8504 9960
C, S.W, 107 Aldriche Way, E4.....	(020) 8523 1818	C, J, 32 Wemeth Hall Road, Ilford.....	(020) 8550 8133	CRAIOVEANU, I, 68 Stanley Road, London.....	(020) 3605 7088
COLEING, R.A, 63 Cornwallis Road, E17.....	(020) 8521 6995	C, J.L, 40 Oak Hill Close, Woodford Green.....	(020) 8531 7418	CRAMER, L, 7 Westview Drive, Woodford Green.....	(020) 8550 4084
COLEMAN, C, 17 Barfield Road, London.....	(020) 8539 3529	C, K, 92 Horns Road, Ilford.....	(020) 8551 2542	CRAMPTON SMITH, F, 20 The Vista, 23 Forest View, London.....	(020) 3105 5253
C, E, 6A The Green, London.....	(020) 3198 4728	C, Madeleine, 22 Gravel Lane, Chigwell.....	(020) 8500 2446	CRANDON, D, 4 Ripley View, Loughton.....	(020) 8532 1181
C, E, 65 Vincent Road, E4.....	(020) 8531 1425	C, Michael, 60 Malvern Drive, Woodford Green.....	(020) 8505 4066	C, R, 5 Priors Croft, London.....	(020) 8531 4615
C, J, 7 Frating Crescent, Woodford Green.....	(020) 8505 0769	C, P, 32 Ascot Close, Ilford.....	(020) 8500 4231	CRANE, K, 84 Edinburgh Road, London.....	(020) 3556 7092
C, M, 18 Queens Avenue, Woodford Green.....	(020) 8559 2860	C, P, 59 Colebrook Lane, Loughton.....	(020) 4529 6560	C, K, 111 Warren Road, London.....	(020) 8989 1453
C, S.M, 33 Colson Road, Loughton.....	(020) 8508 5925	C, P, 60 Forest View Road, London.....	(020) 8013 1214	C, S.V, 57 Guildford Road, Ilford.....	(020) 8599 8560
C, V, FLAT 7 DEVEREUX COURT 44-46 Snakes Lane West, Woodford Green.....	(020) 8504 5940	C, P, Flat 6 Aldham Hall New Wanstead, E11.....	(020) 8989 3167	CRANFIELD, A.B, 38 Fernhill Court, E17.....	(020) 8520 4282
COLENSO, T, 70 Uplands Road, Woodford Green.....	(020) 3566 1464	C, R, 86 Woodhouse Road, Leytonstone.....	(020) 8519 4094	CRANSTON TURNER, J, 65 Brookdale Road, London.....	(020) 8013 7462
COLERIDGE, K, 109 Laing Close, Ilford.....	(020) 8500 7576	C, S, 6 Warren Hall Manor Road, LOUGHTON.....	(020) 8418 9143	CRASKE, P, 171 Wallwood Road, London.....	(020) 8539 3642
COLES, S.J, 48 Ardmore Lane, Buckhurst Hill.....	(020) 8505 1954	C, S, 28 Marston Road, Ilford.....	(020) 8551 2687	CRAWLEY, C.J, 72 Belgrave Road, E17.....	(020) 8521 0985
COLGAN, S, Flat 1, Morley Court Sinclair Road, London.....	(020) 8524 8147	C, S.A, 1 Woodcote Road, E11.....	(020) 8989 5654	C, Philip, 108 Meadow Way, Ilford.....	(020) 8591 6548
COLLEY, V, 2 The Elms Lippitts Hill, Loughton.....	(020) 8508 3749	C, S.M, 27 Moreland Way, E4.....	(020) 8529 4528	C, R, 35 Seymour Road, E4.....	(020) 8529 2797
COLLIER, K, Flat 14 Boothby Court 15 Ashington Close, LONDON.....	(020) 8524 6264	C, Y, 6 Anworth Close, Woodford Green.....	(020) 8505 8128	CRAVER, D, 581 Copperfield, Chigwell.....	(020) 8501 5301
COLLIER-MCDERMOTT, S, 32 Albion Road, LONDON.....	(020) 8509 0343	COORE, Michael, Flat 41 St. David Court 60 Parkstone Road, E17.....	(020) 8520 6567	CREARY, K, 467 Hale End Road, London.....	(020) 8527 7767
COLLINGS, J, 205 Tickenham Road, London.....	(020) 8539 3591	COOTE, J, 55 Hollywood Way, Woodford Green.....	(020) 8531 4301	CREASEY, H, Flat 1 Atholl Court Atholl Road, Ilford.....	(020) 8599 2217
COLLINGS, G, 59 Endlebury Road, LONDON.....	(020) 8523 7628	COPE, E.J, 95 Handsworth Avenue, E4.....	(020) 8527 8510	CRECIUN, V, 36 Thurlow Gardens, Ilford.....	(020) 7671 4551
C, K, 102 Windsor Road, London.....	(020) 8539 2450	C, Mrs Ursula, 18 Byron Avenue, London.....	(020) 8989 0252	CREED, G, 8 Victoria Road, Buckhurst Hill.....	(020) 8505 8273
C, M.J, 14 The Lindens, Loughton.....	(020) 8508 7502	COPLAND, J.R, Flat 6 Aranya Court 198 Higham Hill Road, E17.....	(020) 8527 3446	C, H, 3 The Drive, E4.....	(020) 8529 7268
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C, Alexandra, 17 Maple Close, Buckhurst Hill.....	(020) 8504 0791	COPEY, C, 133 New Road, London.....	(020) 8923 2119	C, S.K, 23 Onslow Gardens, E18.....	(020) 8989 0295
C, M, 54 Broadwalk, E18.....	(020) 8989 4356	COPPER, B, 105 Attlee Terrace Prospect Hill, E17.....	(020) 8503 6204	CRESSEY, M, 40 Mount Pleasant Road, Chigwell.....	(020) 8500 1873
C, Br Donald, 62 Abbotts Crescent, London.....	(020) 8527 1848	COPTLE, Tonie, Flat 13 Pierce Campion Court 276-78 Forest Road, E17.....	(020) 8509 3068	C, S, 27 Brunel Road, Woodford Green.....	(020) 3723 2565
C, D, mobile, 38 Balmore Rd, E10.....	(07960) 647657	CORAM, J, 50 Limewood Court Beehive Lane, Ilford.....	(020) 8551 7367	CREST, L, 31 Chadacre Avenue, Ilford.....	(020) 8551 1386
C, D, 30 Park View, Chigwell.....	(020) 8500 1657	CORBETT, S, 64 Century Road, E17.....	(020) 8527 8090	CRESWELL, S, 20 Woodland Road, Loughton.....	(020) 8508 1157
C, D, 30A Tomswood Road, Chigwell.....	(020) 8502 9108	CORBIN, M, 54 Ranelagh Road, London.....	(020) 7998 5726	CRIDDLE, D, 25 High Meadows, Chigwell.....	(020) 8500 8793
C, D.G, 30 Hillside Avenue, Woodford Green.....	(020) 8504 7118	CORDES, J, 6 Greenway Court 1 Valentines Road, Ilford.....	(020) 8518 0399	CRIGTON, P.E, 4 Friars Gate Close, Woodford Green.....	(020) 8506 0270
C, E, 106 Oakwood Hill, Loughton.....	(020) 8508 6694	COREN, S, 2 Birkbeck Gardens, Woodford Green.....	(020) 8506 0820	C, R, 104 Brook Crescent, E4.....	(020) 8524 1895
C, I, 2 Pell Court 12 Green Walk, Woodford Green.....	(020) 8504 8280	CORLESS, B, P, 43 Claude Road, E10.....	(020) 8556 5851	CROOKENDALE, A, 68 Kettlebaston Road, London.....	(020) 8923 7309
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DAJCI, K, 24 Valley Side, London(020) 3663 5907
 DAKIN, K, 44 Fullers Road, London(020) 8505 5239
 DALE, P, 25 Millsmead Way, Loughton(020) 8281 1536
 D, S, Flat 23 Brook Court 2 Green Pond Road, E17(020) 8503 3729
 DALEY, J, 5 Whitehall Close, Chigwell(020) 8500 6212
 D, N, Flat 602 Valentines House 51-69 Ilford Hill, Ilford.....(020) 8911 8442
 DALGARNO, P, 79 Chingdale Road, London(020) 8529 0714
 DALHOONSING, R, 45 Ilford Lane, Ilford(020) 3091 9538
 DALLADAY, Mrs N, Mrs 78 Brooklyn Avenue, Loughton(020) 8508 1794
 DALLENDER, R, 10 West Grove, Woodford Green(020) 8504 6358
 DALPHINIS, A, 194 Westwood Road, Ilford(020) 8599 7284
 DALTON, B, 6 Dale View Gardens, London(020) 8524 1234
 D, J.W.A, 189 Hillfields, Loughton(020) 8508 7594
 D, L, 55 Barclay Road, E17(020) 8509 0707
 D, S, 52 Spring Grove, LOUGHTON(020) 8508 4710
 DALY, C, 22 Lea Hall Gardens Lea Hall Road, London(020) 3015 9841
 D, J, 51 Covert Road, Ilford(020) 8500 3709
 D, J, 34a Empress Avenue, Wanstead(020) 8530 2890
 D, J, 60 Leybourne Road, E11(020) 8989 6476
 D, P, 122 Walnut Road, E10(020) 8556 6675
 D, T, 9 Newgate Street, London(020) 8529 9811
 DAMANIA, B.B, 133 Huxley Road, E10(020) 8556 9449
 DAMAS, J, 6 Audley Court, London(020) 3663 1967
 DAMBRASKAS, R, Flat 12 Church Court 154 Snakes Lane East, Woodford Green(020) 8502 9403
 DAMIANO, Rd, 331 New North Road, Ilford(020) 8500 1048
 DAMOO, D.S.D, 42A St. James's Street, E17(020) 8521 2437
 DAN, A, 211 Byron Avenue, London(020) 3759 0125
 DANAOS, Edmund A, 19 Lonsdale Road, E11(020) 8989 3953
 DANCE, S, 17 Long Deacon Road, E4(020) 8529 5645
 DANGERFIELD, D.J, 5 Ritchings Avenue, E17(020) 8520 4631
 DANIAL GILL, J, 36 Ethelbert Gardens, Ilford(020) 8505 9367
 DANIEL, N, 11 Ewellhurst Road, ILFORD(020) 8551 6766
 D, P.F, 100 Eton Rd, Ilford(020) 8478 4875
 D, R, 158 Burney Drive, Loughton(020) 8502 5508
 DANIELS, B.L, 119 Whitta Road, E12(020) 8523 4739
 D, Mr C, 207 Tiptree Crescent, Ilford(020) 8177 3804
 D, E.J, 30 Chamwood Drive, E18(020) 8989 4737
 D, I, 10 Keynsham Avenue, Woodford Green(020) 8504 9911
 D, J, 29 Halstead Road, London(020) 8989 1286
 D, K, 20 Cypress Grove, Ilford(020) 8501 4964
 D, Ms K, Flat 173 Northwood tower, 71 Marlowe Road, London(020) 8177 5175
 D, M, 123 Chingford Avenue, London(020) 8926 6195
 D, M.B, Flat 6 St. Mary's Lodge St. Mary's Avenue, E11.....(020) 8989 4485
 D, P, 200 New Road, London(020) 8524 9290
 D, P.G, 9 Oakhurst Gardens, E4(020) 8529 6373
 D, R, 80 Douglas Avenue, E17(020) 8531 7740
 D, S.A, 402 Stocksfield Road, E17(020) 8520 0055
 DANIELSSON, C, 173 Colebrook Lane, Loughton(020) 8508 3590
 DANNIEL, C, 75 Hansford Road, Woodford Green(020) 8502 0789
 DANQUAH, K, 17 St Nicholas Place, LOUGHTON(020) 3524 6149
 DANSIE, J, 13 Park Road, London(020) 8556 3738
 DAR, A, 81 Lansdowne Road, Ilford(020) 8252 0976
 D, M, 1 South Park Villas South Park Drive, Ilford(020) 3729 4746
 D, T, 17A New Road, Ilford(020) 3731 5659
 DARAMEWA, F, 57 Stow Crescent, London(020) 8418 5759
 DARBAN, Peyman, 27 Meadow Road, Loughton(020) 8502 3984
 DARBAR, V, 3 Foxglove House, 16 Foxglove Gardens, Chigwell.....(020) 8501 2558
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 DARBO, R, 53 North Courtess Rd, E17(020) 8503 2839
 DARBY, A, 11 Broxbourne Avenue, London(020) 8530 3881
 D, F.C, 13 South Dale, Chigwell(020) 8501 1204
 D, Mr G, 20 Madeline Gr, London(020) 8141 7390
 D, J, 186 Forest Edge, Buckhurst Hill(020) 8504 9785
 DARBYSHIRE, N.J, 68 Fourth Avenue, E12(020) 8514 1254
 DARIE, M, 10 Walnut Road, E10 London(020) 8539 6789
 DARK, I, 19 The Heights, Loughton(020) 8508 3074
 D, M, 61 Park View, Chigwell(020) 3243 2015
 DARKE, K, 33 Winsbeach, E17(020) 8521 0153
 DARKO, Elsie, 24 St. Patricks Court Bridle Path, Woodford Green(020) 8531 8719
 DARLING, B, 86 Belgrave Road, London(020) 8989 2244
 D, B, 3 Sapling Lodge Montalt Road, Woodford Green(020) 8505 4990
 DARLING-GRANT, D, 36 Hazel Way, London(020) 8527 1612
 DARLINGTON, A, 25 Marmion Close, LONDON(020) 8013 3119
 DARR, I, 363 Ilford Lane, Ilford(020) 8478 5167
 D, T, 43 Birch Grove, E11(020) 8556 2737
 DARWOOD, K.G, 63 Murchison Road, E10(020) 8556 3905
 DAS, J, 26 Karina Close, Chigwell(020) 7671 0604
 D, S, 21A Bramley Crescent, ILFORD(020) 8013 0098
 D, S, 32 Wisteria Close, ILFORD(020) 3665 1812
 D, Dr S.K, 39 Cheyne Avenue, E18(020) 8530 5691
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 DASGUPTA, A, 4 Kensington Drive, Woodford Green(020) 8551 0386
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 D, P, 87 Grange Road, Ilford(020) 8553 1132
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 DAVEY, J, 4 Farm Way, Buckhurst Hill(020) 8559 0116
 D, Kirsty, 58 Omnibus Way, E17(020) 8531 9881
 D, T, 90 The Lindens, Loughton(020) 8508 4214
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 D, F, 13 Waremead Rd, Ilford(020) 8551 5304
 D, 2 Harbour Close, Ilford(020) 8262 3262
 D, R, 115 Greenway Avenue, E17(020) 8520 3633

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 D, S, 159 Hale End Road, London(020) 8531 7714
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 DAVIE, J, 3D Valebrook 2 Park Avenue, Ilford(020) 8554 5488
 DAVIES, A, 26 Belmont Park Road, London.....(020) 8556 3099
 D, B, 36 Broadwalk, E18(020) 8989 4446
 D, I, Flat 25 Westminster Court 23 Cambridge Park, E11.....(020) 8530 7957
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 D, J, 41 Baldwins Hill, Loughton(020) 8502 5574
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 D, J.E, 13 Elmfield Road, E4(020) 8524 3379
 D, J.E, 14 Orchard Way, Chigwell(020) 8501 5413
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 D, M, 22 The Elms Lippitts Hill, Loughton(020) 8508 0777
 D, M, 21 Warren Court, Chigwell(020) 8500 8674
 D, M.H, 13 Eastwood Road, E18(020) 8989 3195
 D, N, 25 Pembroke Road, E17(020) 8520 4364
 D, P, 27 Dangan Road, London(020) 8989 5946
 D, R, 15 George Lane, South Woodford(020) 8989 3054
 D, S, 31 Bushfields, LOUGHTON(020) 8508 1634
 D, S, 14 Preston Drive, London(020) 8989 2123
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 D, D, 1A Gainsford Road, E17(020) 8520 8367
 D, D, 68 Gosport Road, London(020) 3685 5700
 D, E, Flat 62 The Grange 1 Lymouth Road, E17(020) 8520 1340
 D, G, 61 Grange Crescent, Chigwell(020) 8500 2465
 D, I, 4 Belgrave Road, E17(020) 8521 1710
 D, J, Flat 11 Copperfield Court 1 Village Way, Ilford(020) 8550 8552
 D, J.M, Flat 17 Manor Court 80 Beresford Road, E4(020) 8524 7375
 D, L, Ground Floor 446 Lea Bridge Road, E10(020) 8539 8905
 D, L, 249 Manor Road, Chigwell(020) 3686 1540
 D, M, Flat First Floor, 3 Harcourt Avenue, Manor Park, London.....(020) 3417 7502
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 D, P, 10 Hilltop, Loughton(020) 8508 3583
 D, P, 60 Milton Road, London(020) 8279 6528
 D, R, 21 Frating Crescent, Woodford Green(020) 8491 6173
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 D, T, 29 Tittley Close, E4(020) 8524 6848
 D, W.S, 132 Howard Road, E17(020) 8520 5885
 DAVISON, H, 8 Priory Road, Loughton(020) 8418 9517
 D, K.L, 143 Marmion Avenue, E4(020) 8529 1873
 D, S, 106A Coppermill Lane, E17(020) 8509 1982
 DAVY, E, 41 Mayfield Road, E4(020) 8529 8812
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 D, Peter, 47 Fyfield Road, E17(020) 8520 4190
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 D, D, 2 Bernwell Road, London(020) 8524 5981
 D, K, 20 Egerton Gardens, Ilford(020) 8509 8371
 DAWKINS, D, 22 Highland Avenue, Loughton.....(020) 8508 7830
 D, D, 48 Woodman Path, Ilford(020) 8500 3641
 D, Miss L, Flat 93 Lambourne Court Navestock Crescent, Woodford Green.....(020) 8141 4791
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 DAWSON, B, 28 Ivy Road, London(020) 8923 9695
 D, F, 36 Kimberley Road, London(020) 8527 6856
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 D, M, 10 Warner Road, London(020) 8521 4052
 D, P, 1 Geariesville Gardens, Ilford.....(020) 8551 2801
 D, R, Highfield Cottage Mott St, Loughton(020) 8502 5284
 D, S, Flat A 22 Fairport Road, E11(020) 8558 5889
 DAV, C, 60 Barrington Green, Loughton(020) 8508 4888
 D, F, 27 Leyspring Road, London(020) 8989 7928
 D, G, 18 Wickham Road, E4(020) 8531 2422
 D, Mr 67 King Edward Road, London(020) 8531 0309
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 D, R, 64 Rogers Avenue, London(020) 8523 0028
 D, V, 120 Chester Road, LOUGHTON(020) 8508 6915
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 DE LUNA, C, 16 Silver Birch Avenue, London(020) 3308 4153
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 DE MONT, H, 16 Hazelwood, Loughton(020) 8508 4489
 DE RUN, J, Home Heather House Flat 42 128, Beehive Lane, Ilford(020) 3016 4907
 DE SALVO, N.C, 8 Merton Road, E17(020) 8520 5312
 DE SILVA, Mr N, 7 Granville Rd, London(020) 8509 9739
 D, P, 11 Burside Close Aldborough Road North, Ilford(020) 8597 8029
 DE SOUSA, E.E, 18 Sherwood Avenue, E18(020) 8989 3340
 DE VER HUNT, M, Flat 10, The Vista, 23 Forest View, London ... (020) 7018 0089
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 D, T.R, 6 Maynard Road, E17(020) 8521 3906
 DEAGAN, K.S, 53 Grosvenor Road, Ilford(020) 8478 4886
 DEAGON, D, 55 Grosvenor Road, Ilford(020) 8514 5569
 DEAN, Adm A, 23 Woodstock Gardens, Ilford(020) 8599 5063
 D, D.M, 66 The Drive, Loughton(020) 8508 2769
 D, Hilda, 85A Aldersbrook Road, E12(020) 8989 8770
 D, J, 62 Wellfields, Loughton(07956) 581849
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 D, Y, 62 Calderon Road, London(020) 8925 0955
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 DEARN, B, 76 The Charter Road, Woodford Green(020) 8559 1557
 DEAS, R, 75 Malford Grove, London(020) 8518 8919
 D, Stephen, A 5 Colchester Avenue, E12(020) 8911 4652
 DE'ATH, J, Flat 42 Manor Court Lodge 175 High Road, E18.....(020) 8504 6533
 D, S, 7 Ansell House Fitzgerald Road, London(020) 8989 4904
 DEATON, J.E, 28 Westward Road, E4(020) 8527 4889
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DECORDOVA, Lorraine, Flat 5 St. Claude House 22b Sutherland Road, E17.....	(020) 3720 3855	DIGHTON, J, 2 Chadwick Avenue, London.....	(020) 8524 6643	DORE, M, 59 Palace Gardens, Buckhurst Hill.....	(020) 8925 6502
DEDAT, Y, Flat 3 Harvey Court 6 Yunus Khan Close, E17.....	(020) 8550 1924	DIGMAN, H, 36 Castleton Road, Ilford.....	(020) 8590 0885	D, M, 6 Preston Avenue, London.....	(020) 8531 9836
DEDI, R, 21 Keswick Gardens, Ilford.....	(020) 8550 8196	DIKE, L, 114 Stanley Road, Ilford.....	(020) 8553 4972	D, R, 8, 28 St. Johns Road, Walthamstow, London, London.....	(020) 3581 7266
DEDIC, A, Flat 176 Lambourne Court Navestock Crescent, Woodford Green.....	(020) 8505 7374	DIL, A, 201 Manford Way, Chigwell.....	(020) 8389 3058	DORÉE, A, 11 Sanson Road, London.....	(020) 8556 2441
D, S, 5 Alder Walk, Ilford.....	(020) 8477 0154	DILJAN, S, 207 Woodford Avenue, Ilford.....	(020) 8550 5198	DOREY, M, 219 Ashburton Avenue, Ilford.....	(020) 8599 6676
DEDMAN, N, 43 Hillcrest Road, E17.....	(020) 8531 8599	DILLEEN, J, 3 Selborne Road, Ilford.....	(020) 8478 8028	DORLING, G, 3 St. Edmunds Road, Ilford.....	(020) 8518 1928
DEENING, M, Flat 424 Enterprise House 112 Kings Head Hill, E4.....	(020) 8529 2293	DILLEY, P.F, 151 Fencepiece Road, Ilford.....	(020) 8500 5572	DORU, C, 91 Canfield Road, Woodford Green.....	(020) 8506 1919
DEERY, B, 1 Glen Rise, Woodford Green.....	(020) 8505 7371	DILLION, R, 43 Halstead Road, E11.....	(020) 8530 8954	DORWUNA, Vivian, 18 Tiptree Crescent, Ilford.....	(020) 8551 7679
DEFARIA, Paulo, 52 Carlyle Road, E12.....	(020) 8553 4858	DILLON, F, 27 Arbor Road, London.....	(020) 3669 0416	DOS SANTOS, A, Flat 17 The Havilland Square Piper Way, Ilford.....	(020) 7506 2523
DEGA, E, 16 Roll Gardens, Ilford.....	(020) 8550 1921	DILMAHOMED, A, 369 Sherrard Road, E12.....	(020) 8471 3252	D, Miss O, Flat 3 Batten House The Drive, London.....	(020) 3138 0485
DEGRUCHY, B, 46 Loughton Way, Buckhurst Hill.....	(020) 8504 9671	DILSWORTH, B, 1 Phoenix Close, London.....	(020) 8531 3437	DOSA, T, 148 Church Rd, E12.....	(020) 8478 6899
DEGUN, P, 48 Traps Hill, Loughton.....	(020) 8502 5987	DILWORTH, Mr P, 42 Pittman Gardens, Ilford.....	(020) 8177 5505	DOSHI, D, 44 Albemarle Gardens, Ilford.....	(020) 8562 9488
DEHAYEN, Alexander George, 52 Sunnymede Drive, Ilford.....	(020) 8505 2581	DIMA, L, Lord Roberts House Flat 316, Macdonald Road, London.....	(020) 3723 0168	D, R, 44 Tomswood Road, Chigwell.....	(020) 8500 8137
DEHBOUZORGI, Mr M, 59, Owen Waters Ho 380 Fullwell Av, Ilford.....	(020) 8551 7425	DIMENT, S.J, 19 Kenilworth Gdns, Ilford.....	(020) 8599 2962	DOSI, V, 18 Eynsford Road, Ilford.....	(020) 8491 9104
DEHMOBED, Farin, 7 Shaftesbury, Loughton.....	(020) 8508 2995	DIMITROV, D, 44A High Road, Buckhurst Hill.....	(020) 3654 0083	DOSSETT, C, 30 Colson Road, Loughton.....	(020) 8502 2287
DELAACRUZ, W, 13 Ambleside Gardens, Ilford.....	(020) 8550 1656	DIMITROVA, E, 34 Cambria Court 24 Sutherland Road, London.....	(020) 3689 0159	DOSWELL, E.M, Flat 27 Westminster Court 23 Cambridge Park, E11.....	(020) 8989 5906
DELAHUNTY, A, 26 Kenwood Gardens, Ilford.....	(020) 8550 1071	D, G, 4 Radnor Crescent, Ilford.....	(020) 4531 5887	DOTSIKA, F, 40 Danbury Way, Woodford Green.....	(020) 8505 7914
DELEV, Dimitar, Court High Road Leytonstone, London.....	(020) 8556 3677	D, T, 53 Parkmead, Loughton.....	(020) 8508 7802	DOTSON, J.I.F, 755 High Road, Buckhurst Hill.....	(020) 8505 0924
DELFOU, M, 20 Carroll Hill, Loughton.....	(020) 8508 6333	DIMMOCK, R, 5A Chingford Lane, WOODFORD GREEN.....	(020) 8505 4700	DOUGHTY, Sharon, 117 Sanson Road, E11.....	(020) 8556 8731
DELISLE, R.A, 88 Mornington Road, E4.....	(020) 8524 6915	DIMOFFE, D, 376 Hoe Street, London.....	(020) 7018 5165	D, S, 18 Walpole Road, South Woodford.....	(020) 8504 1620
DELL, G, 311 Roding Lane North, Woodford Green.....	(020) 8551 1443	DIN, A, 36 Keswick Gardens, Ilford.....	(020) 8550 7271	DOUGLAS, C, 35 Stow Crescent, E17.....	(020) 8531 2969
DELLOW, J, Edgar House Blake Hall Road, E11.....	(020) 8518 8341	D, Nasir, 55 Auckland Road, Ilford.....	(020) 8518 5793	D, D.C, 106 Manor Road, E10.....	(020) 8558 9760
D, R, 6 Woodland Close, Woodford Green.....	(020) 8559 2193	D, N, 65 St. Georges Road, Ilford.....	(020) 8518 6309	D, M, 10 Winborne Close, Buckhurst Hill.....	(020) 8505 8806
DELTAUVAITE, J, 1A Higham Place, London.....	(020) 3590 8671	DING, T.C, 12 Brandville Gardens, Ilford.....	(020) 8551 7553	D, M.M, 50 Station Road, Loughton.....	(020) 8508 7589
DELUCA, Mr Tony, 58 St. Mary's Road, London.....	(020) 8556 7026	DINH, B, 95 Station Road, E4.....	(020) 8529 5095	D, Mrs S, 2 Spurway Parade, Ilford.....	(020) 3370 2800
DEMAGH, A, 12A Gainsborough Avenue, E12.....	(020) 8478 8173	DINICA, D, Flat 5 20 Arundel Gardens, Ilford.....	(020) 8599 8457	DOUGLASS, J.M, 15 Grangeway, Woodford Green.....	(020) 8504 5842
DEMARS, T, Flat 5 27 East Avenue, E17.....	(020) 8509 1392	DINSLEY, A, 10 Chestnut Close, Buckhurst Hill.....	(020) 8505 0100	DOUGLES, Admiral K, 31 Beck Square, London.....	(020) 4541 8822
DEMBER, Jean, 21 Ladysmith Avenue, Ilford.....	(020) 8590 0469	DIOMANDE-TAQUI, M, Flat 16 Walnut Court Valentia Road, Walthamstow.....	(020) 8520 7399	DOURADO, M, 12 Ridgeway, Woodford Green.....	(020) 8505 1790
DEMBY, K, Copperfield Court Flat 11, Village Way, Ilford.....	(020) 3669 8486	DIPLOCK, S, 23 Marten Road, Walthamstow.....	(020) 8527 0270	DOUSE, Chris, 40 Queens Avenue, Woodford Green.....	(020) 8504 0388
DEMEYER, Mr Hans, 32a Ringwood Road, London.....	(020) 8062 2315	DIRA, F, 27 Meadow Close, Ilford.....	(020) 8478 1002	D, S, 103 Chestnut Avenue, Buckhurst Hill.....	(020) 8504 2691
DEMIR, S, 26 Frankland Road, London.....	(020) 8529 5482	DISHINGTON, M.N, 179 Whitehall Road, Woodford Green.....	(020) 8505 0134	DOVER, C.S, 19 Shakespear Crescent, E12.....	(020) 8471 8948
DEMIRCI, I, 157 Murchison Road, London.....	(020) 8532 8610	DISOJA, Mr D, 375 High Road Leytonstone, London.....	(020) 8988 3096	D, S, 5 Emmaus Way, Chigwell.....	(020) 8504 9219
DEMPESEY, A, 353 Chingford Road, London.....	(020) 8923 9753	DIVAKARAN, A, 19 Waterloo Road, Ilford.....	(020) 4537 8184	DOVES, D, 150 The Drive, Ilford.....	(020) 8227 1365
DENHAM, R, 23 Burslem Avenue, Ilford.....	(020) 8525 6039	DIX, J.H.G, 14 Mount Echo Dr, E4.....	(020) 8529 6175	DOVOVAN, B, 21 Owen Gardens, Woodford Green.....	(020) 8505 3494
DENHARD, R.F, 17 Hillcroft, Loughton.....	(020) 8502 1634	DIXIT, A, 113 Browning Road, E12.....	(020) 8470 4077	DOW, K, 53 Barley Lane, Ilford.....	(020) 8597 6903
DENISE, M.V, 235 Kingsford Road, Ilford.....	(020) 8514 0910	DIXON, D, Flat 7 558 Forest Road, E17.....	(020) 8509 0227	D, S, 29 Fifth Avenue, LONDON.....	(020) 8553 1370
DENMARK, P, 100 Abbotford Gardens, Woodford Green.....	(020) 8491 0788	D, Mr Grant, 11 Arundel Gardens, Ilford.....	(020) 8983 8117	DOWDING, E.M, Flat 44 Village Heights 72 Chingford Lane, Woodford Green.....	(020) 8505 0018
DENNEY, P, Flat 12 Mill Court 61 Ruckholt Road, Leyton.....	(020) 8556 4995	D, J.A, 98 Nelson Road, E4.....	(020) 8531 9082	DOWIE, J, 39 Oak Hill Crescent, Woodford Green.....	(020) 8527 8488
DENNIS, A, 39 Cottenham Road, London.....	(020) 8521 0551	D, L.J, 247 Henley Road, Ilford.....	(020) 8553 3646	DOWLING, M, 44 Goldingham Avenue, Loughton.....	(020) 8579 6354
D, C, 2 Woodberry Way, LONDON.....	(020) 8529 1527	DIVENLI, N, 162 Stockfield Road, E17.....	(020) 8520 4950	D, N, 5 Mount View Road, London.....	(020) 8529 4780
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DERSON, A, 75 Coopers Lane, E10.....	(020) 8556 4216	D, P, 24 Beresford Road, E4.....	(020) 8529 8097	DOWNS, C, 299 Hainault Road, London.....	(020) 8539 6306
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EMMERSON, R., 98 Cadogan Gardens, London.....(020) 8530 1013
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E, R.J., 32 Seymour Gardens, Ilford.....(020) 8518 1250
EMMINS, J., 38 Blackthorne Drive, E4.....(020) 8529 7203
EMPSON, Mr H., 27 Blackthorn Road, Ilford.....(020) 3132 8189
ENACHE, G.E., 71 Hatherley Rd, E17.....(020) 8520 8727
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END, R.F., 153 Blythwood Road, Ilford.....(020) 8599 2340
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ENE, Mr A., 66 Lynnwood Road, E17.....(020) 8177 5440
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ENGLYTE, D., 192B New North Road, Ilford.....(020) 3842 7255
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ENGSTROM, E., 328 Copperfield, Chigwell.....(020) 8501 8583
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ENIAFE, G., 18 Seven Kings Road, Ilford.....(020) 3665 9201
ENNION, C., 25 Downsfield Road, London.....(020) 7285 5457
ENNIS, K., 52 Newbury Road, Ilford.....(020) 8599 6445
ENOH JOSEPH, R., 2 Farnborough Avenue, London.....(020) 8037 2295
ENTICKNAP, L., 1 Duke Road, Ilford.....(020) 8551 8494
ENVER, Nilay, 212 Beech Hall Road, E4.....(020) 8531 7712
ERACLEOUS, A., 18 Somersby Gardens, Ilford.....(020) 8550 2060
ERDOGAN, Mr Sinan, 34 Field Close, London.....(020) 3802 7284
EREIRA, M., 18 Gaysam Hall Longwood Gardens, Ilford.....(020) 8551 2742
ERGUVENLER, K., 6 Lawrence Hill, London.....(020) 8529 7794
ERISEN, T., 38 Donington Avenue, ILFORD.....(020) 8518 1084
ERJANA, M., 25 Stapleford Avenue, ILFORD.....(020) 3590 0492
ERMAK, V., 35 Albert Road, E10.....(020) 8539 0215
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ESSEMAN, M., 9 Pylres Lane, Loughton.....(020) 8257 1363
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ESTEVES, C., Flat 1-2-4 Copperrill Lane, London.....(020) 3623 3916
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ETTI, Bolanle, 135 Bluehouse Road, E4.....(020) 8523 7405
ETTY, M., 108 The Bramblings, LONDON.....(020) 8524 2784
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E, A.A., 10 Brookway, Chigwell.....(020) 8500 2679
E, A.T., 10 Alexandra Road, E18.....(020) 8989 4845
E, C., 101 Chester Road, Ilford.....(020) 8597 0662
E, D., 98 Larkwood Road, E4.....(020) 8529 4162
E, D.L., Workshop Manor Farm Mott Street, Loughton.....(020) 8418 0242
E, E, 5 Britannia Road, Ilford.....(020) 8478 6473
E, E.H., 143 Chingford Lane, Woodford Green.....(020) 8504 8747
E, J., 10 Hazelbrough Gardens, Ilford.....(020) 8525 3257
E, J.L., 14 Goldsborough Crescent, E4.....(020) 8529 4542
E, J.L.R., 15 Victoria Road, E4.....(020) 8529 2330
E, J.T., 27 Copthorne Avenue, Ilford.....(020) 8500 9307
E, K., 79 Bressay Grove, London.....(020) 8989 1250
E, K., 37 Flagdale Road, London.....(020) 8989 3172
E, K., 4 Sturge Avenue, London.....(020) 8926 6255
E, L., 16 Hollywood Road, London.....(020) 8529 6741
E, L., 73 Normanshire Drive, London.....(020) 8926 2322
E, M.N., 32 York Hill, Loughton.....(020) 8502 1788
E, Mrs 105 Applegarth Drive, Ilford.....(020) 8597 3332
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E, P., 8 Campbell Avenue, Ilford.....(020) 8551 5454
E, P., 46 Chudleigh Crescent, Ilford.....(020) 8590 8381
E, S., 23 Hatley Avenue, Ilford.....(020) 8550 7082
E, S., 6 The Meadow, Loughton.....(020) 8508 0507
E, S.A., 361 Higham Hill Road, E17.....(020) 8527 2457
E, S.A., 67 Melford Road, E11.....(020) 8558 5337
E, Warren, 12 Glenham Drive, Ilford.....(020) 8518 6699
E, Ms Z., 94 Tiptree Crescent, Ilford.....(020) 8177 3818
EVELEIGH, D., 8 Mornington Close, Woodford Green.....(020) 8504 7405
EVELING, R.T., 26 Onslow Gardens, E18.....(020) 8989 2253
EVERALL, E., 53B Preston Road, E11.....(020) 8530 7248
EVERARD, Mrs 20 Kirby Close, Loughton.....(020) 8502 5756
EVERETT, A.R., 66 Lambourne Road, Chigwell.....(020) 8500 0313
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E, Christine, 10 Chase Lane, Ilford.....(020) 8554 7941
E, C., 6 Collard Avenue, LOUGHTON.....(020) 8502 2605
E, G., 30 Grosvenor Gardens, Woodford Green.....(020) 8505 4407
E, G.F.J., 30 Grosvenor Gardens, Woodford Green.....(020) 8504 3693
E, M.O., 45 Brook Crescent, E4.....(020) 8529 3930
EVERITT, P.F.J., 84 Wiggs Avenue, E17.....(020) 8531 8587
E, Sophia, 15 Spratt Hall Rd, London.....(020) 8530 7737
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EVERSDEN, S., 8 Gaysam Avenue, Ilford.....(020) 8491 6964
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EWEN, R., 223 Waltham Way, LONDON.....(020) 8524 0991
EWERS, D., 32 Morgan Way, Woodford Green.....(020) 8504 2088
E, R., 13 Devon Clo, Buckhurst H.....(020) 8506 0295
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FACEY, M.J., 52 Goldsbrough Cres, E4	F, Mr J, 5b Kingswood Rd, Ilford	(020) 8141 1096	FLYNN, C, 412a Lea Bridge Road, London	(020) 8558 5135
FADAHUNSI, I, 37 Bramley Close, Woodford Green	F, Mr J, Flat 8/5 Kingswood Rd, Ilford	(020) 8177 3280	F, J, 17 Pembar Avenue, London	(020) 8928 0171
F, O, 6 Grantock Road, Walthamstow	F, J, 10 Manford Way, Chigwell	(020) 8501 5308	F, R, 17 Stanley Road, E18	(020) 8505 1444
FADQJUTIMI, K, 62 Castleview Gardens, Ilford	F, P, 12 Cranbourne Gardens, Ilford	(020) 8550 8179	FLYNNNE, M, 6 Abbotsford Road, Ilford	(020) 8525 4823
FAGAN, Barbara, 34 Woodman Path, Ilford	FERORO, Mrs M, 111 Warner Rd, London	(020) 3132 3038	FOAKES, E, 36 Burnham Road, E4	(020) 8529 0337
FAHAD, C, 142 Meads Lane, Ilford	FEROZ, A, 16A Glenthorne Rd, E17	(020) 8521 0797	FODOR, A, 28 Dale View Crescent, E4	(020) 8529 7938
FAHEY, M, 26 Winns Terrace, London	FERRARO, Mr A, 176a Shernall St, London	(020) 8141 2675	F, N, 14A Jubilee Parade Snakes Lane, Woodford Green	(020) 8504 3824
FAHMY, H, 30 Albert Rd, E18	FERREIRA, A, 46 Davids Way, Ilford	(020) 3742 7995	FOGGO, K, 4 Blake Hall Crescent, E11	(020) 8989 2859
FAHY, M, 72 Elgin Road, Ilford	F, R, 96 Rookery Court 80 Ruckholt Road, London	(020) 8988 3334	FOJOYE, Mr M, 64 Grantham Road, London	(020) 8141 5476
FAIRBAIRN, J, 137 Express Drive, Ilford	F, M, 16, 6 Preston Road, E11	(020) 8989 8303	FOKHAR, U, Jupiter House Flat 2, 32 Postway Mews, Ilford	(020) 3524 9500
F, M, 103 Whitehall Gardens, London	FERRY, C, Flat 47 Hermitage Court Woodford Road, E18 London	(020) 8530 3466	FOLAMLI, R, 23 Forest Drive West, London	(020) 8925 9032
FAIRMAN, E.M., 38 Denham Drive, Ilford	FETSCU, A, 175A High Road, Ilford	(020) 3665 1294	FOLAN, B, 38 Swans Hope, Loughton	(020) 3723 6806
F, G, 5 Fawn Road, Chigwell	FETSON, E, Flat 21 Oak Lodge 56 Cambridge Road, E11	(020) 8530 5517	FOLEY, Mr Harry, Central Court, 88 Manford Way, Chigwell	(020) 4501 5671
FAIRWEATHER, P, 25 Roundmead Close, Loughton	FUEJER, R, 8 Gardner Close, Leytonstone	(020) 8518 8991	F, L, 15 Whitfield Court 72 Clarendon Gardens, Ilford	(020) 8554 2957
FAISAL, H, 159 Mortlake Road, Ilford	FEW, D, 114 Fairlop Road, Ilford	(020) 8924 0698	F, S, 10 Parkway, Woodford Green	(020) 8505 2484
FAIZ, Mr R, 429 Ilford Lane, Ilford	F, E, 34 Tresco Gardens, Ilford	(020) 8599 6008	FOLKMAN, J, 3 Fullers Avenue, Woodford Green	(020) 8504 2163
FAJEMIGBESI, A, 227 Hampton Road, Ilford	FEWELL, O, 29A The Charter Road, Woodford Green	(020) 8504 5222	FOLLETT, L.G, 75 Mapleton Road, E4	(020) 8529 1675
FAKRUL ISLAM, M, 50 Gaysham Hall Longwood Gardens, Ilford	FIAMANYA, V, 50 Hale End Road, London	(020) 8923 8545	FOLLEY, R, Flat 10 Clifton House 4 Beachcroft Road, E11	(020) 8559 7483
0410	FIBBENS, A.F, 16 Spring Grove, Loughton	(020) 8508 0617	FONE, G.J, 12 Clover Close, E11	(020) 8556 3492
FALAHAT, H, 83 Kingswood Road, Ilford	FIDLAN, N, 13 Crealock Grove, Woodford Green	(020) 8505 7198	FONG, F, 7 Charles Church Walk, Ilford	(020) 3643 8312
FALCO, Jacqueline, Lower Flat 27 Third Avenue, E17	F, Dr N, 13 Crealock Grove, Woodford Green	(020) 8506 7178	FONSECA, A, 20 Chigwell Park Drive, CHIGWELL	(020) 8501 4176
FALDO, D, 15 Fairview Gardens, Woodford Green	FIDLER, R.G, May Cottage Sewardstone Road, E4	(020) 8529 9905	F, C, 173 Dersingham Avenue, E12	(020) 3132 5525
FALKUS, A.J, 38 Courtland Avenue, E4	FIELD, I, 21 Park View, Chigwell	(020) 8500 4330	F, Mr S, 1/24 Renness Road, E17	(020) 8531 0711
FALL, P, 70 Huntsman Road, Ilford	F, J, 19 Beverley Crescent, Woodford Green	(020) 8505 5624	FOORD, H, 64 Smarts Lane, Loughton	(020) 8508 9594
FALLARA, D, 4 Woolhampton Way, Chigwell	F, J, Lumiere Building Apt. 7 195 Howard Road, London	(020) 3016 7241	FOOT, M, 4 Ruby Road, London	(020) 8521 8020
FALLMAN, E, 3 Barrington Green, Loughton	F, J, Mrs Sheila, 16 Beehive Lane, Ilford	(020) 8554 4185	F, W.H, 31A Grove Park, E11	(020) 8989 9859
FALLOWFIELD, A, 20 Wanstead Park Avenue, E12	F, S, 52 Matcham Road, E11	(020) 8221 0328	FORD, C, Flat 34 Westminster Court 23 Cambridge Park, E11	(020) 8530 2756
FALLOWS, Miss K, 25 Salters Road, London	F, S.J., 104 Hall Lane, E4	(020) 8529 3998	F, E, 3 Fallow Fields, Loughton	(020) 8508 7542
FALLOWS, Balfour R, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, K.H, 28 York Road, E17	(020) 8521 3564
F, S, 40 Blackmore Road, Buckhurst Hill	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, L.M, 47 Stonards Hill, Loughton	(020) 8508 4344
FALOLA, Mr I, 372 Fulwell Avenue, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, M.A, Flat 4 George Court Kings Place, Buckhurst Hill	(020) 8504 6700
F, S, 40 Blackmore Road, Buckhurst Hill	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, P, 146 Conington Crescent, E4	(020) 8524 6526
FALSHAW, F, Gravel Lodge Gravel Lane, Chigwell	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, P, 75 Kings Road, E4	(020) 8524 6723
FAMIGLIETTI, S.L, 18 Station Road, Loughton	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, Rob, 2 Lea Valley Road, E4	(020) 8529 7926
FANG, R, 62 Sinclair Road, E4	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R, 14 Ridgeway, Woodford Green	(020) 8505 0164
FARAH, A, Flat 19 Beaumont House Lake Road, E10	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORD-COLEMAN, L, 15 Pentire Rd, E17	(020) 8531 2282
FARAZI, M, 1A Colchester Avenue, London	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORDE, J, 36 Dalkeith Road, Ilford	(020) 8478 0801
FAREY, M, 24 Albert Avenue, E4	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORDHAM, S, 11a Thomas Barnardo Way, Barkingside	(020) 8505 9531
FARHAN, A, 120a Hampton Road, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORECAST, C, 40 Essex Road, London	(020) 8556 0980
FARHAT, Maqbool, 76 Park Rd, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOREMAN, H.A.J, 9 Glenwood Gardens, Ilford	(020) 8505 8650
FARIA, B, Flat 17 Nathaniel Court 2 Luther King Close, E17	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORI, S, 78 11 Garrat House Brunner Road, Walthamstow	(020) 3623 2328
F, R, Oak Lodge Flat 28 56, Cambridge Road, London	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORINO, D, 75 Waverley Avenue, London	(020) 8926 6684
FARID, S, 22 Exeter Gardens, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORMAN, S, 54 Sunnymede Drive, Ilford	(020) 8550 5209
FARLEY, Rev Dr I.D, St Johns Rectory High Road, Buckhurst Hill	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORRESTER, B, 589 Forest Road, London	(020) 8527 8990
(020) 8504 1931	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, O, 43 Silverthorn Gardens, London	(020) 8529 1040
FARMIER, J, 66 Markhouse Avenue, Walthamstow	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, W.H, 268 Sherrard Road, E12	(020) 8472 1939
FARNON, A.F, 17 Millsmead Way, Loughton	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORRISTAL, Nf, 137 Normanshire Drive, E4	(020) 8524 8213
FARNES, T.J, 1 Ravenswood Road, E17	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORSTER, L, 4 Avon Road, London	(020) 8925 8115
FARQUHAR, D, 27 Forest Road, Loughton	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R.M, 465A Aldborough Road North, Ilford	(020) 8597 2124
FARQUHARSON, S, 29B Airlie Gardens, Ilford	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORTEZA, J, 49 Albemarle Gardens, Ilford	(020) 8518 6075
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORTH, Mrs Rose, Berkeley Avenue, Ilford	(020) 8550 0383
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORTUNE, J, Ideas House Eastwood Close, E18	(020) 8989 2847
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FORSYUK, Mr O, 121 First Avenue, London	(020) 8141 1110
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOSH, Walter P, 74 Buckingham Road, E18	(020) 8504 8847
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOSTER, A, 6 Broadfield Way, BUCKHURST HILL	(020) 8505 1831
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, C, 6 Golfe Road, Ilford	(020) 8553 1178
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, C, 46 Roll Gardens, Ilford	(020) 8550 2782
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, David, 41 Marconi Road, E10	(020) 8558 3077
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, H, Mobile, 119 Huntsman Road,	(07930) 731507
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, J, 4A Sparelease Hill, Loughton	(020) 8502 1316
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, K.M, 70 Glengall Road, Woodford Green	(020) 8505 6233
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, N, M, 23 Lansdowne Road, London	(020) 8989 0999
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, N, Flat 123 Blenheim Court Navestock Crescent, Woodford Green	(020) 8506 1291
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R, 6 Woodedge Close, E4	(020) 8529 7192
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, S, 9 Colebrook Path, Loughton	(020) 8508 5803
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, T, 72 Bushwood, E11	(020) 8530 4144
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, T, 86 Staines Road, Ilford	(020) 8478 8852
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, T.W, 44 Oakwood Hill, Loughton	(020) 8508 2462
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOSU, E, Flat 3 The Point 1 Selborne Road, E17	(020) 8521 4049
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOTWE, S, Flat 46 Thames View Centreway Apartments Axon Place, Ilford	(020) 8911 8640
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOUGHALI, S, Flat 5 Churcher House 88 Jack Cornwell Street, E12 London	(020) 8911 9278
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOUHY, Mr J, 20 Orsett Terrace, Woodford Green	(020) 8141 4783
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOULDS, F, 2 Crescent Road, E4	(020) 8529 8139
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOULGER, J.E, 44 Wickham Road, E4	(020) 8527 6572
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R, 34 Brookdale Road, London	(020) 8925 8759
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOULKES, J, 59 Pearl Road, London	(020) 8616 3387
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOWLER, Geraldine, 4 Lancaster Road, E17	(020) 8527 0029
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, J, Flat 7 20A Station Road, London	(020) 8529 4182
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOX, B, 33 Valentia Road, E17	(020) 8521 9787
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, D, 26 Regency Court 89-111 High Road, E18	(020) 8505 0058
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, Mr G, 4 Victoria Road, London	(020) 3132 8402
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, J, 4 Parkway, Woodford Green	(020) 8270 1561
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, Mary, 17 St. Johns Road, Loughton	(020) 8532 0596
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, M, (Mobile), 15 Hillcrest Mansions Upper Walthamstow, E17	(07956) 225482
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, P, 18 Parkland Road, Woodford Green	(020) 8504 9503
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R, 6 Elm Hall Gardens, London	(020) 8989 3087
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, S, Flat 2 3 Claremont Grove, Woodford Green	(020) 8501 9117
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, S, 6 Hainault Road, Chigwell	(020) 8500 6108
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, S, 1 Underland Way, E12	(020) 8530 4801
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FOXTON, R.P, 64 Roebuck Lane, Buckhurst Hill	(020) 8504 0035
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRACHT, G, 3 The Fountains, Loughton	(020) 8502 3584
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRAME, W, 26 Draycot Road, London	(020) 8503 2727
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANCOIS, A.E, 17 Woodville Rd, E17	(020) 8503 7640
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, Claudette, 31 Morieux Road, E10	(020) 8556 6449
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, C, 113 Queens Road, Buckhurst Hill	(020) 8521 5585
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, H, 30 Lyne Crescent, E17	(020) 8527 0476
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, J, 31 Marlborough Road, Chingford	(020) 8527 3938
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, J.E, 25 First Avenue, E17	(020) 8521 5916
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, L.M, 172 Canterbury Road, E10	(020) 8539 7835
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, R, 8 Bancroft Avenue, Buckhurst Hill	(020) 8525 6700
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, Admiral S, 117 Sturge Avenue, London	(020) 3154 4152
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANCISCO, Admiral G, 281 Snakes Lane East, Woodford Green	(020) 4541 8580
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANCOIS, J, 28b Eatington Rd, London	(020) 8539 1931
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	F, T, 80 Priors Croft, London	(020) 8923 6010
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANGIAMORE, G, 14 Elmsdale Road, E17	(020) 8521 2897
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANKE, E, 41 Waverley Avenue, E4	(020) 8529 7832
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANKEL, B, 47 Buntingbridge Road, Ilford	(020) 8525 0081
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANKIEWICZ, D, 2 Vivian Stanhall Mews, London	(020) 8117 9470
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998	FRANKLAND, K.J, 169 Marrison Avenue, E4	(020) 8529 3769
FARR, D, 23 Kingswood Road, E11	F, S., 104 Hall Lane, E4	(020) 8529 3998		

FRANKLIN, H, 5 Clarence Avenue, Ilford.....	(020) 4529 4601	E17	(020) 8520 1046	GEETHANANTHI, Mrs V, 113 Springfield Drive, Ilford.....	(020) 3370 2508
F, Kathryn, 175 Howard Road, E17	(020) 8509 3769	GALAVAN, I, 314 Sherrard Road, E12	(020) 8552 0413	GEKE, H, 1012 Eastern Avenue, Ilford.....	(020) 3720 1999
F, L, Top Flat 19 Folkestone Road, E17	(020) 8503 7960	GALBRAITH, James, 1206 Eastern Avenue, Ilford.....	(020) 8599 0575	GELERNTER, R, 46 Winingales Court Vienna Close, Ilford.....	(020) 8550 0037
F, M, 899 Eastern Avenue, Ilford.....	(020) 8599 3175	GALDEM, Mr M, 31 Montague Rd, London	(020) 8141 1844	GELGOTA, Mr T, 33A Queens Road, London	(020) 8141 7565
F, N, 64 Bracken Drive, CHIGWELL	(020) 3720 2682	GALE, A, Flat 1, 49 Beresford Road, London	(020) 8923 1338	GELKOFF, Z, Room 1 36 Church Hill, Loughton	(020) 3016 0853
F, N.E, 63 Abbotswood Gdns, Ilford.....	(07958) 556980	G, Mr H, Mobile, Stable Cottage Whitakers Way, Loughton.....	(07958) 57801 0031	GELLEN, Ms J, 13 Stanley Road, London.....	(020) 8177 7048
F, P, 34 The Heights, Loughton	(020) 8502 4549	GALEA, A, 24 Dore Avenue, E12	(020) 8478 5851	GEMZA, M, 275 High Road Leyton, London.....	(020) 3732 3570
F, R.J., 11 Alderton Way, Loughton	(020) 8508 8291	GALENZOGA, Mr R, 30 Palmerston Rd, London.....	(020) 3132 0296	GENC, C, 137 Hall Lane, LONDON.....	(020) 8523 9079
FRANKLYN, R, 105 Burnham Road, E4	(020) 8524 8172	GALIBARDY, N, 42 Newlands Road, Woodford Green	(020) 8521 3763	GENCHE, N, 6 Dominion Apartments Mission Grove, London.....	(020) 8793 7624
FRANKS, A, Flat 5 Oakwood Court Gordon Road, E4	(020) 8529 3645	GALLACIO, Maureen, Ground Floor Flat 8 Clacton Road, E17.....	(020) 8509 7439	GENCHI, V, 104 Swans Hove, Loughton	(020) 8508 4466
F, D, 12 Edwina Gardens, Ilford.....	(020) 8551 2972	GALLACHER, B, 57 Cranston Gardens, London	(020) 8923 5557	GENOV, Kancho, Flat 19 Victor Court 80 Roden Street, Ilford.....	(020) 8478 3678
F, T, (Mobile), 1 Lincoln Rd, E18	(07956) 229068	GALLAGER, E.A, 19 Cambridge Road, E11	(020) 8530 6919	GENT, Mrs M, 17 Cranbrook Rise, Ilford	(020) 8554 6043
F, T.P, 1 Lincoln Road, E18	(020) 8989 9504	GALLAGHER, J, 17 Chudleigh Crescent, Ilford.....	(020) 8590 7862	G, S, 23 Douglas Avenue, London.....	(020) 8527 2726
FRANZ, R, 1 Arden Mews, London.....	(020) 3654 4377	G, K, 27 Ground Floor Woodlands Road, Ilford.....	(020) 8141 7599	GENTRY, R, 29 Langley Drive, E11	(020) 8989 4428
FRANZOTTI MIRANDA BINNS, D, St. Georges Court Flat 31 287 Wood Street, London	(020) 3524 2762	G, M, 14 Newport, Loughton	(020) 3565 0278	GEORGE, C, 108 Napier Road, E10	(020) 8524 1341
FRASER, S, 83 Montalt Road, Woodford Green.....	(020) 8504 8548	GALLEY, E.O, 78 Haldan Road, E4	(020) 8527 7002	G, E, 48 Beechwood Gardens, Ilford.....	(020) 8550 0322
FRASINEANU, O, Flat 28 Hennessy Court 127 Leyton Green Road, E10.....	(020) 8539 1916	GALLIERS, Eva, Flat 6 Belgrave Heights 26 Belgrave Road, E11	(020) 8989 4090	G, F, 83A Chingford Avenue, London.....	(020) 8524 1392
FRATEL, B, 127A Millfield Avenue, Ilford	(020) 8551 2654	G, Jeffrey, 80 Marlescroft Way, Loughton	(020) 8508 8241	G, G, 29 Evanston Avenue, E4.....	(020) 8523 0737
FREEDMAN, B, 56 Millfield Avenue, London	(020) 8279 5049	GALLO, Carlos, 42 Landseer Avenue, E12	(020) 8514 0435	G, J, 67 Inverness Drive, Ilford.....	(020) 8501 3964
F, B, Flat 7 Aurora Court 14a Sunset Avenue, Woodford Green.....	(020) 8505 1776	GALLOGLY, L, 46 Hamilton Avenue, Ilford	(020) 8554 1536	G, Ms Kate, 79 Elmfield Road, Walthamstow, London	(020) 3754 0480
F, E, 615 Cranbrook Road, Ilford.....	(020) 8550 1048	GALLOP, R, 110C New Road, E4	(020) 8524 4658	G, L.R, 3 Gasmere Close, Loughton	(020) 8508 8822
F, M, 7 Peel Drive, Ilford.....	(020) 8177 7325	GALLOWAY, D.D, mobile, 60 Stockfield Rd, E17	(07903) 358143	G, P, 29 Cheyne Avenue, London.....	(020) 8530 2979
F, P, 15 Hobart Court 14 Sunset Avenue, Woodford Green	(020) 8505 7252	GAMBLE, C, 64 Hanson Drive, LOUGHTON	(020) 8281 5840	G, Rita, Flat 8 Friars Court 31a Lyne Crescent, E17	(020) 8527 0647
F, S, 77 Boleyn Court, Buckhurst Hill	(020) 8559 1746	GAMMAGE, B, 79 Marmion Close, London.....	(020) 8529 9295	G, Susan, 137 Edward Road, London	(020) 8509 3079
F, S, 4 Montfort Gardens, Ilford.....	(020) 8924 5490	GAMON, F, 72 Henrys Walk, Ilford.....	(020) 8500 6908	GEORGESCU, R, 14 Mornington Road, Loughton	(020) 3581 0512
F, S.L, 53 Roll Gardens, Ilford.....	(020) 8550 5938	GAN, L, Flat 3, Manor House, 24 Gladding Road, London.....	(020) 3092 3998	GEORGIOUDOU, C, 585A Forest Road, E17.....	(020) 8527 4783
F, S, 57 Algers Road, Ilford.....	(020) 8500 5793	GANCHEVA, Miss B, 196 Blackhorse La, London	(020) 3132 4091	GEORGIEV, Georgi, 19 Coppice Path, Chigwell.....	(020) 8501 4693
F, B, 5 St. Edmunds Road, Ilford.....	(020) 8554 4698	GANCHI, Mr I.K, 7 Rachel Clo, Ilford	(020) 8550 4452	GEORGIU, M, 5 Great Owl Road, Chigwell	(020) 8501 4932
F, Mr Dudley, Flat 42 Village Heights 72 Chingford Lane, Woodford Green.....	(020) 8506 2275	GANDECHA, Dr A, 299 New North Road, Ilford	(020) 8500 3978	GEORGIUO, C, Flat 10 Cannon Court 1 Greenleaf Road, Walthamstow	(020) 3198 8729
F, D.N, 17 Roebuck Lane, Buckhurst Hill.....	(020) 8505 3880	GANDESHA, S, 22 Northumberland Avenue, E12	(020) 8530 7921	G, Mr P, Mr T Windsor Road, London	(020) 8925 4066
F, E, 13 Tufton Road, LONDON	(020) 8524 4301	GANESAN, S, 42d Northbrook Rd, Ilford	(020) 8514 1464	GEPPERT, T, 7 Tudor Close, Chigwell	(020) 8500 0599
F, J.R, 223A Fullwell Av, Ilford.....	(020) 8551 8698	GANESHALING, Kathiramu, 10 Walpole Road, E17	(020) 3686 8944	GERALD, Miss M, 1a Colville Rd, London	(020) 3132 4131
F, M, FLAT 6 2 Summit Road, London.....	(020) 8521 7011	GANESHAN, B, 13 Khartoum Road, Ilford.....	(020) 8270 7855	GERMEK, J, 2 McFadden Court 25 Buckingham Road, E10.....	(020) 8925 8544
F, N.A, 57 Algers Road, Loughton	(020) 8508 1233	GANESHARAI, D, Mobile, 105 Wards Road, (07904) 832331	(020) 8177 5888	GERMAINE, J, 243 Shakespeare Crescent, E12	(020) 8503 4577
F, P, Mobile, 41 Preston Road, London.....	(07956) 264287	GANESHADHARANINGAM, Mr P, 38 Essex Rd, London	(020) 8177 5888	GERRARD, Mr B, 78 Sheringham Ave, London	(020) 8478 1461
F, R, 1 Hedgers Close, Loughton	(020) 8508 4744	GANESHADHARANINGAM, Mr P, 38 Essex Rd, London	(020) 8177 5888	G, S, Flat 50 Heron Court Morland Road, Ilford.....	(020) 8553 0077
FREESTON, P, 67 Derby Road, London.....	(020) 8505 2951	GANESHARAI, D, Mobile, 105 Wards Road, (07904) 832331	(020) 8177 5888	GERRETT, W, 2 Fletcher Road, Chigwell	(020) 8500 4717
FREESTONE, N, 26 Shakespear Road, London	(020) 4568 7172	GANI, M, 126 Thorold Road, Ilford.....	(020) 8220 8640	GERREY, C, 100 Blackhorse Lane, London.....	(020) 8527 8550
FREITAS, A, Flat 3 112 Grove Road, London	(020) 8520 6729	G, S, Flat 10 547-549 Cranbrook Road, ILFORD.....	(020) 3669 4340	GERSON, L, 41 Mapleton Road, E4	(020) 8501 7386
F, C, 329a Dersingham Avenue, E12	(020) 8141 0526	G, S, 208 Thorold Road, Ilford	(020) 8220 8643	GERTSON, J, 154 The Drive, Ilford	(020) 8554 4366
F, G, Flat 12 119, Flat 12, Elm Court Higham Station Avenue, London	(020) 3726 6251	GANT, S, Flat 9, Heron Court Morland Road, Ilford	(020) 8550 0201	GHANI, A, 181 Loxford Lane, Ilford.....	(020) 8514 1480
FREITAS MACHADO, O, Flat 22 Cedar Court Churchfields, South Woodford, London.....	(020) 8504 7304	GAO, Y, Langley Court 2, 3 Tower Mews, London	(020) 3091 2542	G, Mr U, 111 North Birkbeck Rd, London	(020) 3132 8300
FRENCH, M, FLAT 3 30C Forest View, London	(020) 8529 7406	GARABA, I, 22 Hazelbrouck Gardens, Ilford	(020) 8616 5734	GHASEMZADEH, A, 5 Grove Rd, E11	(020) 8529 6680
F, P, 37 Kingsley Road, Loughton.....	(020) 8508 3435	GARAPATI, A, 195 City Vw Centreway Apartments Axon Pl Ace, Ilford.....	(020) 8514 8810	GHATTA-AUREH, J.S, 11 Essex Road, E12.....	(020) 8471 3087
F, S, 47 Horn Lane, Woodford Green	(020) 8504 1020	GARCIA, E, 41 Harwarter Drive, Loughton	(020) 8281 9384	GHAZANFAR, K, 11 Civic Way, Ilford	(020) 8550 9412
FRENKEL, J, 104 Collinwood Gardens, Ilford	(020) 8550 0312	GARCIA SANCHEZ, A, Flat 28, Henley Lodge, 2 Willow Walk, London.....	(020) 3952 0231	GHEORGHITA, A, 47 Mayville Road, London	(020) 8558 2763
FRENSHAM, M, 33 Bushwood, E11	(020) 8989 9817	GARD, M.B, 6 Wensley Avenue, Woodford Green	(020) 8504 4122	GHINEA, E, 39 Highbury Gardens, Ilford.....	(020) 3638 3797
FREZZA, L, 24 Beaconsfield Road, Leyton.....	(020) 8539 0796	GARDENER, C, 5 Mapleton Road, London	(020) 8524 5149	GHIONTUL, N, 369 Clayhall Avenue, Ilford.....	(020) 8550 3810
FROLOVS, R, 22 Lichfield Court 2 Gandhi Close, Walthamstow	(020) 3652 6051	GARDINER, D, 55 Elmsdale Road, E17	(020) 8520 9542	GHIR, K, 46B Clarendon Gardens, Ilford	(020) 8554 9811
FROME, S, 4 Broad Oak Close, LONDON	(020) 3654 6282	G, P, Flat 8 Copfield Court 27-29 Woodford Road, London.....	(020) 4537 9674	GHOLE, Mrs Noor Jahan, 1a Vestry Road, London	(020) 8520 0020
FROMONT, M, Flat 11 High House 260 Chingford Road, E17	(020) 8531 9775	G, R.L, 64 High Road, Buckhurst Hill	(020) 8504 8267	GHONI, F, 52 St. Peters Close, Ilford.....	(020) 8529 9972
FRONTY, M, Flat 1 26 Cleveland Road, London.....	(020) 3648 5474	GARDNER, K, 13 Hatley Avenue, Ilford	(020) 8551 1675	GHORAB, S, Flat 21 Clifton House 4 Beachcroft Road, E11	(020) 8556 9575
FROST, G, Tudor Lodge The Avenue, E11	(020) 8989 0567	GARDYGA, Mr W, 64 Palmerston Rd, London	(020) 8141 0015	GHOSH, Dr Anshua, 3 Beechwood Park, E18	(020) 8989 7361
F, M, 102B Edward Road, London	(020) 8923 8017	GAREL, Winston, 5 Telford Clo, London	(020) 8521 6899	G, S, 2a Brantwood Gardens, Ilford.....	(020) 8505 0829
F, M.J, 42A Warren Road, E4.....	(020) 8524 5465	GARFIELD, A.L, 39 Malford Grove, E18	(020) 8989 6417	G, S, 17 Kenilworth Gardens, Loughton	(020) 8508 6031
F, S, Flat 1 Larkwood Court The Avenue, London	(020) 8531 2856	G, P, 34 Overton Drive, London	(020) 8989 2737	GHOSHAL, A, 62 Woodville Road, E18	(020) 8530 5459
FROUD, B, Little Christies High Rd, Chigwell	(020) 8501 4990	GARFINKLE, R, 34 Lakeside Avenue, Ilford.....	(020) 8550 9407	G, A, 62 Woodville Road, London	(020) 8220 5434
FRYER, A, 21 Roundmead Close, Loughton	(020) 8502 1560	GARG, A, Tempus Court 128-138 Flat 7 High Road, London	(020) 8013 8668	GHRUBURRUN, Miss R, 38 Albany Rd, London	(020) 3132 3824
FU, F, 10 Warren Court, Chigwell	(020) 3354 5677	G, Mr D, 25/1 Mansfield Road, Ilford	(020) 8141 1109	GIBBINS, A.R, 77 The Ridgeway, E4	(020) 8524 5322
F, V.W.K, 4 Forest Farm Cott, Forest Rd, Hainault, Ilford	(07956) 228888	GARLUCK, J.H, 52 Redbridge Lane West, E11	(020) 8989 3100	G, B, 31 Hereford Road, London	(020) 8923 7993
FUKUIA, Mr R N, 64 Brookfield Avenue, London	(020) 3479 5796	GARNER, A, 23 Clarence Road, E12.....	(020) 8553 2556	G, C, 39 Wandsworth Lane, Ilford.....	(020) 8518 1609
FULLER, A, 27 Hatfield Close, Ilford	(020) 8550 4316	G, E, 2 Hatchwood Close, Woodford Green	(020) 8505 4502	G, Paul, 59B Essex Road, E10	(020) 8556 3295
F, K, 173 Mornington Road, Leytonstone, London	(020) 3489 1433	GARRAD, M.J, 27 Harwarter Drive, Loughton	(020) 8508 1606	G, Mr S, 15 St. George's Rd, London.....	(020) 8141 1215
F, Lorie, 19 Jacklin Green, Woodford Green.....	(020) 8504 0150	GARRETT, G, 55 Orford Rd, E18	(020) 8505 5133	GIBBONS, N, 12 Peach Grove, London	(020) 8141 1838
F, P, 77 Kenwood Gardens, Ilford	(020) 8551 1378	G, J, 96 Hanson Drive, Loughton	(020) 8502 0098	G, B, 247 Winchester Road, E4	(020) 8418 5692
F, P.J, 33 Forest View Road, Loughton	(020) 8508 3004	G, R, 67 Beech Hall Road, Chingford	(020) 8531 2695	G, K, 53A Gosport Road, E17 London	(020) 8520 1180
F, R, 3 Carisbrooke Road, E17.....	(020) 8520 8140	GARTH, Maureen, 13 Woodside Road, Woodford Green	(020) 8504 3750	G, Mr P, 5 Eighth Avenue, London	(020) 8177 7417
F, S, The Gantocks St. Johns Road, Loughton.....	(020) 8508 9044	GARTSHORE, E, Flat A, 163 Aldborough Road South, Ilford.....	(020) 8597 2366	GIBBS, G, 26 Cardinal Drive, Ilford	(020) 8501 1389
F, V.C, 5 Waterside Copperrill Lane, E17	(020) 8509 1409	GARVEY, R, 61 Ferndale Road, E11.....	(020) 8539 0403	G, J.A, Dellbrook Wellington Hill, Loughton	(020) 8508 7684
FULLMAN, S, Flat 50 Home Heather House 128 Beehive Lane, Ilford	(020) 8551 7321	GARWOOD, C, 5 Barrington Close, Loughton.....	(020) 8502 2160	G, M, 780 Chigwell Road, Woodford Green	(020) 8506 1402
FULTON, D, 33 Walpole Road, London	(020) 8252 9810	GAS		G, M, 69 Leyspring Road, E11.....	(020) 8530 4098
F, N, Flat 20 Clock Court Victory Road, E11.....	(020) 8530 5033	Please see listings in Business & Services Section		G, M, 3 Maple Road, Leytonstone, London.....	(020) 8989 4977
FUNG, F, 39 High View Road, South Woodford	(020) 8527 0289	GASCOIGNE, A, Whitehouse 16 38, Leyton Green Road, London	(020) 3669 2265	GIBSON, A, 11 Luton Road, Walthamstow	(020) 8527 4145
F, S, 34 Queen Elizabeth Road, E17.....	(020) 8527 0289	GASHI, N, 18A Virginia Gardens, Ilford	(020) 8551 6915	G, B, 21 Walnut Way, Buckhurst Hill	(020) 8505 2138
FURNACE, N, 51 Highwood Gardens, Ilford	(020) 8550 1600	GASKIN, R, 236 Henley Road, Ilford	(020) 8478 7610	G, B.W, 12 Burrow Green, Chigwell	(020) 8501 1727
FURNEAUX, M, 1/34 Fifth Av, E12	(020) 8514 2960	G, R, 7, Ashgrove Lodge Montalt Road, Woodford Green	(020) 3601 6203	G, D, 17 Spratt Hall Road, London	(020) 8989 8616
FURNER, H, 13 Stanway Close, Chigwell	(020) 8281 1271	GATCUM, A.C, 2 Nyssa Clo, Woodford Gn	(020) 8504 2456	G, F.C, 82 Charter Avenue, Ilford	(020) 8554 0224
FURNESS, D, 220 Hale End Road, Woodford Green.....	(020) 8527 8732	GATES, A, 72 Woodland Road, London	(020) 8523 9918	G, G, J, 202 Old Church Road, E4	(020) 8529 7020
FURPHY, C, 159 St. Albans Road, Ilford	(020) 8597 5863	G, C, 148 Highwood Lane, LOUGHTON	(020) 8508 0245	G, L, 14 Dover Road, E12	(020) 8532 9286
FURQUAN, S, 229 Mortlake Road, Ilford	(020) 3016 1142	GATTY, R, 17 Merlin Road, E12	(020) 8989 9469	G, N, Rowans Lambourne Road, Chigwell	(020) 8500 1774
FURUKAWA, Ms Chie, Flat 6 Tempus Court 128-138 High Road, London	(020) 3689 9451	GATWARD, G, 18 Osier Way, E10.....	(020) 8556 7151	G, P, 106 Forest Rise, E17.....	(020) 8520 4974
FUSCHILLO, A, 11 South View Drive, London.....	(020) 8530 5642	G, J, 347 Fulbourne Road, E17	(020) 8527 1082	G, R, 25 Applegarth Drive, Ilford	(020) 8599 9617
FUTLOO, Mrs B, 446 Hoe Street, London	(020) 3132 7020	GAUDINISKAS, Mr T, 153 Lansdowne Rd, Ilford	(020) 8177 1005	G, R, 29 Underwood Road, London	(020) 8524 3098
YFYE, S.A, 1 Littlemore Road, Ilford	(020) 8478 6539	GAUGHAN, Thomas, 1 Hatchwood Close, Woodford Green	(020) 8504 8424	G, T.M, 2 Wood Lane, Woodford Green	(020) 8505 2258
FYNN, P, 305 Cann Hall Road, E11.....	(020) 8536 1216	GAUL, L, 43 Hawkwood Crescent, Chingford	(020) 8524 7023	GIDDINGS, Mr N, Flat 18 Tenby Court Tenby Rd, London.....	(020) 8521 9047
F, P, Flat 6 Collins Court Lower Park Road, Loughton	(020) 3718 0002	GAUNT, J, 26A Wallwood Road, LONDON	(020) 3624 2511	GIFFORD, D, 26 Cedars Avenue, London	(020) 8521 7190
G K LOUNGE LIMITED, 298 Green Lane, Ilford	(020) 8597 2552	GAUR, Mr A, 201 Westwood Rd, Ilford.....	(020) 8597 5963	GILARDONI, A.C, Flat 27 John Strype Court High Road Leyton, E10	(020) 8558 5386
G, L, Flat A 498 Lea Bridge Road, E10.....	(020) 8539 3608	G, S.S, 37 Wellfields, Loughton	(020) 8502 1175	GILBERT, B, 10 Albion Terrace Sewardstone Road, E4	(020) 8559 4320
GAAS, S, 37 St. Gabriel's Close, London.....	(020) 3620 1149	GAURUS, O, 9 Sylvester Road, Walthamstow	(020) 7285 7744	G, C, 35 Draycot Road, London	(020) 8989 1010
GABA, O, 67 Vicarage Road, LONDON.....	(020) 8556 7268	GAUTHAMAN, T, 34 Oaks Lane, Ilford	(020) 8598 9665	G, M, Flat 1 41 De Vere Gardens, Ilford.....	(020) 8518 6212
G, P, 39 Webster Rd, E11	(020) 8257 1407	GAUTREY, Keith, 5 Kimberley Way, E4	(020) 8529 6800	G, M, 8 Oakwood Hill, Loughton	(020) 8281 1280
GABALIENE, G, 14 Coopers Lane, E10.....	(020) 8558 2171	GAXHA, F, 16 Aldeburgh Place, Woodford Green	(020) 3304 8376	G, S, 778 Eastern Avenue, Ilford	(020) 8554 8537
GABANIAT, Ms Z, Flat 18 Witham Ct Thant Close, London	(020) 3132 0098	GAY, M, 6/43 Woodford Rd, E18.....	(020) 8989 7000	GILBEY, L, 14 Acorn Close, E4 Chingford, London	(020) 8523 7855
GABARA, M, P, 1 Essex Road, London	(020) 8141 5330	GAY MASSALA, R, Flat 31 Dilwyn Court 1 Hillyfield, E17	(020) 8531 6059	GILCA, N, 27 Belgrave Road, Ilford	(020) 3532 6614
GABRELL, L, 145 Queenswood Gardens, London.....	(020) 8928 1036	GAYE, C, 184 Sinclair Road, E4	(020) 8529 2073	GILCHRIST, D, 64 Burnham Road, London	(020) 8529 8477
GABRIEL, D, 4 Essex Road, E12.....	(020) 8471 5092	GAYLOR, D.L.J, 8 Hall Gardens, E4	(020) 8529 8143	G, G.D, Millstones 61 High Road, Chigwell	(020) 8500 2157
G, G, 101 Essex Road, London	(020) 8552 2631	G, D.W, 2 Dacre Gardens, Chigwell	(020) 8500 6555	GILDING, G, 32 Retreat Way, Chigwell	(020) 8502 7779
G, K, 79A Sheridan Road, London	(020) 3654 1121	GAYNOR, O, 239 Waltham Way, E4	(020) 8524 88		

GILLIGAN, M, 111 Waltham Road, Woodford Green.....	(020) 8220 5556	G, L, 71 Glengall Road, Woodford Green.....	(020) 8505 4316	G, C, 115 Farnam Avenue, London.....	(020) 8923 9502
GILLINGS, C, 37 Hillfields, Loughton.....	(020) 8508 6891	G, P, 47 Hilltop, Loughton.....	(020) 8508 7310	G, C, 18 Lichfield Road, Woodford Green.....	(020) 8506 2391
G, D, 60 Cecil Rd, E17.....	(020) 8531 0142	GOODCHILD, G, 157 Whippis Cross Road, London.....	(020) 8926 3717	G, G, 24 Fairmead Gardens, Ilford.....	(020) 8551 4545
GILLMAN, Brian M, 15 Granville Road, E18.....	(020) 8989 2177	GOODE, B, 102 Bridge End, E17.....	(020) 8531 9714	G, J, 101A Belgrave Road, Ilford.....	(020) 8554 9211
G, LR, 14 Hookstone Way, Woodford Green.....	(020) 8506 1608	GOODENOUGH, M, 55 Chestnut Drive, London.....	(020) 8925 3889	G, Miss J, Miss 2a Garnett Way, London.....	(020) 8523 2012
GILLMORE, G.L, 16 Gladstone Road, Buckhurst Hill.....	(020) 8506 1720	GOODES, D, 78A Leybourne Road, London.....	(020) 8926 0797	G, J, 2 Rose Tree Mews, WOODFORD GREEN.....	(020) 8506 1168
GILLMAN, R, 79 Ulverston Road, London.....	(020) 8923 4416	G, H, 39 Hillside Avenue, Woodford Green.....	(020) 8504 5686	G, P, 147 Stradbroke Grove, Ilford.....	(020) 8551 3518
GILLMORE, I, 3 Kensington Drive, Woodford Green.....	(020) 8550 7375	GOODING, A, 107 Hall Lane, London.....	(020) 3648 9037	G, Z, 5 Fairlands Avenue, Buckhurst Hill.....	(020) 8505 0869
GILSON, L, 8A Glebe Avenue, Woodford Green.....	(020) 8504 9876	G, J, 50 Roding Road, Loughton.....	(020) 8502 3732	G, S, 174 Bisterne Avenue, London.....	(020) 8521 2654
GILZON, Kadean, Flat 19 Clewer Court Leyton Grange Estate, E10.....	(020) 8988 0718	GOODMAN, A, 80 Lechmere Av, Woodford Grn.....	(020) 8551 8676	G, S, 24 Edward Road, LONDON.....	(020) 8509 2881
GINIMAV, Mr P, 506 High Rd, Ilford.....	(020) 7159 9557	G, I, 12 Kensington Drive, WOODFORD GREEN.....	(020) 8551 8565	G, S, 11 Hadeigh Lodge Snakes Lane, Woodford Green.....	(020) 8559 0149
GIRATO, M, 18 Forest Side, E4.....	(020) 8529 6424	G, J, Flat 28 Stone Hill Court Markfield Gardens, E4.....	(020) 8524 9278	G, S, Flat C 61 Wallwood Road, E11.....	(020) 8556 7166
GISSANE, K.L, 51 Forest Side, E4.....	(020) 8529 7614	G, K, 39 Falmouth Gardens, Ilford.....	(020) 8505 4915	G, Z, 5 Bracken Drive, Chigwell.....	(020) 8500 6247
GITTINS, Mr Benjamin, Flat 20 Cannon Court, 3 Hawker Place.....	(020) 3759 3521	G, P, 34 Fullers Road, London.....	(020) 8504 4149	GRAPPY, E, 33 Blake Hall Crescent, Leytonstone.....	(020) 8530 4734
GIUBEGA, F, 52 Farmer Road, E10 London.....	(020) 8558 6929	G, R.T, 28 Longacre Road, E17.....	(020) 8531 8086	GRAVES, A, 4 The Terrace City of London Cemetery Aldersbrook Road, Manor Park, London.....	(020) 8530 6135
GIZYCKA, Nonika, 25 Trafford Close, Ilford.....	(020) 8500 6537	GOODSMAN, M, 127 Princes Road, Buckhurst Hill.....	(020) 8505 3755	G, D, 43 Empress Avenue, Manor Park, LONDON.....	(020) 8989 6239
GIANA, R, 223B High Road, Ilford.....	(020) 3573 1995	GOODWIN, C, Flat 7, Santosh House, 1 Handsworth Avenue, London.....	(020) 3754 6783	G, R, 66 Farmilo Road, London.....	(020) 8556 2395
GIETA, Mr A, 108 Aldborough Road South, Essex.....	(020) 8504 9794	G, J, 70 Hainault Court Forest Rise, Walthamstow.....	(020) 8520 0595	GRAVESON, A, 54 Chapelmont Road, Woodford Green.....	(020) 8505 7774
GLADMAN, V, 55 Finchfield Avenue, Woodford Green.....	(020) 8529 3851	G, J, 45 Swans Hope, Loughton.....	(020) 8502 4501	GRAY, B, 69 Stapleford Close, E4.....	(020) 8524 8622
GLANVILLE, M, 151 Northshire Drive, London.....	(020) 8530 3392	G, M.H, Mobile, 227 Capworth St, E10.....	(07930) 897392	G, C, 105 Woodlands Avenue, London.....	(020) 8989 5617
GLASSBERG, A.H, 9 Greenheys Drive, London.....	(020) 8508 0768	GOOLD, N, 4 Cranbourne Avenue, E11.....	(020) 8989 7681	G, D, 48 Forest Way, Woodford Green.....	(020) 8504 9772
GLASSCOCK, P.A, 102 The Drive, Loughton.....	(020) 8989 7712	GOOLUAR, H, Downland Court Flat 35 Lancaster Road, London.....	(020) 8556 4649	G, E, Flat 47 Cassis Court Chigwell Lane, Loughton.....	(020) 3654 1539
GLASSMAN, S, 27 Cadogan Gardens, LONDON.....	(020) 3536 6105	GOPAL, G, Aztec House Flat 14 461, High Road, Ilford.....	(020) 3592 1081	G, F, 51 Mayfield Road, E17.....	(020) 8531 0642
GLAZEBROOK, K, 4 Hurst Road, Buckhurst Hill.....	(020) 8500 1759	GOPALEN, P, 20 Marlborough Road, E18.....	(020) 8530 4969	G, J, 9 Ascham Drive, E4.....	(020) 8527 8816
GLEAVE, E, 15 Laurel Clo, Ilford.....	(020) 8530 6581	GOPINATH, Dr D, 10 Buxton Close, Woodford Green.....	(020) 8262 2920	G, J, 49 Guildford Road, London.....	(020) 8527 6456
GLEESON, R, 41 Dangan Road, E11.....	(020) 8527 1057	GORDON, A, 161 St. Johns Road, Walthamstow.....	(020) 8527 4788	G, J, 106 Lechmere Avenue, Chigwell.....	(020) 8500 1606
G, R, 77 Bodiam Court 8 Thornbury Way, E17.....	(020) 8527 1057	G, E, 35 St. John's Road, E4.....	(020) 8524 7043	G, J, Woodcroft Sewardstone Road, London.....	(020) 8523 7464
GLEN, Mr Jonathan, Flat 16, Livingstone Court, 45 Matlock Road, London.....	(020) 3754 3746	G, Mr G, 17 Hove Av, London.....	(020) 3132 3040	G, N, 10 Daleside Gardens, Chigwell.....	(020) 8500 5892
GLENDINING, C, 75 Huntsman Road, Ilford.....	(020) 8500 8982	G, Mr J, 39 Beaconsfield Rd, London.....	(020) 8177 0450	G, R, Mobile, 49 Cool Gardie Avenue, Chigwell, Essex.....	(07960) 892166
GLENDINING, R, 34 Boxted Close, Buckhurst Hill.....	(020) 8505 0400	G, J, Flat 52 Home Heather House 128 Beehive Lane, Ilford.....	(020) 8550 3843	G, S, 12 Ashurst Drive, Ilford.....	(020) 8554 7232
GLENDON, A.M, 24 Guildford Road, Ilford.....	(020) 8599 8753	G, J, 53 Kensington Gardens, Ilford.....	(020) 8554 3172	G, S, 7 Kingsley Road, Loughton.....	(020) 8502 0405
GLESSING, A, 30 Queens Road, Loughton.....	(020) 8281 1962	G, Maria, 257 Ashburton Av, Ilford.....	(020) 8599 7561	GRAYDON, J.M, Flat 5 Endeavour Court 2 Endlebury Road, E4.....	(020) 8529 4064
GLICK, D, 26 Bracken Drive, CHIGWELL.....	(020) 8500 5170	G, M, 31 Cottessmore Avenue, Ilford.....	(020) 8551 1650	GRAYSON, S.R, 9 Grove Park, E11.....	(020) 8989 2164
GLIKSON, Mr M, 37 Wragby Rd, London.....	(020) 3132 2612	G, O, Flat 12 Collins Court Lower Park Road, Loughton.....	(020) 8508 6848	GRAYSTON, S.R, 49 Gordon Road, E18.....	(020) 8504 8628
GLOUTON, V, 28 Erskine Road, London.....	(020) 8923 5763	G, Mr Peter, 73 Woodville Road, London.....	(020) 3659 8162	GRAZIER, M, 56 Tower Hamlets Road, E17.....	(020) 8521 1605
GLOVER, B, 38 Wynnaldale Road, London.....	(020) 8491 0308	G, R.S, (Mobile), 132 Catherham Av, Ilford.....	(07956) 127756	GRAVES, C, 4 Walpole Road, London.....	(020) 8520 7940
G, D, 28 Primrose Rd, E10.....	(020) 8508 9277	G, V, 60 Spring Grove, Loughton.....	(020) 8281 1048	G, S, 10 Little Pluckets Way, BUCKHURST HILL.....	(020) 8504 6741
G, E, 68 Oakwood Hill, Loughton.....	(020) 8524 2088	GOREHAM, E, 22 Alderton Way, Loughton.....	(020) 8508 3513	GRECU, M, Ground Floor Flat 5 Belmont Park Road, E10.....	(020) 8558 4181
G, J, 12 Willow Street, London.....	(020) 8478 5594	GORGE, Mr A, 21 Littlemore Rd, Ilford.....	(020) 8177 9515	GREEN, A, 131 Longwood Gardens, Ilford.....	(020) 8550 0425
G, N, 51 Fairway Gardens, Ilford.....	(020) 8478 7949	GORING, D, 162 Clayhall Av, Ilford.....	(020) 8551 2154	G, B, Flat 27 Park Court Grosvenor Park Road, London.....	(020) 8527 6052
G, W, 24 Grange Road, London.....	(020) 3853 5119	G, ES, 20 Grange Road, Ilford.....	(020) 8553 5965	G, B, 57 Lorne Gardens, E11.....	(020) 8989 2320
GLUCH, K, Dean Court Flat 4 102, Putney Road, London.....	(020) 8524 3654	GORMAN, C, 19 Stoneycroft Road, Woodford Green.....	(020) 8506 1568	G, C, 750 Chigwell Road, Woodford Green.....	(020) 3305 5039
GLYNIN, J, 24 Ainslie Wood Gardens, E4.....	(020) 8508 2501	G, S, 255 Copperfield, Chigwell.....	(020) 3539 9394	G, C, 88 Coolgardie Avenue, E4.....	(020) 8527 3628
G, M, Parsonage Court 14 Rectory Lane, LOUGHTON.....	(020) 8504 3395	GORN, L.H, 614 Limes Avenue, Chigwell.....	(020) 8500 3481	G, C, 3 Dagenham Road, E10.....	(020) 8539 8393
GNANAPRAGASAM, M, 224 Queens Road, Buckhurst Hill.....	(020) 8508 8472	GORNALL, B, 28 Vista Drive, Ilford.....	(020) 8505 7924	G, C, 72 Nightingale Lane, E11.....	(020) 8989 8604
GOAD, A, The Barn Rats Lane, Loughton.....	(020) 8558 1242	G, R, 158 Willingale Road, Loughton.....	(020) 8508 7100	G, E, 32 Bramston Close, Ilford.....	(020) 8172 0248
GOBLE, Tg, 261 Forest Road, E11.....	(020) 8306 0048	G, R.W, 158 Willingale Rd, Loughton.....	(07956) 226310	G, Mr Evan, N/A N/A 84 Colchester Road, London.....	(020) 3538 6934
GOBDAVARTHI, V, 286 Henley Road, Ilford.....	(020) 8989 2776	G, R.NI, 49 Blake Hall Road, E11.....	(020) 8989 2553	G, G, 24 Henrys Walk, Ilford.....	(020) 8500 6045
GODDARD, J, Flat 9 Wanstead Heights 1 High Street Wanstead, E11.....	(020) 3532 3248	G, RST, 1 Cranbourne Avenue, London.....	(020) 8270 3972	G, G, 16 Matcham Road, E11.....	(020) 8534 7505
G, C, 108 New Road, LONDON.....	(020) 8505 2570	GOSAIN, P, 48 Imperial Heights Queen Mary Avenue, E18.....	(020) 8504 3977	G, J, Limewood Court Beehive Lane, Ilford.....	(020) 8550 6474
G, S, 26 The Meadowway, Buckhurst Hill.....	(020) 8590 6690	GOSHAWK, Robert, 18 Almonds Avenue, Buckhurst Hill.....	(020) 8505 1744	G, J, 7 Cross Road, Woodford Green.....	(020) 8505 4273
GODFREY, A, 30 Vernon Road, Ilford.....	(020) 8527 1865	GOSLING, Emily, Flat 1 Wellington Mansions 183 Church Road, E10.....	(020) 8558 1273	G, J, 37 Parade Gardens, London.....	(020) 3172 2877
G, A.F, 42 Knebworth Avenue, E17.....	(020) 8552 3544	G, L, 49 Wanstead Park Avenue, E12.....	(020) 8989 3276	G, J, 41 Woolhampton Way, Chigwell.....	(020) 8527 0444
G, Adm B, 146 Ruskin Avenue, E12.....	(020) 8558 0161	G, R, 30 Frederica Road, E4.....	(020) 8524 9577	G, J.G, Friary Cottage Mornington Road, Woodford Green.....	(020) 8504 1136
G, G, 13 Brunswick Road, E10.....	(020) 3566 5712	GOSWAMI, R, 17 The Vale, Woodford Green.....	(020) 8491 0823	G, L, 2 Aster Road, Chigwell.....	(020) 4541 0369
GODHANIA, A, 129 St. Albans Road, Ilford.....	(020) 8530 4769	GOUGH, G, 68 Stainforth Road, Ilford.....	(020) 8599 5592	G, L, 49 Cedar Close, Buckhurst Hill.....	(020) 3380 2929
GODIN, P, 28 Addison Road, London.....	(020) 8500 7451	G, L, 14 Empress Avenue, Woodford Green.....	(020) 8505 3884	G, Linda, 48a Pembroke Road, London, London.....	(020) 8520 6900
GODLONTON, A.A, 9 Lancelot Road, Ilford.....	(020) 8508 2363	G, S, 24 Barfields, Loughton.....	(020) 8279 9430	G, L, 4 The Boulevard, Woodford Green.....	(020) 8500 2401
GODSALVE, Miss L, Miss 37 Wroths Path, Loughton.....	(020) 8520 3234	G, T, 79 Nevill Way, LOUGHTON.....	(020) 8508 1613	G, M, Unit 23 227 Goodmayes Lane, Ilford.....	(020) 8598 9574
GODSON, A, 61 Pendlestone Road, London.....	(020) 8923 7898	G, T, 99 Bourne Way, LOUGHTON.....	(020) 8500 8182	G, Marcia, 17 Peartcroft Rd, E11.....	(020) 8558 5420
GODWIN, S, 131 Winsns Avenue, London.....	(020) 8989 9156	G, T, 43 St. Albans Crescent, Woodford Green.....	(020) 8471 7890	G, M, 16 St. Catherine's Road, E4.....	(020) 8529 7853
GOEL, S, Wanstead Police Station Spratt Hall Road, E11.....	(020) 8504 4463	G, T, 26 Fletcher Road, CHIGWELL.....	(020) 8554 1653	G, M.W, Flat 22 Mallard Court 1 Stocksfield Road, E17.....	(020) 8521 7798
G, V, 70A Derby Road, LONDON.....	(020) 8556 1708	G, J.T, 28 Park Road, E12.....	(020) 8989 3552	G, Miss P, 130 Hathaway Cres, London.....	(020) 8471 6214
GOGGIN, D.G, 70 Wallwood Road, E11.....	(020) 8501 2674	G, J, 26 Fletcher Road, CHIGWELL.....	(020) 8505 9183	G, R, 1 Dalton Holme, Woodford Green.....	(020) 8504 5217
G, P, 22 Fairlop Gardens, Ilford.....	(020) 3524 7234	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8505 9183	G, R, 193 Englands Lane, Loughton.....	(020) 8502 3025
GOIS, E, 56 Empress Avenue, London.....	(020) 8141 0741	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, R, 64 Swans Hope, Loughton.....	(020) 8502 0879
GOJRA, Mr J, 9 Barley Lane, Essex.....	(020) 8509 8065	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S, 45 Badnall Road, E17.....	(020) 8531 0761
GOKAY, H, 17 Storey Road, LONDON.....	(020) 3632 1282	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S, 16 Forest Road, Leytonstone.....	(020) 8539 7648
GOKGEZICI, H, Flat 24 Rosewood Court 4 Victoria Road, London.....	(020) 8220 1449	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S, 11 Owl Park Lippitts Hill, Loughton.....	(020) 8508 0797
GOLD, J, 22 Selwyn Avenue, Ilford.....	(020) 8554 4372	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S, 40 Pentire Road, London.....	(020) 8117 0678
G, M, 44 Ardwell Avenue, Ilford.....	(020) 8527 1199	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S, 10, Sovereign Place, 2 St Johns Road, Loughton.....	(020) 3645 4491
G, V, 15 Vienna Close, Ilford.....	(020) 8504 3448	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENALL, R, 79 Finchfield Avenue, Woodford Green.....	(020) 8559 1494
GOLDBERG, D, 6 Blueberry Close, Woodford Green.....	(020) 8923 7322	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENAWAY, C, 71 Putney Road, London.....	(020) 8989 3937
G, P, 37 Knebworth Avenue, London.....	(020) 8220 4766	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, D, Flat 46 The Grange 1 Lynnmouth Road, Walthamstow, London.....	(020) 8520 9983
GOLDEIN, V, 97 Wellington Road, London.....	(020) 8559 4415	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, E.M, 83A Wellesley Road, Ilford.....	(020) 8554 3309
G, T.J, 28 New Road, E4.....	(020) 8989 1994	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENBERG, A.E, 114 Healdy Drive, Ilford.....	(020) 8554 1183
GOLDING, D, 73 Gardner Close, E11.....	(020) 8252 4729	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENE, G, 68 Derby Road, London.....	(020) 8505 8354
G, D, 14 Kinnaird Way, Woodford Green.....	(020) 8551 3464	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, J, Aspen Court 17 Stoneleigh Road, Ilford.....	(020) 3737 2086
G, R, 19 Brinkworth Road, Ilford.....	(020) 8529 2119	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, L, 25 Underwood Road, Woodford Green.....	(020) 8491 6806
GOLDINGMAN, P, 3 Cranworth Crescent, London.....	(020) 8548 8554	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, R, 30 St. Augustines Court Mornington Road, Leytonstone.....	(020) 8556 5801
GOLDMAN, I.M, 192 Hathaway Avenue, E12.....	(020) 8502 6727	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, S.L, Flat 46 Forest Heights Epping New Road, Buckhurst Hill.....	(020) 8505 7148
G, P.M, 17 Lyndhurst Rise, Chigwell.....	(020) 8530 7334	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENFIELD, J, 306 Manor Way, Chigwell.....	(020) 8502 6797
GOLDSMITH, Dale, 4 Weavers Almshouses New Wanstead, E11.....	(020) 8989 3879	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, L, 100 Lechmere Avenue, Chigwell.....	(020) 8500 3351
G, J, 35 St Marys Avenue, London.....	(020) 8989 9922	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENGRASS, P, 11 Kenwood Gardens, London.....	(020) 8989 0196
G, J.W, 35 St. Mary's Avenue, E11.....	(020) 8503 2100	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENHILL, C.M, 99 The Lindens, Loughton.....	(020) 8502 2064
G, Sue, 26 Field Clo, London.....	(020) 8554 8158	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENIDGE, S, 89 Windsor Road, London.....	(020) 8558 7690
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G, S, Montgomerie Lodge Flat 4 152, High Road, Chigwell.....	(020) 3132 9668	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENSWORD, R, Mobile, 43 Haroldstone Road, London.....	(07984) 698748
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GOLLA, P, 31 Shelley Avenue, E12.....	(020) 3673 6640	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	G, D, 11 Granville Road, London.....	(020) 8527 9825
GOLLUBKOVA, J, 14 Queens Drive, London.....	(020) 8597 8934	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREENWOOD, T, 78 Upper Walthamstow Road, London.....	(020) 8521 2770
GOMES, E, 33 Chester Road, Ilford.....	(020) 8923 1546	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREEVE, I, 57 The Bowls, Chigwell.....	(020) 3665 5102
G, E, 12 Sunnyside Drive, London.....	(020) 8141 1845	G, J.T, 26 Fletcher Road, CHIGWELL.....	(020) 8556 0191	GREEVES, V, 85 Monksgrove, Loughton.....	(020) 3524 8

G, Y 269 Tiptree Crescent, Ilford.....	(020) 8550 4020	H, S, 390 Ley Street, Ilford.....	(020) 8518 5504	H, Z, 176 Staines Road, Ilford.....	(020) 8924 1116
GRIFFITHS, F, 46 Lawton Road, Loughton.....	(020) 3654 4992	H, Z, 245a Capworth Street, Leyton.....	(020) 8558 4174	HAQUE, A, 30 Brookcroft Road, London.....	(020) 3665 4561
G, J, 18 Southwell Grove Road, London.....	(020) 8539 6408	H, 9, 9 Brodie Road, London.....	(020) 8524 8003	H, A, 51 Dovedale Avenue, Ilford.....	(020) 3152 2980
G, Kayleigh, 10 Serbin Close, E10.....	(020) 8558 0598	HAILEY, D.F, 132 Howard Road, E17.....	(020) 8520 5855	H, A, 107 Park Road, Ilford.....	(020) 3793 2415
G, Percy L, 43 Montalt Road, Woodford Green.....	(020) 8505 0089	HAINMOWITZ, L, 50 St. Marys Way, Chigwell.....	(020) 8504 6584	H, Mr Dulal, 203 Sherrard Rd, London.....	(020) 3759 9270
G, Mair, R, Flat 5, Adams Ct, 4 Luther King Clo, London.....	(020) 3132 2959	HAIRES, A, 1 Abbotts Crescent, E4.....	(020) 8527 5693	H, E, 153 Blackthorn Road, ILFORD.....	(020) 3643 9370
GRIGORAS, C, 57 Walpole Road, London.....	(020) 8013 2216	H, D, E. 165 High Street, Barkingside.....	(020) 8551 5511	H, F.F, 8 Ely Gardens, Ilford.....	(020) 8554 0051
GRIGORE, C, 20 Heybridge Drive, Ilford.....	(020) 3566 2450	H, H, 3 Hartley Road, E11.....	(020) 8989 1274	H, M, 4 Woodford Avenue, Ilford.....	(020) 3724 0022
G, E, 17 Charles Church Walk, Ilford.....	(020) 3015 7977	H, P, 43 Leedale Avenue, London.....	(020) 8529 8141	H, S, 12 Nine Acres Close, E12 London.....	(020) 3480 8629
GRILLI, Teresa, 136 College Gardens, London.....	(020) 8524 2702	H, P, 5 The Heights, Loughton.....	(020) 8502 0374	H, Mr S, 63 Sixth Avenue, London.....	(020) 8514 1998
GRIMS, Maylene, Flat 27 Clifton House 4 Beachcroft Road, E11.....	(020) 8558 5784	HAINSBY, B, 38 Wittenham Way, E4.....	(020) 8524 4364	H, S.N, 15 Torquay Gdns, Ilford.....	(020) 3370 2153
GRIMSHAW, M, 10 London Master Bakers Almshouses Lea Bridge Road, E10.....	(020) 8558 1417	HAIJ, A, 71 Blackshore Road, Walthamstow.....	(020) 3609 4681	H, Z, 380 Ley Street, Ilford.....	(020) 3561 1981
GRIMWOOD, E, 53 Burney Drive, Loughton.....	(020) 8508 5328	H, A, 45 Cambridge Rd, Ilford.....	(07931) 602777	H, Z, 187 Warrior Square, E12.....	(020) 8478 0945
GRINDALL, Jennifer, 23 Elsenham Road, Elsenham Road London.....	(020) 8478 6691	HAIJ MUSA, A, 4 Highlands Gardens, Ilford.....	(020) 8518 6296	HARALAMBOUS, S, Flat 25 John Strype Court High Road Leyton, E10.....	(020) 8558 3967
GRINT, M, 70 Rolls Park Avenue, London.....	(020) 8531 1327	HAIJ, Admiral Z, 58 Coventry Road, Ilford.....	(020) 3875 3870	HARAR, B S, 120 Lowbrook Road, Ilford.....	(020) 3318 9012
GRIOU, Mr N, 66 Whitney Rd, London.....	(020) 8141 7029	HAKIM, Mrs A, 116 Woodford Avenue, Ilford.....	(020) 8177 7317	HARAWA, B, 380 Horns Clo, Ilford, Essex.....	(020) 8550 2659
GRISALES, B, 20 Boar Close, Chigwell.....	(020) 8500 0476	HALAT, M, 30 Inks Green, London.....	(020) 8527 7788	HARBER, J.E, 30 Chestnut Wlk, Woodford Green.....	(07956) 309189
GRISDALE, E, 43 East View, London.....	(020) 8527 5044	HALE, S, 27 High Beech Road, Loughton.....	(020) 8508 1283	HARBORNE, C, 55 Blackmore Road, Buckhurst Hill.....	(020) 8281 0358
GRITSENKO, I, 151 Wivns Avenue, London.....	(020) 3172 1137	H, W.D, 10 Craig Gardens, E18.....	(020) 8989 4074	HARCOURT, R.L, 66 Leigh Road, E10.....	(020) 8556 0894
GRIVER, A, 187 Redbridge Lane East, Ilford.....	(020) 8550 7907	HALEEM, N, 35 St. Andrews Road, Ilford.....	(020) 8554 2605	HARDAKER, C, 33 Rayleigh Rd, Woodford Gn.....	(020) 8505 2518
GROBLER, E, mobile, 171 Wallwood Rd, E11.....	(07944) 794812	HALFYARD, M, 48 Beechwood Drive, Woodford Green.....	(020) 8525 3454	HARDEN, G, 2 Treetops View, Loughton.....	(020) 8508 0063
GRODENT, L, 101 Abbey Road, ILFORD.....	(020) 8518 3811	HALFHIDE, R, 73 Cherrydown Avenue, London.....	(020) 8524 4402	HARDE, P.J, 1 Colebrooke Drive, E11.....	(020) 8530 3709
G, S, 105 Lynn Road, Ilford.....	(020) 8554 3087	HALBURN, H, 29 The Bows, Chigwell.....	(020) 8500 5919	HARDIMAN, S, 33 Richmond Road, Leytonstone.....	(020) 8558 8707
GROOM, J, 62 Sky Peals Road, Woodford Green.....	(020) 8527 0299	HALK, M, 84 Chingford Road, London.....	(020) 3663 8562	HARDING, A, 208 Colchester Road, E10.....	(020) 8556 0162
GROOMIE, H, 37 Summit Drive, Woodford Green.....	(020) 8551 4642	HALKYARD, Mr Melvyn, Flat 39, Etloe House, 180 Church Road, London.....	(020) 8556 2663	H, C, 22 Grove Park Avenue, E4.....	(020) 8527 8790
GROSS, J, 73A Byron Road, E17.....	(020) 8520 6145	HALL, A, 4 Faversham Avenue, LONDON.....	(020) 8523 8307	H, K.M, 590 Cranbrook Road, Ilford.....	(020) 8554 6206
GROSSMAN, R, 122 Onslow Gardens, London.....	(020) 8532 9598	H, C, 99 Lynnwood Road, London.....	(020) 8923 7039	H, M.R, 33 Oakhurst Clo, Ilford, Essex.....	(07956) 315656
GROVE, S, 56 College Gardens, London.....	(020) 8524 3626	H, C, 259 Murchison Road, London.....	(020) 3715 4274	H, P.G, Flat 30 Avondale Court Churchfields, E18.....	(020) 8505 2703
GROVER, H, 8 Matson Court The Bridle Path, Woodford Green.....	(020) 8527 7830	H, C, 45 Oak Hill Crescent, Woodford Green.....	(020) 8523 0277	H, T, 11 Lamboune Crescent, Chigwell.....	(020) 8501 2770
GROVES, B, 78 The Ridgeway, London.....	(020) 8529 6233	H, D, 41 Marlyon Road, Ilford.....	(020) 8501 2787	H, T, Tudor Lodge The Green, E4.....	(020) 8529 5833
G, D, Flat 12 Hemsley Cleveland Road, London.....	(020) 8530 6153	H, D, 25 Maypole Drive, Chigwell.....	(020) 8500 0972	HARDWOOD, M, 64 Ingatstone Road, Woodford Green.....	(020) 8505 4329
G, R, 28 Love Lane, Woodford Green.....	(020) 8504 9928	H, D, 7 Millers Lane, Chigwell.....	(020) 8500 6230	HARDY, I, 143 Normanshire Drive, E4.....	(020) 8524 9928
GRUBB, J.E, 46 Lushes Road, Loughton.....	(020) 8508 7010	H, D, 52 The Elms Lippitts Hill, Loughton.....	(020) 8502 0180	H, P, 53 Giebelands Avenue, Ilford.....	(020) 8220 8200
G, R.M, 55 Goodmayes Avenue, Ilford.....	(020) 8599 5567	H, E.J, 28 Mount Echo Avenue, E4.....	(020) 8529 3997	H, P, 14 Woodbury Road, E17.....	(020) 8521 7356
GRUHN, S, 252 Balfour Road, Ilford.....	(020) 8518 2543	H, G, 34 Murchison Road, E10.....	(020) 8556 5650	HARE, D, 236 Old Church Road, London.....	(020) 8529 7588
GRUNDY, A, 13 Cavendish Road, London.....	(020) 8527 7652	H, J, 14 Avon Way, South Woodford.....	(020) 8520 2985	HAREWOOD, D, 190 Wivns Avenue, LONDON.....	(020) 3737 9186
GRUNILL, N, Flat 5, Rockwell Court 6 Papermill Place, E17.....	(020) 8527 8438	H, J, 54 Broadmead Road, Woodford Green.....	(020) 8504 0223	H, E, Flat 25 Flack Court 33 Beaumont Road, E10.....	(020) 8558 1986
GRUSZCZYNSKI, R, Flat 8 Lorne Court 2a Lorne Road, LONDON.....	(020) 3583 1183	H, M, 75 Hove Avenue, London.....	(020) 8279 1241	HARKIN, J, 65 Salop Road, London.....	(020) 8521 8959
GRZESIEK, Miss K, 25 Diana Rd, London.....	(020) 3132 4255	H, M, 35 Mulberry Way, London.....	(020) 8491 0977	HARKNETT, John, 32 The Lindens, Loughton.....	(020) 8520 1627
GUAGLIANONE, G, 2 Pond Fld End, Loughton.....	(020) 8508 4883	H, M, 94 Swans Hope, Loughton.....	(020) 8502 3690	HARLAND, P, 44 Church Hill, Loughton.....	(020) 8281 1858
GUASTELLA, G, 155 Peterborough Road, E10.....	(020) 8509 0699	H, M.E, 21 Faversham Avenue, E4.....	(020) 8529 0885	HARLEY, L, 128 Selwyn Avenue, E4.....	(020) 8531 3893
GUDALEWICZ, P, 42 Milton Road, E17.....	(020) 8509 0845	H, N, Flat A, 174 Wallwood Road, LONDON.....	(020) 8281 6632	HARLING, R, 6 Mornington Close, Woodford Green.....	(020) 8505 5932
GUEDJALI, H, First Floor Flat 2 42 Northbank Road, E17.....	(020) 8531 1934	H, N, 11 The Friars, Chigwell.....	(020) 8500 3363	HARMAN, M.D, 13 Chingdale Road, E4.....	(020) 8529 0226
GUEVARRA, E, 3 Giebelands Avenue, Ilford.....	(020) 8924 7168	H, R, 2 Blyth Road, E17.....	(020) 8556 4523	H, Ms Shirley, Flat 3, Pegasus Court Victoria Road, Buckhurst Hill.....	(020) 3609 7189
G, T, 108 Buntingbridge Road, Ilford.....	(020) 8518 1279	H, Reta, 3 Elms Lippitts Hill, Louthun.....	(020) 8508 8642	HARMAS, Mir G, 114 Frith Road, London.....	(020) 8568 8994
GUYE, A, Flat 23 Athlone Court 3 Stocksfield Road, E17.....	(020) 8509 1612	H, R, 59 Ruby Road, London.....	(020) 8923 5270	HARMER, J, 6 The Heights, Loughton.....	(020) 8508 5941
GUIMARAES, C, 146 Langthorne Road, London.....	(020) 3318 4537	H, S, 42 Danbury Road, Loughton.....	(020) 8508 5144	HARMON, D, 40 Tyeohurst Hill, Loughton.....	(020) 8281 1429
GUINANNE, Admiral D, 36 Guildford Road, Ilford.....	(020) 8590 4537	H, T, 69 Barkley Road, London.....	(020) 8257 9141	H, D, 40 Tyeohurst Hill, Loughton.....	(020) 8508 9252
GUJA, M, Flat B, 50 Abbotts Park Road, Leyton.....	(020) 8389 6940	H, V, 25 Duke Road, Ilford.....	(020) 8551 5493	H, Georgia, 50 Elmfield Road, London.....	(020) 8524 9715
GUL, F, 48 Charbury Gardens, Ilford.....	(020) 8597 2010	H, W.J, 23 Anne Way, Ilford.....	(020) 8500 6315	HARNETT, S, 14 Wellington Road, London.....	(020) 8518 8109
GULL, S, Flat E 65 Wallwood Road, Leytonstone.....	(020) 3092 8057	HALLADEY, B, 40 The Crescent, Loughton.....	(020) 8508 7348	HAROLD, J, 16 Manford Way, CHIGWELL.....	(020) 8500 5139
GULMA, Mr Zuber, 23 Goldsmith Avenue, London.....	(020) 8470 6822	HALLARD, P, 8 Tudor Close, Woodford Green.....	(020) 8504 1812	HARPER, G, Flat 1 160 Copperrill Lane, E17.....	(020) 8520 0662
GULSTON, H, MULBERRY Woodbury Hill, Loughton.....	(020) 8508 9100	HALLIDAY, M, 5 Heronway, Woodford Green.....	(020) 8491 7046	H, G, Malvernia Church Path, E11.....	(020) 8530 0470
GULTEKIN, E, 92 Ching Way, London.....	(020) 3561 9180	HALLIGAN, W, 8 Underwood Road, Woodford Green.....	(020) 8505 3323	H, G, Malvernia Church Path, London.....	(020) 8925 2043
GULZAR, Shigufah, 90 Chelmsford Road, E17.....	(020) 8521 8456	HALLS, C, 105 Manor Rd, E17.....	(07956) 364594	H, J, 53 Priory Avenue, London.....	(020) 8926 4593
GUN, A, E Shilbury Court Vicars Road, Woodford Green.....	(020) 3685 4319	H, M, 13 Chestnut Grove, Ilford.....	(020) 8500 5817	H, J, 4 Rosslyn Avenue, London.....	(020) 8529 0534
GUNARAJAH, B, 1/39 The Ridgeway, E4.....	(020) 8924 7794	H, S.C, 50 Forest Glade, E4.....	(020) 8531 6856	H, R.K, 39 Nightingale Avenue, E4.....	(020) 8531 8901
GUNARATNAM, M, 53 Windsor Park, Ilford.....	(020) 8924 0080	HALLYBONE, D, 13 Stoneycroft Road, Woodford Green.....	(020) 8505 0043	HARRADENCE, A, 275 Chigwell Road, Woodford Green.....	(020) 8502 9210
GUNBY, R, 14 Brook Meadow Close, Woodford Green.....	(020) 8527 1472	HALPIN, D, 3 Richmond Road, E11.....	(020) 8556 4391	HARRIDGE, P, 3 The Albany, WOODFORD GREEN.....	(020) 3561 7831
GUNDLASH, K, 20 Hailville Gardens, Ilford.....	(020) 8550 9710	HAM, C, 16 Calderon Road, London.....	(020) 8926 8143	HARRINGTON, Miss Cassie, 9 Algiers Road, Loughton.....	(020) 3601 3846
GUNDRY, P, 347 Church Road, E10.....	(020) 8556 1347	H, J, 4 Woodleigh Churchfields, E18.....	(020) 8504 4773	H, H, 37 Raymond Road, Ilford.....	(020) 8554 8868
GUNES, U, 18 Brookbourne Avenue, London.....	(020) 8530 5840	HAMBLETON, M, Flat 124 Nicholson Court 32 Forest Road, E17.....	(020) 8509 2279	H, M, Flat 15, St Mary's Lodge St Mary's Avenue, LONDON.....	(020) 8530 1113
GUNN, C.A, 19 Rokeye Gdns, Woodford Green.....	(07956) 247512	HAMBLIN, W, 14 Colwall Gardens, Woodford Green.....	(020) 8559 0104	HARRIS, B, 34 Cromwell Road, E17.....	(020) 8509 2648
G, D, 53a Kimberley Road, London.....	(020) 8524 2016	HAMDANI, K, 1 Hamilton Road, Ilford.....	(020) 8911 8945	H, C, 15 Chestnut Grove, Ilford.....	(020) 8500 6549
G, M, 8 Fencpiece Road, Ilford.....	(020) 8501 4375	HAMED, A, 39 Blenheim Avenue, Ilford.....	(020) 8518 4289	H, D, 38A Falmouth Gardens, Ilford.....	(020) 8550 7970
GUO, Mr M, 64 Knots Green Road, E10.....	(020) 8177 3138	HAMER, D.L, 52 Broadmead Road, Woodford Green.....	(020) 8504 2051	H, D, 6 Pasquier Rd, E17.....	(07931) 136018
G, Y.Q, 84 Hoe Street, London.....	(020) 3602 3176	HAMID, Mrs P, 328 Thorold Road, Ilford.....	(020) 8177 9517	H, G.L, 27 Epping Way, E4.....	(020) 8524 0515
GUPTA, B, Flat 65 City Gate House 399-25 Eastern Avenue, Ilford.....	(020) 8518 1552	H, S, 10 Stonehall Av, Ilford.....	(020) 8554 7751	H, H, 21 Buckingham Road, London.....	(020) 8491 0830
G, I, 2 Ellesmere Close, LONDON.....	(020) 8989 6582	HAMIDI, D, Flat 6 547-549 Cranbrook Road, Ilford.....	(020) 3565 2720	H, H.G, 8 Eltisey Road, Ilford.....	(020) 8478 4429
G, R, 11 Saltash Road, Ilford.....	(020) 8500 3937	HAMILTON, B.M, 88 Warrior Square, E12.....	(020) 8514 2042	H, I, 77 Greenleaf Drive, Ilford.....	(020) 8551 4310
G, S, 140 Hainault Road, Chigwell.....	(020) 8501 3880	H, D, 32 Sybourn Street, London.....	(020) 8281 9147	H, J, 58 Cromhill Road, Woodford Green.....	(020) 8505 0647
GURBAN, E, 4 London Master Bakers Almshouses Lea Bridge Road, E10.....	(020) 8539 2496	H, E, 32 Millais Road, E11.....	(020) 8556 6069	H, J, 49 Elmsdale Road, London.....	(020) 8521 4157
GURNANI, G, Willow House Flat 4 6, Village Way, Ilford.....	(020) 8550 3629	H, E, 44 Cowslip Road, E18.....	(020) 8520 8311	H, Latesha, 108 Ching Way, E4.....	(020) 8527 7829
GURNEY, G.A, 2 Moreland Way, E4.....	(020) 8529 3972	H, Miss 58 Conington Crescent, London.....	(020) 8523 9274	H, L, 80 Greenleaf Drive, Ilford.....	(020) 8924 9305
G, S, 28 Bromley Road, London.....	(020) 8928 1297	H, R.C, 591 Copperfield, Chigwell.....	(07956) 853614	H, L, 50 Woolhampton Way, Chigwell.....	(020) 8500 9202
GURR, G.W, 27 Whitney Avenue, Ilford.....	(020) 8550 3761	H, S, 37 Millsmead Way, Loughton.....	(020) 8508 7966	H, L.J, 32 Upper Park, Loughton.....	(020) 8508 1333
GURZONG, C, 100 Stocksfield Road, London.....	(020) 8925 6871	HAMIT, Ayhan, 73 Waverly Avenue, E4.....	(020) 8524 9869	H, M, 93 Bridge End, London.....	(020) 8923 1539
GUTH, H.S, 32 Chigwell La, Loughton.....	(020) 8508 9300	HAMMOND, R, 126 Otley Drive, Ilford.....	(020) 8518 6652	H, Mrs M, 55 Fairway Gardens, Ilford.....	(020) 8553 4907
GUTTERING SERVICES, 2 Rookwood Gardens, Loughton.....	(020) 8502 4062	H, S, 3 Carlyle Road, Manor Park.....	(020) 8911 0980	H, M.G, 68 Kirkland Avenue, Ilford.....	(020) 8550 2868
GUY, J.A, Flat 8 Callonfield 89 Blackshore Road, E17.....	(020) 8520 4178	HAMPSON, G, McFadden Court 21 25, Buckingham Road, London.....	(020) 8920 3712	H, N, 8 Haldan Road, E4.....	(020) 8527 7875
G, R, 55 Larshall Road, LONDON.....	(020) 8529 9125	5233		H, N, 83 South View Drive, E18.....	(020) 8530 3176
GUYMER, D, 67 Priory Avenue, London.....	(020) 8529 1939	HAMPTON, D.N, 3 Albion Park, Loughton.....	(020) 8502 1629	H, P, 9 Chapel Court 2 Rosedene Terrace, E10.....	(020) 8558 9164
GYAMFI, Mr K, 25 Fraser Rd, London.....	(020) 8141 6566	H, G, Ryder House, 121 High Road, Loughton.....	(020) 8281 8161	H, R, 46 College Gardens, London.....	(020) 8529 2115
GYASI, A, 73 Empress Avenue, Ilford.....	(020) 3509 4759	HAMSHAW, E, 4 Lilian Gardens, Woodford Green.....	(020) 8504 6636	H, R, 22 New Jubilee Court, Grange Avenue, Woodford Green.....	(020) 8127 6284
H, KAMALI, H, 94 Woodford Avenue, ILFORD.....	(020) 3945 2233	HAMZAOUI, J, 71 Henrys Walk, Ilford.....	(020) 7671 0089	H, S, 28 Derby Road, London.....	(020) 8220 2258
HABETSLASSIE, L, 101 Sheridan Road, London.....	(020) 7018 5181	HANCOCK, B.H, 143 Kings Avenue, Woodford Green.....	(020) 8504 8900	H, S, 3 Lawrence HI, E4.....	(020) 8524 0082
HABIB, A, 30 Albermarle Gardens, ILFORD.....	(020) 8554 2343	HAND, D, 108 Beresford Lane, E17.....	(020) 8527 0219	H, S.J, 34 View Close, Chigwell.....	(020) 8500 9812
HACKER, I, 1 Cheyne Avenue, E18.....	(020) 8989 1332	H, E, CASTON Hornbeam Lane, London.....	(020) 8524 4512	H, T, 17 S, Regency House Vanguard Way, London.....	(020) 3715 0026
H, M, 56 Carnanton Road, E17.....	(020) 8527 8724	H, Mr P, 30 St Ronans Crescent, Woodford Green.....	(020) 8504 8457	H, V, 17 Algiers Road, Loughton.....	(020) 8502 1664
HACKETT, C, 67 Hagbord Road, Loughton.....	(020) 8502 4650	HANDS, B, 11 Royard Road, E17.....	(020) 8521 6771	HARRISON, C, 56 St. Albans Crescent, Woodford Green.....	(020) 8262 1355
HACKMAN, P, 8 Fernie Close, Chigwell.....	(020) 3435 8131	H, K.D, 41 Richmond Road, E4.....	(020) 8524 5522	H, I, Flat 31 Westminster Court 23 Cambridge Park, E11.....	(020) 8530 7119
HADDOCK, M, 23 John Drinkwater Close, London.....	(020) 8989 0105	H, Admiral L, 41 Richmond Road, London.....	(020) 4568 7384	H, J, 6, Crosby Court Lambourne Court, Chigwell.....	(020) 8500 7879
HADDOCK, B, Unit 12, 17 Argall Avenue, Leyton, London.....	(020) 3490 0472	HANDSLEY, D, 70 Nelson Road, Chingford.....	(020) 8527 0774	H, K.J, (Mobile), 116 Mersey Rd, E17.....	(07956) 232252
HADDOUCHE, M,					

Table of residential listings with columns for address, phone number, and price. Includes entries for properties in Woodford Green, Leytonstone, and other areas.

HOFFMAN, C.J., 11 Lorne Gardens, E11	(020) 8989 4784	HOUGH, J, Mobile, 2 Dorchester Gdns, London	(07958) 396343	HUNTLEY, T, 11 Lime Street, E17	(020) 8521 7706
H, J, 11 Nightingale Close, London	(020) 3685 0234	HOUGHTON, F, 43 Addison Road, London	(020) 8530 2852	HUQ, F, 221A High Street, London	(020) 3380 1115
HOGAN, A, 10 St. Barnabas Road, London	(020) 8520 7840	H, K, 17 Linden Crescent, Woodford Green	(020) 8504 9795	HUR, D, 6 Gardner Close, E11	(020) 8989 8072
H, J.J, 36 Turner Road, E17	(020) 8521 1248	H, N.R, 54 Springfield Road, E17	(020) 8503 6955	HURFURT, A, 55 Goldings Road, Loughton	(020) 8508 2561
H, S.A, 62 Belmont Park Rd, E10	(07956) 956752	H, R.P, 18 Barkhills, Loughton	(020) 8508 2508	HURLEY, J, 21 Marjorams Avenue, Loughton	(020) 8508 2811
HOGG, J, 1 Beech Hall Road, E4	(020) 8527 1371	HOULDSWORTH, R, 41 Pole Hill Road, Chingford	(020) 8529 7282	H, M, 45 Albert Road, Walthamstow	(020) 8521 6306
H, J, Flat 31 Homechery House 86 High Road, LOUGHTON	(020) 3673 2270	HOUNSLOW, A.W, 19 Maids Way, E4	(020) 8524 2615	HURRELL, D, 5 Conyers Close, WOODFORD GREEN	(020) 8523 5002
HOHLER, C, 45 Empress Avenue, E12	(020) 8989 7765	HOUSON, Edward, 181 Hoe St, London	(020) 8509 2999	HURREN, E, 40 Oak Hill Crescent, Woodford Green	(020) 8527 6534
HOHXA, F, 24 Dahlia Gardens, Ilford	(020) 8177 7445	HOUSE, J.I, 1 Bailey Close, E4	(020) 8529 6051	HURST, D, 108 Eton Road, Ilford	(020) 8220 6224
HOILE, E, 28 St. Albans Crescent, Woodford Green	(020) 8504 9032	HOUSTON, D, 26 North Birkbeck Road, E11	(020) 8556 9048	H, E, 39 Grosvenor Rd, E10	(020) 8556 5690
HOLBROOK, A, 3A Douglas Road, London	(020) 8524 2715	H, F, Flat 2, 57 Erskine Road, London	(020) 8925 2470	H, J, 39 Palamos Road, London	(020) 8539 2823
H, B, 18 Silver Birch Avenue, E4	(020) 8527 2919	HOWARD, Alan, 181 Dawlish Drive, Ilford	(020) 8590 5801	H, N.M, (Mobile), 32 Queen Borough Gdns, Ilford	(07956) 237304
HOLDWAY, P, 98 Whitehall Road, E4	(020) 8529 3456	H, B.M, 26 Rowden Road, E4	(020) 8527 2640	H, T.J, 21 Forest Glade, E11	(020) 8989 6740
HOLDEN, E, 14 Brading Crescent, E11	(020) 8530 6307	H, D.P, (Mobile), 30 Upper Walthamstow Rd, E17	(07960) 488081	HURT, M, 78 Whitehall Road, E4	(020) 8529 2724
H, J, 2 Cherston Gdns, Loughton, Essex	(07951) 516912	H, G, 117 Canterbury Road, London	(020) 8539 0357	HUSAIN, Mr F, 58 Levett Gardens, Ilford	(020) 8177 8119
HOLDWAY, J, 14 Whitehills Road, Loughton	(020) 8508 6756	H, J, 6 Agister Road, Chigwell	(020) 8270 0121	HUSBAND, H.M, 60 Beech Hall Rd, E4	(020) 8527 5773
HOLEK, Norbert G, 38 Parkway, Ilford	(020) 8590 2692	H, J, Flat 102, Blenheim Court Navestock Crescent, Woodford Green	(020) 8141 3426	HUSEVIN, K, 26 Poplars Road, E17	(020) 3654 4043
HOLFORD, Gillian, Norman Court Monkams Avenue, Woodford Green	(020) 8505 9019	H, J, 70 Seymour Gardens, Ilford	(020) 8554 3128	HUSSAIN, A, Mobile, 3 Blackshore Road, London	(07930) 270472
HOLIGAN, W, 6 Hillcroft, Loughton	(020) 8508 9778	H, K, Flat 16 Hatfield Lodge 30 Hatfield Close, Ilford	(020) 8550 0980	H, A, 111 Browning Road, E12	(020) 8548 4832
HOLLAND, D, 15 Mighell Avenue, Ilford	(020) 8551 2088	H, M, 36 Branch Road, Ilford	(020) 8500 0917	H, Mr A, 122 Cambridge Rd, Ilford	(020) 8177 1019
H, E, 22 Carlton Road, E17	(020) 8531 8890	H, Marjorie, 29 Salisbury Rd, London	(020) 8529 7360	H, Dr A, 9 Cherry Tree Rise, Buckhurst Hill	(020) 8559 1062
H, J, 54 Golfe Road, Ilford	(020) 8478 5034	H, T, 27 Beulah Road, London	(020) 7018 3786	H, A, 141 Colchester Road, London	(020) 8556 2636
H, P, 29 Alders Avenue, Woodford Green	(020) 8531 3471	HOWARTH, M.A, 16 Marjorams Avenue, Loughton	(020) 8508 8644	H, A, 27 Danehurst Gardens, Ilford	(020) 8215 2564
HOLLIER, R, 14 Shrublands Close, Chigwell	(020) 8500 4995	HOWDEN, L, 135 Hermon Hill, London	(020) 8252 3452	H, A, 781 High Road, Ilford	(020) 3723 0576
HOLLINGBERRY, W.G, 24 Longfield, Loughton	(020) 8508 2417	HOWE, B, 57 Crownhill Road, Woodford Green	(020) 8504 9141	H, A, 30 Meads Lane, Ilford	(020) 3654 4043
HOLLINGSHEAD, C, 59 Tunford Road, E4	(020) 8529 9063	H, D, 71 Bluebell Avenue, E12	(020) 8472 8954	H, A, 254 Murchison Road, London	(020) 3843 2236
HOLLIS, Robert, 267 Hale End Road, Woodford Green	(020) 3536 4612	H, M, 85 Chalgrave Crescent, Ilford	(020) 8550 3033	H, A, 26 Normanshire Drive, London	(020) 3720 4337
H, S, 23 Edward Avenue, London	(020) 8527 6084	H, S, 51 Harbour Road, Ilford	(020) 8500 7390	H, A, (Mobile), 148 Roading La 5th, Redbridge	(07956) 257990
HOLLOWAY, B.A, 1 Wheeler Close, Woodford Green	(020) 8505 1766	H, Wm.Dvd, 17 Yoxley Dv, Ilford	(020) 8554 5958	H, A, Mobile, 105 Shakespear Crescent, London	(07956) 846308
H, C, 69 Forest Drive East, London	(020) 8556 2155	H, W.M, 44 Clarendon Road, E17	(020) 8521 1263	H, A, mobile, 27 Wisteria Clo, Ilford, Essex	(07940) 366292
HOLMAN, M.M, 22 Vincent Close, Ilford	(020) 8500 8100	HOWELL, J, 211 Walnut Road, E10	(020) 8539 1331	H, A, 45 Woodman Path, Ilford	(020) 8500 7785
HOLMES, A, 10 Wellesley Road, Leytonstone	(020) 8989 6983	H, M, 82 Gloucester Road, London	(020) 8531 6322	H, C, Atkinson Court Flat 1, 2, Kings Close, London	(020) 3842 9358
H, B.W, 36 Millsmead Way, Loughton	(020) 8502 1806	H, M, 112 Southern Drive, Loughton	(020) 8508 1966	H, D, Tony Guy 213 High Road, Ilford	(020) 8911 9166
H, C, 90 Dellow Close, Ilford	(020) 8554 7783	H, P, 140 Ds Dale Avenue, E4	(020) 8524 4873	H, F, 23 Aberdour Road, Ilford	(020) 8598 9782
H, G, 66 Colson Road, Loughton	(020) 8281 1597	HOWELLS, T.L, 61C Mansfield Road, Ilford	(020) 8518 3540	H, F, 167 Boundary Road, LONDON	(020) 8521 7711
H, G.F, 31 Leonard Road, E4	(020) 8527 1020	HOWES, G.G, 40 St. Albans Cres, Woodford Green	(07956) 825277	H, F, 33 Percy Road, Ilford	(020) 8590 9736
H, J, 47 Blackmore Road, Buckhurst Hill	(020) 8504 2866	HOWEY, S.R, 15 Forest Approach, Woodford Green	(020) 8559 0106	H, F, 93 Windsor Road, E10	(020) 8558 4370
H, J, 44 Rectory Road, Manor Park	(020) 8478 5585	HOWGRAVE-GRAHAM, C.M, 26 Amberley Road, Buckhurst Hill	(020) 8504 9065	H, H, 34 Claude Road, LONDON	(020) 8558 9324
H, J.R, 36 Hillside Gardens, E17	(020) 8520 6313	HOWLAND, E, 33 Marmion Close, E4	(020) 8529 2468	H, Imran, 105 Browning Road, E12	(020) 8471 5635
H, Miss Lynda, 62b Grove Hill, London	(020) 3441 7996	HOWSAM, K, 20 St. Georges Road, London	(020) 3643 3295	H, I, 38 Byron Avenue, E18	(020) 8989 5006
H, Mr C, 5 Browning Road, London	(020) 8530 6269	HOWSE, M, 40 Beech Grove, Ilford	(020) 8500 8453	H, Mr I, 302 Lea Bridge Road, London	(020) 8141 0708
H, R, 14 Falmouth Av, E4	(020) 8531 3677	HOY, L, 135 Roding Rd, Loughton	(020) 8539 2023	H, I, Flat 12 Woodside Court Northumberland Avenue, Manor Park	(020) 8530 7392
H, R.G, 7 Inglewood Close, Ilford	(020) 8500 1791	HOYHA, Sejda, Unit 3 330 High Road Leyton, E10	(020) 8529 0762	H, I, 52 Ruskin Avenue, LONDON	(020) 8013 9637
H, Sylvia, 177 Whitehall Road, Woodford Green	(020) 8505 3110	HOY, L.J, 5 Waverley Avenue, E4	(020) 8529 0762	H, Mr I, Mr 3 Winchester Road, Ilford	(020) 3729 2174
HOMAD, W, 287 High Road, Woodford Green	(020) 3566 2156	H, S, 16a Morris Avenue, Manor Park	(020) 8553 9690	H, Mr K, 184 Balfour Road, Ilford	(020) 8141 2955
HOMAN, B, 26 Lechmere Avenue, WOODFORD GREEN	(020) 8505 7820	HOYE, Linda, 135 Roding Rd, Loughton	(020) 8508 5626	H, Kamrul, Flat 3 21 Elgin Road, Ilford	(020) 8590 6448
HOMAYOUNI, S, Mobile, 8 Tudor Close, Chigwell, Essex	(07956) 210666	H, P, 2 Meadowcroft Gardens, Loughton	(020) 3665 5773	H, K, 46 Friars Close, Ilford	(020) 8514 4825
HONE, Mr P.J, 72 Bridge End, London	(020) 8531 8098	HOYLE, T, 251 Manor Road, Chigwell	(020) 8500 5015	H, K, 3 Brownings Cottage Gravel Lane, Chigwell	(020) 3302 3888
HONEY, J.E, 89 Albert Road, E17	(020) 8503 6229	HRISTOVA, G, Flat 6, 138 Tomswold Hill, Ilford	(020) 3556 5920	H, Mr K, 4 Sidmouth Rd, E10	(020) 8556 0836
H, P.J, 24 Bush Rd, Buckhurst Hill	(07956) 269290	HRYHARYAN, I, 309 Grove Gr Rd, E11	(020) 8529 7234	H, M, (Mobile)	(020) 3318 4853
HONEYMAN, G.B, 92 Lambourne Road, Chigwell	(020) 8500 7485	HSU, H, 131 Kings Avenue, Woodford Green	(020) 8504 4523	H, M, Flat 39 Ayerst Court 162 Beaumont Road, E10 London	(020) 3723 1721
HONOUR, S, 14 LondonConnington Crescent,		HUANG, X, 56 Hatherley Road, Walthamstow, London	(020) 8521 7560	H, M, 95 Falmouth Gardens, Ilford	(020) 8551 5746
		HUBBARD, J.A, 170 St. Barnabas Road, Woodford Green	(020) 8504 0601	H, Munawar, 84 Gordon Rd, Ilford	(020) 8514 1555
		H, M, 36 Hamilton Avenue, Ilford	(020) 8554 9356	H, M, 378 Ley Street, Ilford	(020) 3566 8959
		HUBBLE, R, 72 Frankland Road, E4	(020) 8524 0138	H, M, 39 Netley Road, E17	(020) 8521 2834
		HUBER, J, 20 The Croft Friday Hl, E4	(020) 8524 3238	H, Manzoor, 109 Park Road, Ilford	(020) 8553 9162
		HUBERMAN, D, 9 Fairstead Lodge Snakes Lane, Woodford Green	(020) 8504 3684	H, Mr M, 132 Woodlands Rd, Ilford	(020) 8478 6300
				H, Mr 112 Vicarage Road, Leyton, London	(020) 8091 6281
		H, M, 63 Mossford Lane, Ilford	(020) 8550 0713	H, N, K.P Newsagents, 259 Aldborough Road South, Ilford	(020) 3556 2657
		HUDDART, Mrs Katerina, 12 Brooklyn Avenue, Loughton	(020) 8508 1904	H, N, 16 Francis Road, E10	(020) 8539 9364
		HUDDLE, R, 31 Cottenham Road, London	(020) 8925 3253	H, N, 30 Pinder Road, London	(020) 3539 1403
		HUDGELL, L, Flat 11 Devereux Court, WOODFORD GREEN	(020) 3561 3020	H, Mr R, 78 Rectory Road, London	(020) 8141 7623
		HUDSON, Austin, 29 Jewel Road, E17	(020) 8521 9702	H, S, 88 Ashgrove Road, Ilford	(020) 8590 8822
		H, E, 94 Clacton Road, London	(020) 8503 7176	H, S, Mobile, 47 Burford Clo, Ilford, Essex	(07960) 604430
		H, I.A, 33 Hall Gardens, E4	(020) 8524 3079	H, S, 9 Campbell Road, London	(020) 8512 3289
		H, P, 72 Nevin Drive, E4	(020) 8524 1477	H, Sajad, 240A Church Road, E10	(020) 8558 1233
		H, W, 644 New North Road, Ilford	(020) 8500 7277	H, Mr S, 26 Danehurst Gardens, Ilford	(020) 8177 0564
		HUEBNER, S, 11 Hove Avenue, London	(020) 8928 1838	H, Mr S, 197 Easter Avenue, Gants Hill	(020) 8141 5875
		HUETON, J.B, 26 Sydney Road, Ilford	(020) 8550 8608	H, S, 929 Eastern Avenue, Ilford	(020) 8597 7255
		HUGGINS, A, 19 Tavistock Road, E18	(020) 8530 2142	H, Mr S, 119b Elgin Road, Ilford	(020) 8177 8121
		HUGHES, A, 85 South View Drive, E18	(020) 8989 6984	H, S, 126 Green Lane, Ilford	(020) 3566 3759
		H, B, 44 Buckhurst Way, Buckhurst Hill	(020) 8504 4381	H, S, 299 Green Lane, Ilford	(020) 8598 9628
		H, B, 10 High View Road, E4	(020) 8530 3325	H, S, 255 High Road Leytonstone, London	(020) 7411 8104
		H, C, 53 Deynecourt Gardens, London	(020) 3742 1485	H, Miss S, 435a High Street North, London	(020) 8177 8567
		H, C, 12 Samantha Close, E17	(020) 8556 2077	H, S, 76 Ilford Lane, Ilford	(020) 3016 4954
		H, D, 14 Beatrice Court, Buckhurst Hill	(020) 8506 1521	H, S, Regency Apartments 114-18 Manor Road, Chigwell	(020) 8500 0586
		H, D.C, 16 Southwell Grove Road, E11	(020) 8556 0332	H, Mr S, 22 Mansfield Rd, London	(020) 3132 7063
		H, E, 59 Salop Road, London	(020) 3742 0692	H, S, 52 Ray Lodge Road, Woodford Green	(020) 8559 0769
		H, J, 19 Sophia Road, E10	(020) 8556 8123	H, S, 31 Twyford Road, Ilford	(020) 8617 8733
		H, M, 25 Limewood Court 162 Beehive Lane, Ilford	(020) 8550 1870	H, S, 124 Windsor Road, Ilford	(020) 3673 6473
		H, Mr M, 64 Belgrave Road, London	(020) 3132 5446	H, T, 46 Belgrave Road, LONDON	(020) 8556 9447
		HUGHO, A.A, 24 Hervey Park Road, E17	(020) 8520 0106	H, Mr T, 17 Exmoor Clo, Ilford	(020) 8132 9080
		HUGILL, J, 8 Whitehall Road, London	(020) 8529 6909	H, T, Unit 9 York House 1-4 Langston Road, Loughton	(020) 4537 9806
		HUK, M, 17 Albion Park, Loughton	(020) 8508 7156	H, Mr T, 40 Stanley Road, London	(020) 8141 5831
		HULBERT, M, 54 James Lane, London	(020) 8925 8561	H, Y, 131 Seventh Avenue, London	(020) 8553 2770
		HULL, J.F, 21 Colenso Road, Ilford	(020) 8597 0108	H, Z, 26 Kingston Road, Ilford	(020) 8117 1147
		H, T, 87 Blackshore Lane, E17	(020) 8531 1366	H, Z, 135A Thorold Road, Ilford	(020) 8252 2298
		HULSTROM, Josephine, 21 Grosvenor Heights 20 Forest View, E4	(020) 8529 5060	HUSSEIN, F, 30 Turner Road, E17	(020) 8520 7223
		HUMENNY, P, 173 Prospect Road, Woodford Green	(020) 3742 6617	H, R, 36 Wigmore Place, E17	(020) 3489 2873
		HUMMERSTONE, J, 8 Pennant Terrace, Walthamstow	(020) 8527 5302	HUSSAIN, R, 18 Clinton Crescent, Ilford	(020) 8501 4972
		HUMPHREY, E, 6 Chaucer Road, London	(020) 8531 1762	HUSTLER, G, 40 Churchfields, London	(020) 8262 9672
		H, J, 19 Walpole Road, E18	(020) 8505 4065	HUTCHINGS, R, 79 Richmond Avenue, E4	(020) 8523 1904
		HUMPHREYS, Mrs Ella, 16, Poets Place, 11 Alderton Hill, Loughton	(020) 4501 2192	HUTCHINS, G, 90 Oak Hill Crescent, Woodford Green	(020) 8531 4505
		HUMPHREYS, A, 7 Somerset Road, Ilford	(020) 8520 3191	H, J, 63 Dale View Avenue, London	(020) 8529 0354
		HUMPREYS, I.A, 20 Glen Crescent, Woodford Green	(020) 8505 0760	HUTCHINSON, L, 53 Karina Close, Chigwell	(020) 8501 0250
		HUNDT, Lisamari, 59 Woodbury Road, E17	(020) 8509 1748	H, W.C, 72 Cavendish Drive, E11	(020) 8558 3252
		HUNG, A, Flat 27 Edgar House Blake Hall Road, E11	(020) 8989 0333	HUTLEY, Julia, 44 Selwyn Avenue, E4	(020) 8531 9710
		HUNNABLE, I, 3 Ewanrigg Terrace, Woodford Green	(020) 8504 0525	HUTSAL, D, 72 Ashville Road, E11	(020) 8539 2380
		HUNT, B, 21 Denner Road, London	(020) 8529 0619	HUTSON, J, 19 Oaks Lane, Ilford	(020) 8590 3442
		H, C, 6 Montrose Close, Woodford Green	(020) 8505 2113	HUTTON, D, Flat 22 Silvermead 22 Churchfields Silver Mead, London	(020) 3659 8991
		H, C.F, 49 Fullers Road, E18	(020) 8504 9745	H, E, 127 Wensleydale Avenue, Ilford	(020) 8550 2873
		H, Dave, 32 Aston Court 15 Brookmill Road, Woodford Green	(020) 8506 1856	HYAMS, M, 1 Cantley Gardens, Ilford	(020) 8518 1165
				HYDE, L, 1 Windsor Road, London	(020) 8524 8685
		H, G, 20 Coopers Close, Chigwell	(020) 8257 0362	H, M, 4 Reigate Road, Ilford	(020) 8590 9525
		H, M, 15 Anworth Close, Woodford Green	(020) 8504 9298	HYDER, J, 122 Dale View Crescent, London	(020) 8524 4291
		H, M, 55 Woodend Road, London	(020) 8531 3795	H, Susan, Flat 3 Celandine Court Chingford Avenue, E4	(020) 8529 9212
		H, M, 13 Roundmead Close, Loughton	(020) 8508 7013	H, Z, 29 Glastonbury Avenue, Woodford Green	(020) 8504 5618
		H, P, 165 Totford, Chigwell	(020) 8501 4162	HYLAND, M, 91 Walnut Road, E10	(020) 8556 6123
		HUNTE, M, Flat 42 Wingrove House 49 Sewardstone Road, E4	(020) 8524 0758	HYMAN, B, 50 Falmouth Gardens, Ilford	(020) 8503 9982
		HUNTER, B, Glenville Sewardstone Road, E4	(020) 8529 7194	H, C, 18 Highwood 13 Sunset Avenue, Woodford Green	(020) 8504 7767
		H, J, 22 Keith Road, London	(020) 8262 1114		

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IBE, E, 56 Sturge Avenue, London	(020) 3689 3125	IRWIN, R, 244 Willingale Road, Loughton	(020) 3712 9392	J, S, 313 High Street North, London	(020) 3663 4205
IBER, D, 2 Lowbrook Road, Ilford	(020) 8514 8668	ISA, Mr R, Mr 343 Church Road, London	(020) 8556 8327	J, S, 313 High Street North, London	(020) 3663 4205
IBRAHEEM, M, 111 De Vere Gardens, Ilford	(020) 8518 5521	ISAAC, D, 93 North Birkbeck Road, LONDON	(020) 8014 6763	J, S, 313 High Street North, London	(020) 3663 4205
IBRAHIM, C, 9 Leedale Avenue, LONDON	(020) 3673 4603	I, S, 37 Winns Avenue, London	(020) 3532 0853	J, S, 313 High Street North, London	(020) 3663 4205
I, E, 35 Blith Road, London	(020) 3583 9077	ISAACS, D, Flat 2 Half Ace Woodford Road, South Woodford	(020) 8989 7297	J, S, 313 High Street North, London	(020) 3663 4205
I, M, 334A High Street North, London	(020) 3592 4686	ISAGBA, J, 2 Coniston Gardens, Ilford	(020) 8924 8274	J, S, 313 High Street North, London	(020) 3663 4205
I, S, 25 Calver Court 52a Radbourne Crescent, London	(020) 3686 7446	ISAJA, Mrs A, 107 Carlyle Road, E12	(020) 8141 2959	J, S, 313 High Street North, London	(020) 3663 4205
I, S.M, Flat 12 Lobelia Court 1 Ryder Avenue, E10	(020) 8539 1206	ISAT, F, Flat 3 Brook Court 2a Harrow Road, E11	(020) 8558 2514	J, S, 313 High Street North, London	(020) 3663 4205
I, Z, 17 Kingswood Rd, Ilford	(07956) 854905	ISHAQ, C, 2 Kirk Road, London	(020) 8521 6243	J, S, 313 High Street North, London	(020) 3663 4205
I, Z, 5 Stapleford Close, London	(020) 8928 0239	I, M, 25 Warren Road, E11	(020) 8503 1562	J, S, 313 High Street North, London	(020) 3663 4205
IBRAHIMOSMAN, H, 113 Felbridge Road, Ilford	(020) 8590 4707	I, Mohammed, 42 Westerham Road, E10	(020) 8539 5150	J, S, 313 High Street North, London	(020) 3663 4205
IBRIHAM, H, 4/47 Mansfield Rd, Ilford	(020) 8554 1356	I, T, 41 Melford Road, London	(020) 8521 1445	J, S, 313 High Street North, London	(020) 3663 4205
ICHIM, L, 30 Gardner Close, London	(020) 7524 4607	ISHIL, V, 43D Barclay Road, Leytonstone	(020) 3620 8955	J, S, 313 High Street North, London	(020) 3663 4205
IDANICHUKA, T, Village Court Flat 2 Orford Road, London	(020) 3726 5594	ISHRAT, R, 19 Southbourne Gardens, Ilford	(020) 3715 6232	J, S, 313 High Street North, London	(020) 3663 4205
IDOWU, F, Mobile, Flat 10, St Marks House Evelyn Road, London	(07904) 209604	I, Ms Tamsia, 72 Ray Lodge Road, Woodford Green	(020) 8498 0427	J, S, 313 High Street North, London	(020) 3663 4205
IDREES, M, 49 Hartington Road, London	(020) 3565 5988	ISLAM, H, Flat 27 Johnston Court 77 Oliver Road, E10	(020) 8988 0901	J, S, 313 High Street North, London	(020) 3663 4205
IDTIHAR, N, 34 Stow Cres, E17	(020) 8531 4773	ISLAM ISLAM, N, 26 Queensberry Place, London	(020) 3663 7982	J, S, 313 High Street North, London	(020) 3663 4205
IDERAN, D, 50 Knotts Green Road, London	(020) 3158 8746	ISLAM, M, 17 Brockham Drive, Ilford	(020) 8252 0284	J, S, 313 High Street North, London	(020) 3663 4205
IEREMIE, I, 27 Kelston Road, Ilford	(020) 7172 5829	I, M, 45b Colenso Road, Ilford	(020) 8616 7966	J, S, 313 High Street North, London	(020) 3663 4205
IERVOLINO, J, 196B Prospect Road, Woodford Green	(020) 8559 2666	I, M, 283 High Street North, E12	(020) 8525 8842	J, S, 313 High Street North, London	(020) 3663 4205
IESAN, V, Flat 3 51-53 Ley Street, Ilford	(020) 3724 6380	I, Mazharul, 5 Kenilworth Gardens, Ilford	(020) 3294 2018	J, S, 313 High Street North, London	(020) 3663 4205
IFTIKHAR, N, 99 Conington Crescent, London	(020) 3158 7182	I, M, Flat 4 661 Romford Road, Manor Park	(020) 3325 0820	J, S, 313 High Street North, London	(020) 3663 4205
I, S, 13 Mendip Road, Ilford	(020) 3016 3239	I, M, 20 St. Peters Close, Ilford	(020) 3673 8851	J, S, 313 High Street North, London	(020) 3663 4205
IGNAT, S, 95 Quebec Road, Ilford	(020) 8518 6428	I, M, 156 Snowhill Road, E12	(020) 8478 2282	J, S, 313 High Street North, London	(020) 3663 4205
I, V, 4 Erin Close, Ilford	(020) 8590 5173	I, Mr 35 Cary Road, London	(020) 3659 4354	J, S, 313 High Street North, London	(020) 3663 4205
IGNATOV, G, 85 Goldsmith Road, E17	(020) 8527 8557	I, Qamar, 332 Ilford Lane, Ilford	(020) 8911 8118	J, S, 313 High Street North, London	(020) 3663 4205
IYAMBO, R, 4 Holly Close, Buckhurst Hill	(020) 8505 3906	I, R, 11a Chesterford Road, Manor Park	(020) 8478 8261	J, S, 313 High Street North, London	(020) 3663 4205
IJAZ, F, 7 Hoveton Way, Ilford	(020) 3161 6283	I, R, 43A Coventry Road, Ilford	(020) 8518 4985	J, S, 313 High Street North, London	(020) 3663 4205
I, S, 1A Tudor Crescent, Ilford	(020) 3718 3548	I, Mr R, 121 Fourth Avenue, E12	(020) 8141 7817	J, S, 313 High Street North, London	(020) 3663 4205
IKALA, J, 4 Woodpecker House 1a Hoe Street, London	(020) 3732 0291	I, S, Gilford House Apartment 10 93, Clements Road, Ilford	(020) 3731 1876	J, S, 313 High Street North, London	(020) 3663 4205
IKEOGU, C, 130 Elphinstone Road, LONDON	(020) 8527 1214	I, S, 34 Arundel Gardens, Ilford	(020) 8597 0902	J, S, 313 High Street North, London	(020) 3663 4205
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ILEKANA, C, 138 Cambridge Road, Ilford	(020) 3565 1449	I, Mr S, 66 Boundary Rd, London	(020) 8503 6680	J, S, 313 High Street North, London	(020) 3663 4205
ILENOTUMA, J, 86 Carr Road, London	(020) 8279 3432	I, S, 42 Browning Road, London	(020) 8514 0231	J, S, 313 High Street North, London	(020) 3663 4205
ILIE, I, Flat 5, Peterman Court Benrek Close, Ilford	(020) 3802 5423	I, J, 1F Durham Road, E12	(020) 3524 2994	J, S, 313 High Street North, London	(020) 3663 4205
I, I, 195 Peterborough Road, E10 London	(020) 8988 1593	I, S, Tiptree Community Hall Tiptree Crescent, Ilford	(020) 8550 4218	J, S, 313 High Street North, London	(020) 3663 4205
ILIEV, V, 98-100 Cann Hall Road, London	(020) 3565 4257	I, Mr Z, 22A Frith Road, London	(020) 8177 0702	J, S, 313 High Street North, London	(020) 3663 4205
ILLES, P.K, 56 Woodland Road, London	(020) 8524 5563	ISMAIL, M, 32B Station Rd, E12	(020) 8514 5934	J, S, 313 High Street North, London	(020) 3663 4205
ILLSLEY, F, 6 Downsfield Road, London	(020) 8509 1447	I, Mr N, 23 Grantham Road, London	(020) 8141 7253	J, S, 313 High Street North, London	(020) 3663 4205
ILLOTT, E, 15 Payzes Gardens Chingford Lane, Woodford Green	(020) 8505 1449	I, Mr N, 96 Thorold Road, Ilford	(020) 8141 7821	J, S, 313 High Street North, London	(020) 3663 4205
ILSLEY, R.W, 47 Warren Road, E4	(020) 8529 1946	I, N, 250 Walton Road, LONDON	(020) 8514 0462	J, S, 313 High Street North, London	(020) 3663 4205
ILUMOKA, M, 42 Eton Road, Ilford	(020) 8141 0722	I, Y, 12 Kings Gardens, Ilford	(020) 8514 6378	J, S, 313 High Street North, London	(020) 3663 4205
ILVA, I, 16c Argyle Road, Ilford	(020) 8177 9464	ISMAILI, Mrs 13 High Road Leyton, London	(020) 3719 0857	J, S, 313 High Street North, London	(020) 3663 4205
I, Flat B, 716 Romford Road, E12	(020) 8141 7836	ISRAEL, J, 34 Downsfield Road, E17	(020) 8509 7216	J, S, 313 High Street North, London	(020) 3663 4205
ILYES, M, 13 Lyne Cres, E17	(020) 8523 5884	ISSA, A, 10 Brockham Drive, Ilford	(020) 8793 7450	J, S, 313 High Street North, London	(020) 3663 4205
IMBERT, D, 36 Baden Road, Ilford	(020) 8141 1305	I, Ms F, 53 Fred Wigwag Tower Montague Road, London	(020) 8177 4146	J, S, 313 High Street North, London	(020) 3663 4205
IMPEY, G, 19 St. Barnabas Road, Woodford Green	(020) 8506 0160	ISSIFOU, M, 242 Stockfield Road, London	(020) 3538 6172	J, S, 313 High Street North, London	(020) 3663 4205
IMRAN RATHORE, M, 25 Elmstead Road, Ilford	(020) 3509 4112	ISSIMDAR, Admiral F, 143 Greenway Avenue, Walthamstow	(020) 8143 3919	J, S, 313 High Street North, London	(020) 3663 4205
IMRAN, Tayyba, 101 Kenilworth Avenue, Walthamstow	(020) 8527 1446	ISTED, Barbara, 5 Horsley Road, E4	(020) 8524 0716	J, S, 313 High Street North, London	(020) 3663 4205
IMTIHAZ, Z, 50 Lyndhurst Drive, London	(020) 8532 8134	ISTEED, C, 3 Ladyfield Close, Loughton	(020) 8502 0981	J, S, 313 High Street North, London	(020) 3663 4205
I, M, Second Floor 264 High Street North, E12	(020) 8471 8552	ISZKIAEWICZ, Miss K, 71 Walton Rd, London	(020) 3138 4164	J, S, 313 High Street North, London	(020) 3663 4205
INAYAT, Mr Mubashar, 28B Hoe Street, Walthamstow	(020) 7018 3916	ITHIER, Miss M, 137 Francis Rd, London	(020) 3138 4164	J, S, 313 High Street North, London	(020) 3663 4205
INCE, I.R, 45 Marmion Avenue, E4	(020) 8524 2929	ITZCOVITZ, D, 65 Althorne Gardens, E18	(020) 8989 1421	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr Robert Kenneth, 137 Millais Road, London	(020) 8558 0287	IUGA, C, 34 Queens Road, E11	(020) 8558 4844	J, S, 313 High Street North, London	(020) 3663 4205
I, S.J, 179 Fencible Way, Ilford	(020) 8501 0842	IVANOUSKAITTE, Miss G, 330a Cann Hall Road, Leytonstone, London	(020) 3719 3421	J, S, 313 High Street North, London	(020) 3663 4205
INDO, M, 29 Omnibus Way, Walthamstow	(020) 3763 8179	IVANOV, R, Thomas James Court Flat 3 Harwater Drive, Loughton	(020) 3742 0417	J, S, 313 High Street North, London	(020) 3663 4205
INGALAMI, M, Flat 80 39, Icon Building Ilford Hill, Ilford	(020) 3712 8308	I, S, 7 Blackthorn House 1 Blackthorn Avenue, Chigwell	(020) 3794 5044	J, S, 313 High Street North, London	(020) 3663 4205
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INGLIMA, Lara, 82 Lynnmoth Rd, Walthamstow	(020) 8503 7203	I, V, 54 Oliver Road, London	(020) 3742 4619	J, S, 313 High Street North, London	(020) 3663 4205
INGLIS, J, Flat 5 37 Forest Drive West, E11	(020) 8539 9817	IVANOVE, Miss M, 166 Brookcroft Rd, London	(020) 8177 7508	J, S, 313 High Street North, London	(020) 3663 4205
I, N, 124 Canterbury Road, E10	(020) 8539 6107	IVENS, K, 12 Sylvan Way, Chigwell	(020) 8500 3734	J, S, 313 High Street North, London	(020) 3663 4205
INGRAM, I, Flat 7 Collins Court Lower Park Road, Loughton	(020) 3583 8540	IVES, Mr Albert, Flat 34, Westleigh Court, 2 Nightingale Lane, London	(020) 8530 1446	J, S, 313 High Street North, London	(020) 3663 4205
I, P.D, 79 Roebuck Lane, Buckhurst Hill	(020) 8504 3601	I, B.F, 25 Donington Avenue, Ilford	(020) 8554 5744	J, S, 313 High Street North, London	(020) 3663 4205
INGRAO, F, 36 Elmfield Road, E4	(020) 8524 2720	I, D, 23 Cranston Gardens, London	(020) 8527 0620	J, S, 313 High Street North, London	(020) 3663 4205
INNEN, S, 10 Hillside Close Woodford Green, Essex	(020) 8505 0271	IVESON, P, 92 Coolgidge Avenue, London	(020) 8527 0572	J, S, 313 High Street North, London	(020) 3663 4205
INNESTAYLOR, J, 19 The Avenue, E11	(020) 8989 0708	IXER, G, 61 Avril Way, E4	(020) 8523 0200	J, S, 313 High Street North, London	(020) 3663 4205
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INPANESAN, T, 22 Fulbourne Road, London	(020) 8531 6670	YER, D, 74 Lord Avenue, Ilford	(020) 8551 9135	J, S, 313 High Street North, London	(020) 3663 4205
INWOOD, S.J., Flat 4 Alfred Prior House Grantham Road, E12	(020) 8478 8637	I, V, Flat 96, Regency Court 89-111 High Road, London	(020) 3730 5187	J, S, 313 High Street North, London	(020) 3663 4205
IONELA VISAN, M, Flat 242, Ryder Court Church Road, London	(020) 8793 5787	IZEGBU, E, 20 Thorne Close, London	(020) 3712 6240	J, S, 313 High Street North, London	(020) 3663 4205
IONESCU, C, 263 Dersingham Avenue, E12	(020) 8478 6641	IZET, G, 67 St. Mary Road, E17	(020) 8509 1401	J, S, 313 High Street North, London	(020) 3663 4205
I, C, 143 Onslow Gardens, London	(020) 3609 2362	JABARKHELI, S, 46 Harcourt Avenue, London	(020) 3581 5225	J, S, 313 High Street North, London	(020) 3663 4205
JORDAN, D, 250 New North Road, Ilford	(020) 8500 2633	JABBAL, Rajinder Singh, 41 Byron Avenue, E12	(020) 8552 2249	J, S, 313 High Street North, London	(020) 3663 4205
IOSIP, Miss Elena, 16 Regency Close, Chigwell	(020) 3632 9823	JABBIE, S, 547 Lea Bridge Road, London	(020) 3648 9823	J, S, 313 High Street North, London	(020) 3663 4205
I, P, 67 Gladstone Road, Buckhurst Hill	(020) 8505 4675	JABBO, S, Flat 35, Johnston Court, 77 Oliver Road, London	(020) 3612 2156	J, S, 313 High Street North, London	(020) 3663 4205
IPINYEMI, O, Room 3 13 New North Road, Ilford	(020) 3539 3693	JABEEN, R, 91B Ilford La, Ilford	(07956) 387392	J, S, 313 High Street North, London	(020) 3663 4205
IQBAL, A, 49 Bressay Grove, London	(020) 8530 0629	JABIN, S, 153 Lavender Place, Ilford	(020) 8478 2602	J, S, 313 High Street North, London	(020) 3663 4205
I, A, 117 St. Albans Road, Ilford	(020) 8590 3941	JACK, C, 32 Belmont Park Road, E10	(020) 8556 4849	J, S, 313 High Street North, London	(020) 3663 4205
I, A, 18 Studley Drive, Ilford	(020) 3380 8603	JACKSON, A, 6 Alfred House Tennyson Avenue, Manor Park	(020) 8552 7240	J, S, 313 High Street North, London	(020) 3663 4205
I, D, 45 Wanstead Park Road, Ilford	(020) 3583 2675	J, D, 24 Mafeking Avenue, Ilford	(020) 8598 9567	J, S, 313 High Street North, London	(020) 3663 4205
I, F, 314 Horns Road, Ilford	(020) 3685 7857	J, Mr Derek, 16 Whitta Road, Manor Park	(020) 8514 4931	J, S, 313 High Street North, London	(020) 3663 4205
I, H, 10 Colchester Av, E12	(020) 8553 1664	J, F.M, 137 Headley Drive, Ilford	(020) 8554 4166	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr J, Unknown 27 Friars Close, Ilford	(020) 8478 5615	J, H, 22 Higham Station Avenue, London	(020) 8523 3717	J, S, 313 High Street North, London	(020) 3663 4205
I, J, 118 Staines Rd, Ilford	(020) 8514 8624	J, J, 20 Lansdowne Court Claybury Broadway, Ilford	(020) 8550 7496	J, S, 313 High Street North, London	(020) 3663 4205
I, M, 461 Aldborough Road South, Ilford	(020) 3158 4863	J, J, 13 Warner Road, London	(020) 8521 2853	J, S, 313 High Street North, London	(020) 3663 4205
I, M, 7 Beehive Lane, Ilford	(020) 8554 3238	J, L, 148 Dersingham Avenue, E12	(020) 8478 7621	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr M, 134 Chester Rd, Ilford	(020) 8177 3279	J, M, 2 Parkland Road, Woodford Green	(020) 8505 9820	J, S, 313 High Street North, London	(020) 3663 4205
I, M, 110 Edwards Road, E17 London	(020) 8503 6411	J, P.G, Hillside 4 Vestry Road, E17	(020) 8520 7440	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr M, 1/25 Gloucester Rd, London	(020) 8478 8161	J, R, S, Chigwell Heights, 212 Manor Road, Chigwell	(020) 3556 8812	J, S, 313 High Street North, London	(020) 3663 4205
I, M, 137 Green Lane, Ilford	(020) 8141 2436	J, R, 4 Maple Road, E11	(020) 8989 7327	J, S, 313 High Street North, London	(020) 3663 4205
I, N, 93 Northcote Road, London	(020) 8513 7052	J, S, 73A Southern Drive, LOUGHTON	(020) 8508 3935	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr M, Mr 100 Pretoria Road, Ilford	(020) 3489 9490	JACOB, J, 190 Langthorne Road, E11	(020) 8539 2544	J, S, 313 High Street North, London	(020) 3663 4205
I, Mr M, 19 Selbourne Avenue, London	(020) 3132 2574	JACOBS, C, 263 High Road Leyton, London	(020) 8925 7206	J, S, 313 High Street North, London	(020) 3663 4205
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JESTICO, Dr J, 20 St. Mary's Avenue, E11.....	(020) 8530 7473	J, E.W, Flat 1 71 Oliver Road, E10.....	(020) 8556 8630	KADIR, A, 43 Wordsworth Avenue, Manor Park.....	(020) 8471 8996
J, S, 87 Highwood Lane, Loughton.....	(020) 3612 0620	J, F, 81 Russell Road, Buckhurst Hill.....	(020) 8505 0662	KADIR, M, 49 597 Green Lane, Essex.....	(020) 8177 6261
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J, A, 83 Forest Drive West, London.....	(020) 8558 3637	J, H, 133 Barclay Road, London.....	(020) 8279 3923	K, S, 30 Filebrook Road, E11.....	(020) 8558 5466
J, L, 310 Broadmead Road, Woodford Green.....	(020) 3565 0968	J, H.L, 17 Nightingale Lane, E11.....	(020) 8989 4056	KAFI, M, Mobile, 158 Langthorne Road, London.....	(07939) 690649
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JEYABASKARAN, K, 329 Billet Road, London.....	(020) 8523 4054	J, J, 5A Mulberry Way, E18.....	(020) 8518 8556	K, S, 22 Holly Crescent, Woodford Green.....	(020) 3686 3624
JEYAKRANTHAN, G, 31 Percy Road, Ilford, Essex.....	(020) 8599 2449	J, M, J, 27 Tamar Sq, Woodford Gr.....	(020) 8506 2314	KAHOOT, M, 50A Eastwood Road, Ilford.....	(020) 3560 8234
JEYAKRISHNA, N, Flat 27 Beaumont House Lake Road, Leyton.....	(020) 8558 1103	J, J.F, 23 Fullers Road, E18.....	(020) 8505 0692	KAINTH, Mr K, 3 Highbury Gardens, Ilford.....	(020) 8177 8142
JEYAKUMAR, N, 75 Roding Lane North, Woodford Green.....	(020) 8504 8088	J, K, 25 King Henry Lodge 51 Hall Lane, E4.....	(020) 8529 6378	KAIZER, A, 61 Middleton Gardens, Ilford.....	(020) 8554 8478
J, P, 35 Redbridge Court Redbridge Lane East, Ilford.....	(020) 8551 3451	J, L, 61 Barrett Road, LONDON.....	(020) 8509 2920	KAJENPHIRAN, S, 374A High St Nth, E12.....	(020) 8472 6115
JEYAMOCHAN, Mr V, 53c Mansfield Road, Redbridge, Ilford.....	(020) 3370 2605	J, L, 34 Trotwood, Chigwell.....	(020) 8500 1246	KAJENTHRA, V, 204 Gantshill Crescent, Ilford.....	(020) 8470 7750
JEYANATHAN, Mr D, 235 Strone Road, London.....	(020) 8177 5489	J, M, 43A Douglas Rd, Ilford.....	(020) 8503 8189	KAKSHEPATI, U, 17 Icknield Dv, Ilford.....	(020) 8518 3042
J, S, 4 Morris Avenue, London.....	(020) 3726 3257	J, M, 42 Kingsley Road, London.....	(020) 8925 9073	KALAM, Mohammadfadbin, 11 Barons Court Connaught Road, Ilford.....	(020) 8553 1086
JEYANTHAKUMAR, A, General Food Store, 315 Dersingham Avenue, London.....	(020) 3302 5069	J, M, 36 Penlstone Road, E17.....	(020) 8520 7458	KALAMALLA, Mr M, 100 Express Drive, Ilford.....	(020) 8597 9807
JEYAPLAN, M, Flat 7 Mountier Court Homesdale Close, LONDON.....	(020) 3742 4066	J, M, 18 Raymond Road, ILFORD.....	(020) 8518 6213	KALARIA, M, 15 Devonshire Road, Ilford.....	(020) 8590 2934
JEYARATNAM, D, 8 Ardwell Avenue, Ilford.....	(020) 8554 5308	J, M.A, 34 Vista Drive, Ilford.....	(020) 8550 3301	KALATTA, A, 10 Parham Drive, Ilford.....	(020) 8554 1500
JEYASANKAR, S, 164 Fulbourne Road, London.....	(020) 8531 8435	J, N, 63 Bemwell Road, London.....	(020) 8529 8824	KALENKO, Mr T, Flat 2/ 53a St James's Street, London.....	(020) 8141 7734
JEYASEELAN, Mr V, 115 Colworth Road, London.....	(020) 8141 0707	J, P, 176 Perth Road, Ilford.....	(020) 8554 3832	KALEYS, Kaley, 3 Kaley's The Square, Woodford Green.....	(020) 8505 1871
JEZERSKI, J, 12 Victoria Road, Walthamstow.....	(020) 8527 4924	J, P, 22 Priory Road, Loughton.....	(020) 8508 8341	KALIA, Mr Gopal, 8 Parkway, Ilford.....	(020) 8599 6195
JHETA, D, 51 Hatley Avenue, Ilford.....	(020) 8551 1028	J, P, 297 Sansom Road, London.....	(020) 3665 3096	K, S, 4 Shere Rd, Ilford.....	(020) 8551 0971
J, J, 29 Lord Avenue, Ilford.....	(020) 8491 7928	J, P.C.O, 82 St. Barnabas Road, Woodford Green.....	(020) 8504 4158	KALISZ, M, 80 Kingsley Road, Loughton.....	(020) 3536 1780
JHETAM, S, Flat 117 Ley Street House 497-499 Ley Street, Ilford.....	(020) 3161 4625	J, R, 28 Alexandra Road, London.....	(020) 8530 8443	KALLAH, H, 62 Broadhurst Avenue, Ilford.....	(020) 8597 0888
JHOKE, S, 11 Gloucester Gardens, Ilford.....	(020) 8518 1556	J, R, 40 Brookdale Road, London.....	(020) 8257 2954	KALONJI, Y, 12 Matson Court The Bridle Path, Woodford Green.....	(020) 3712 1372
JHUMA, A, 130 Kensington Avenue, E12.....	(020) 8141 8001	J, Miss Rebecca, 47a Kings Road, London.....	(020) 3620 4953	KALRA, Mr S, 151 Woodford Av, Ilford.....	(020) 3132 1498
JHUMMIUN, Mr A, 248A Halley Road, E12.....	(020) 8177 2516	J, R, 14 Pollard Close, Chigwell.....	(020) 8500 1517	KALSI, I, 52 Warren Road, London.....	(020) 8558 3478
JHUND, B, 28 Rochester Gardens, Ilford.....	(020) 3441 3351	J, R, S, 5 Middlefield Gardens, Ilford.....	(020) 8554 1406	KALISAS, D, 17 Monkams Drive, Woodford Green.....	(020) 8506 9726
JHUNG, V, 32 Alder Point Green Ferry Way, London.....	(020) 3685 4443	J, S, FLAT 17 ASHDOWN COURT 2E Fulbourne Road, London.....	(020) 8523 1829	KALURAM, Dr R, Room 16, Whipps Cross Hop Whipps Cross Rd, London.....	(020) 8177 4163
JIBRIL, Y, 171 Queens Road, Walthamstow.....	(020) 8509 9790	J, S, 106 Harold Road, E10.....	(020) 8529 2173	KALUZNY, Mr W, 13 Fairfield Rd, London.....	(020) 3132 6076
JIGGINS, J, 14 Forest Road, E11.....	(020) 8558 5443	J, S, 326 High Road Leytonstone, London.....	(020) 3561 0691	KAMAL, Miss F, 111 North Birbeck Road, London.....	(020) 8177 6097
JIMENEZ, Mark, 13 Fairlight Avenue, Woodford Green Essex.....	(020) 8559 2732	J, Sherr-Anne, 421A High Street North, E12.....	(020) 8470 4605	K, Mr M, Flat 3/ 373 High Rd, Leyton, London.....	(020) 3132 7008
JINDAL, Mr A, 179 Westwood Road, Ilford.....	(020) 8141 0739	J, S, 45 Overton Drive, LONDON.....	(020) 8989 4290	KAMALENDRAN, They, 5 Windsor Road, Guilford.....	(020) 8514 1140
JIT KAUR, J, 18 Woodland Road, London.....	(020) 3662 5933	J, S, 122 Walden Way, ILFORD.....	(020) 8172 0375	KAMALRAJ, M, 70 Thornton Road, Ilford.....	(020) 8514 6616
JITKONBURI, Mrs 43a The Avenue, Chingford, London.....	(020) 8091 3926	J, T, 22 Fallow Fields, Loughton.....	(020) 8532 0395	KAMAN BASHA, T, 23 Green Lane, Ilford.....	(020) 8514 3511
JIVANI, B, 33 Budoch Drive, Ilford.....	(020) 8597 4115	J, V, 35 Manford Way, CHIGWELL.....	(020) 8501 1439	KAMANUJ, Mr S, 184 Third Avenue, London.....	(020) 8177 9479
JIVATHAS, V, 51 Byron Avenue, London.....	(020) 8548 1706	JOHNSON, Rebecca, 109 Whitta Road, E12.....	(020) 8478 4089	KAMAU, D, 995A Romford Road, LONDON.....	(020) 8478 2354
JIWANI, A, 17 Park View, Chigwell.....	(020) 8527 7271	JOONMA, Y, 136 Langthorne Road, E11.....	(020) 8518 7409	KAMBERI, Mr A, 328 Elizabeth Court Navestock Cres, Woodford Green.....	(020) 8505 4895
JOBANPUTRA, K, 19A Richmond Road, Ilford.....	(020) 8478 4953	JOOVANI, K, 181 Shakespare Cres, London.....	(020) 8127 3920	KAMIENDE, B, Flat J, Dale Court Grove Hill, London.....	(020) 7671 8352
JODA, N, 261 Billet Road, London.....	(020) 8923 1858	JOPLING, N, Flat 17 Clock Court Victory Road, London.....	(020) 8530 5277	KAMIRAN, A, Mobile, 114 Dellow Close, Ilford, Essex.....	(07931) 765845
JOFFE, V, 47 Inglehurst Gdns, Ilford.....	(020) 8550 1910	JORDAN, A, Flat 9 De Vere Court, 91 Hoe Street, Walthamstow.....	(020) 8534 4689	KAN, H.C, 28 Boleyn Way, Ilford.....	(020) 8500 7514
JOGYET, Z, Mobile, 69 Mornington Rd, London.....	(07939) 852998	JORDAN, A, 15 Newbury Road, Ilford.....	(020) 8597 6113	K, P.L, Flat 2 37 Courtland Avenue, Ilford.....	(020) 8518 6294
JOHAL, A, 14 Westrow Gardens, Ilford.....	(020) 8590 5245	J, G, 8 Bushey Avenue, E18.....	(020) 8989 6400	K, W.T, 8 The Risings, E17.....	(020) 8520 1649
J, B, 20 Ely Place, Woodford Green.....	(020) 8505 5606	J, G, 75 Gordon Road, E11.....	(020) 8989 6555	KANABAR, A, 129 Northbrook Road, Ilford.....	(020) 8518 2158
J, B, 148 Oaks Lane, Ilford.....	(020) 8599 4142	J, K, 2 Marni House, 145 Carlyle Road, London.....	(020) 7294 6568	K, V, 51 Lancing Road, Ilford.....	(020) 8554 5134
J, B, 38 Oakwood Gardens, Ilford.....	(020) 8598 1644	J, K, 12 Colinton Road, London.....	(020) 8599 1797	KANAGARAJ, G, Flat 13 111, 3, Eaton Court High Road, London.....	(020) 3726 8388
J, D, 3A Southbourne Gdns, Ilford.....	(020) 8911 9589	J, M, 42 Herbert Road, Ilford.....	(020) 8597 3597	KANAGARATNAM, K, 31 Jerningham Avenue, Ilford.....	(020) 8551 9099
J, P, 21A Seymour Gardens, Ilford.....	(020) 8518 1009	J, M, 64 Queens Rd, Loughton.....	(020) 8508 0876	KANAGARATNAM, K, 2A Wiseman Road, London.....	(020) 3638 4009
JOHN, Mrs C, Mrs 4 Cassiobury Road, London.....	(020) 8503 7711	J, M, 42s Herford Road, Ilford.....	(020) 8509 2071	KANAPATHIPILLAI, T, 50 Colville Road, London.....	(020) 3592 7869
J, C, 24 Rosedale Terrace, London.....	(020) 8556 7876	J, M, 42s Herford Road, Ilford.....	(020) 8509 2071	KANBI, S, 89 Redbridge Lane East, ILFORD.....	(020) 3592 7869
J, C, 39 Ranclugh Road, London.....	(020) 8519 7940	J, M, 10 Baxter Road, Ilford.....	(020) 8477 1387	KANCAUSKINE, Mrs S, 16 Charles Church Walk, London.....	(020) 3138 1010
JOHN LULLY, L, 19 Larkshall Road, E4.....	(020) 8529 5119	J, M, 3 Third Floor Broadway Chambers 1 Cranbrook Road, Ilford.....	(020) 8478 0469	K, S, 17 Grove Road, E17.....	(020) 8520 2622
JOHN, M, Arthur Walls House Flat 1 Grantham Road, London.....	(020) 3091 0046	J, M, 3 Third Floor Broadway Chambers 1 Cranbrook Road, Ilford.....	(020) 8478 0469	KANCIOVA, R, Flat 22, Chessington Mansions, 14 Albany Road, London.....	(020) 3354 5701
J, M, Flat 12 Silks Court, 612 High Road Leytonstone, London.....	(020) 8279 6557	J, R, FLAT 40 REGAL HOUSE Royal Crescent, Ilford.....	(020) 8554 6309	KANDASAMY, V, 1 The Chase, LOUGHTON.....	(020) 3539 5017
JOHNS, L.D, 1 Coningsby Gardens, E4.....	(020) 8527 8749	J, S, 53 Elmstead Road, Ilford.....	(020) 8491 3189	KANDIAH, R, 7 Hobart Rd, Ilford.....	(020) 8551 2861
J, Michael, 21 Mornington Road, London.....	(020) 8529 2844	J, S, 82 Marlans Road, Ilford.....	(020) 8550 8439	KANDREGULA, S, 16C Beaufort Gardens, Ilford.....	(020) 8518 6341
J, S, 117 Cavendish Road, LONDON.....	(020) 8503 2865	J, Ms T, 32 Garner Rd, London.....	(020) 8141 5922	KANE, F, 5 Essex Road, E4.....	(020) 8529 0387
JOHNSON, Mr A, 87 Warrior Sq, London.....	(020) 3132 4274	J, V, 40 Chadwick Road, London.....	(020) 8989 9703	K, G.F, 134 Wallwood Road, E11.....	(020) 8539 6090
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J, B, 259 Church Rd, E10.....	(07946) 749473	JOSEPHS, R, 67D Courtland Avenue, Ilford.....	(020) 8554 3834	K, R, 220 Prospect Road, Woodford Green.....	(020) 8504 0484
J, C, 22 Dickens Rise, Chigwell.....	(020) 8500 5759	JOSEPH, R, 52 Chigwell Lane, Loughton.....	(020) 8418 9788	KANESALINGAM, C, 82 Eton Road, Ilford.....	(020) 8478 0966
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J, Mr C, 11 Oregon Av, London.....	(020) 8141 7840	J, K, 30 Madras Road, Ilford.....	(020) 3132 5523	KANHYE, Miss P, 34a St. James's St, London.....	(020) 3132 1410
J, Mr D, Lower Flat 87 Abbots Park Rd, London.....	(020) 3138 2610	J, M.K, 2 Ely Gardens, Ilford.....	(020) 8554 4295	KANJARIA, S, 41 Springfield Road, Ilford.....	(020) 8220 9086
J, D, 16 Grangeway, Woodford Green.....	(020) 8504 1725	JOSHNA, N, 215a Ley Street, Ilford.....	(020) 3490 6493	KANKU, Mr J, 184 Dawlish Dv, Ilford.....	(020) 8586 1759
J, D, 23 Stanley Road, South Woodford.....	(020) 8505 5599	JOSLIN, Adm J, 63 Adelaide Road, E10.....	(020) 8556 3378	KANNAN, V, 38 Borders Lane, Loughton.....	(020) 3685 4825
J, D, 49 Sunnymede, Chigwell.....	(020) 8500 7402	J, P, 52 Gordon Avenue, E4.....	(020) 8527 7367	KANNANA, D, 22 Gladstone Avenue, Manor Park.....	(020) 8552 9998
J, G, B, 21 Redcliffe Gardens, Ilford.....	(020) 8518 2314	J, T.J, 18 Mead Close, Loughton.....	(020) 8532 0160	KANOVICH, M, Flat 4 Malford Court The Drive, E18.....	(020) 8989 0291
J, G, 39 Salop Road, E17.....	(020) 8509 9569	JOUKA MESSODONG, V, Flat 19, St Andrews Court St Andrews Road, London.....	(020) 3643 3504	KANPAMANI, Mr P, 154 Grange Road, Ilford.....	(020) 8177 8553
J, Miss J, 118 Pittman Gardens, Ilford.....	(020) 3132 7338	JOUOXY, Jay, G Union Close, E11.....	(020) 8556 3184	KANTHARAJA, Mr V, 58 Windsor Rd, Ilford.....	(020) 8514 4695
J, J, 49 Lower Park Road, Loughton.....	(020) 8508 4167	JOY, K, 17 Georgeville Gardens, Ilford.....	(020) 8550 6410	KANU, J, 41 Clarence Road, London.....	(020) 3590 3649
J, J, 3 Peel Close, E4.....	(020) 8523 7289	J, T, 3 Lambourne Close, Chigwell.....	(020) 8500 4394	K, W, 48 Sunnyside Road, Ilford.....	(020) 3732 3434
J, J.G, 18 Shernhall Street, E17.....	(020) 8521 2201	JOYCE, D, 36 Matcham Road, London.....	(020) 8555 9409	K, Y, 25 Tulip Gardens Weale Road, E4.....	(020) 3245 0090
J, K, 22 Dunedin Road, E10.....	(020) 8556 3375	J, D, 99 Tycheurth Hill, Loughton.....	(020) 8502 4875	KANVAGE, Fatuma, 7 Rayleigh Road, Woodford Green.....	(020) 8504 7575
J, L, 162 Waltham Way, E4.....	(020) 8529 5049	J, F, 45 Grantock Road, London.....	(020) 8923 4193	KARA, Z, 200 Francis Rd, E10.....	(020) 8558 9646
J, M, 430 Chigwell Road, Woodford Green.....	(020) 8270 3578	JOYNER, M, 34 Hycliffe Gardens, Chigwell.....	(020) 8559 8125	KARAKUS, F, 232 Aldborough Road South, Ilford.....	(020) 8590 9261
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J, Nana, 297 Hathaway Crescent, E12.....	(020) 8548 4146	JUCHUA, P, 63 Southview Road, Loughton.....	(020) 8502 1628	KARASS, I, 100 Selby Road, E11.....	(020) 3132 0564
J, O, Flat 18 857 Lea Bridge Road, Walthamstow.....	(020) 8509 2867	JUDD, A, 5 Gordon Rd, E18.....	(020) 8504 7596	KARATAS, N, 1 Budoch Court Budoch Drive, Ilford.....	(020) 3659 8992
J, P, 36 Ashburton Avenue, Ilford.....	(020) 8594 9472	JUDGE, Mr Daniel, 6 St. Leonards Avenue, London.....	(020) 8527 0291	KARAVIAS, D, 17 Beechwood Gardens, Ilford.....	(020) 8503 9525
J, P, 6 Essex Road South, E11.....	(020) 8558 0708	JUGGAPAH, J, 49 Underwood Road, Woodford Green.....	(020) 8504 2060	KARDYNAL, V, 5 Falconer Road, Ilford.....	(020) 7671 0107
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J, P, 8 Landscape Road, Woodford Green.....	(020) 8505 0438	JULES, C, 85 Chelmsford Road, E17.....	(020) 8520 0867	KARIKARI-SARPONG, G, 134 Ashurst Drive, Ilford.....	(020) 8554 1247
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 LANZ, Dvd.G, 1 The Drive, Buckhurst Hill (020) 8505 9377
 LAOUCHE, Mr N, 30C Grosvenor Road, Ilford (020) 8141 2972
 LAOUCI, Miss N, 30c Grosvenor Rd, Ilford (020) 7159 8751
 LARGE, Dr J, 85 Boundary Road, Walthamstow (020) 3233 0086
 LARRINGTON, D, 166 Higham Hill Road, E17 (020) 8531 4496
 LASCELLES, M, 2 Tyline Close, CHIGWELL (020) 8501 5948
 LASFER, Prof M, 25 Gordon Road, London (020) 8989 0780
 LASHMAR, S, 191 Warrior Square, Manor Park (020) 8553 0596
 LASKER, Tamzid, 15 The Crescent, Ilford (020) 8525 4936
 LASKOWSKI, Mr P, 49A Hainault Rd, London (020) 7165 6442
 LATCHFORD, R, 1 SCOTTS COTTAGES Retreat Way, Chigwell (020) 8500 7813
 LATCHMAN, J, 33 Primrose Road, E10 (020) 8556 0072
 LATHAM, R, 5 Silverthorn Gardens, E4 (020) 8529 5880
 LATIF, M, 339 Monega Road, London (020) 3621 0859
 L, N, 32 Broadhurst Avenue, Ilford (020) 8597 5654
 LASKEMPIANI, M, 4 Montserrat Avenue, Woodford Green (020) 3015 6386
 LATTY Samantha, Flat 5 Laurence Court Shortlands Road, E10 (020) 8988 3959
 LAU, F, 80 Bute Road, Ilford (020) 8270 0587
 L, H.R, 33 Melbourne Road, Ilford (020) 8554 5980
 L, J, 24 Waverley Gardens, Ilford (020) 3560 4879
 LAURENT, A, 91 Chelmsford Road, London (020) 8505 0502
 LAURIE, W, 18 Higham Road, Woodford Green (020) 8504 5101
 LAURSEN, P, 53 The Drive, Loughton (020) 8923 6404
 LAUTMAN, M, 52 Northwood Gardens, Ilford (020) 8550 1349
 LAVENDER, Claude, 14 The Drive, London (020) 8529 1520
 LAVERS, Victor, 53 Chestnut Drive, E11 (020) 3650 8654
 LAVILLE, C, 35 Colville Road, London (020) 3665 8487
 L, C, 37 Colville Road, London (020) 3669 5509
 L, Miss Heather, 52 Queensberry Place, London (020) 3623 9693
 LAW, D, 59 Barfields, Loughton (020) 8508 1056
 L, D, 68 Rusden Gardens, Ilford (020) 8550 0332
 L, L, 5 Elphinstone Road, London (020) 8527 0363
 L, M, 23 Kenilworth Gardens, Loughton (020) 8508 1

L, John Barker House Flat 23 Pelham Road, Ilford	(020) 3662 7719	L, T.M, 21 Belle Vue Road, E17	(020) 8523 3356	LINCH, R, 162a Forest Rd, E17	(020) 8521 0468
L, P 6 Thornwood Close, London	(020) 8227 1254	LEONTE, A, Topaz Court Flat 2 580, High Road Leytonstone, London	(020) 3715 9873	LINDA, B, 44 Chingford Rd, E17	(020) 8527 7580
LAWRENCE, J, 11 Coppice Way, E18	(020) 8989 6047	LERNER, H.M, 6 Beulah Road, E17	(020) 8503 6308	LINDER, A, 27 Beattville Gardens, Ilford	(020) 8551 4194
L, J, 7 Manning Road, E17	(020) 8520 0728	LEROUX, J, 2 North Close, CHIGWELL	(020) 8500 8461	LINDO, D, Mobile, 561 New N Rd, Ilford, Essex	(07904) 514398
LAWS, J, 26 Ardleigh Road, E17	(020) 8527 8141	LESH, M, 235 Westward Road, London	(020) 3623 1518	LINDSAY, G, Flat B 1 Drayton Road, E11	(020) 8556 0250
LAWSON, A, Flat 8 The Grange 1 Lynnmouth Road, London	(020) 8521 2669	LESLAY, M, 17 Shaftesbury, Loughton	(020) 8508 8888	LINDESEY, B, Chapel Mes Repton Park Manor Road, Woodford Green	(020) 8501 4500
L, B, 90 Valley Side, Chingford	(020) 8529 5767	LESLEY-MATHEWS, D, 35 Gordon Avenue, E4	(020) 8531 6246	L, D, 164 Kings Avenue, Woodford Green	(020) 8262 2259
L, D.V, 315 Cranbrook Road, Ilford	(020) 8554 5664	LESSER, H, Flat 17 Hermitage Court Woodford Road, E18	(020) 8989 5452	LINDSTROM, Asa, 46A Wood Street, E17	(020) 8521 0173
L, G, 40 Sedley Rise, Loughton	(020) 8508 2719	L, M, 40 Hurst Road, London	(020) 8520 5837	LINE, M.D, 75 Skeltons Lane, E10	(020) 8556 5263
L, M, 22 Grange Road, London	(020) 3726 1868	LESTER, Mr G, 39 Hawkwood Crescent, London	(020) 8923 1178	L, S, 26 Farnham Avenue, E17	(020) 8523 3591
L, S, 102 Aveling Park Road, LONDON	(020) 3561 7299	L, G.C, 34 Empress Avenue, Woodford Green	(020) 8504 0309	LINERHAN, Janet, 84 Stanley Road, London	(020) 8505 2062
L, ST, 116 Seymour Road, E10	(020) 8558 0671	L, J, 24 Ainslie Wood Road, LONDON	(020) 8523 7644	L, M, 51 Spencer Road, Ilford	(020) 8599 3677
LAXHMAN, P, 24 Preston Gardens, Ilford	(020) 8554 5910	LESTRANGE, N, Flat 5 Kestrel Court 14 Woolston Close, E17	(020) 8527 3554	LINES, J, 84 Goodmayes Lane, Ilford	(020) 8598 8548
LAXMAN, B, 8 Woodford Avenue A, Ilford	(020) 8551 0792	L, R.S, 87 Handsworth Avenue, E4	(020) 8531 3502	LING, D.R, 57 Applegarth Drive, Ilford	(020) 8590 7615
LAYIWOLA, O, 54 Fenman Gardens, Ilford	(020) 8013 3250	LESURF, Helen, 34 Grosvenor Gardens, Woodford Green	(020) 8504 5118	L, H, 52 Withy Mead, London	(020) 3556 8734
LAYLA, D, Ravensing Parade 2 Goodmayes Road, Ilford	(020) 8599 8322	LETHBRIDGE, Z, 24 Windsor Road, E11	(020) 8505 5441	LINKSON, L, 8 Dale View Crescent, E4	(020) 8524 8926
LAYTON, D.G, 88 Heathcote Grove, E4	(020) 8529 3347	LEUNG, D, 31 Coolgardie Avenue, E4	(020) 8523 3182	LINNAE, D, 33 Purleigh Avenue, Woodford Green	(020) 8506 0752
LAYZELL, A, 28 McFadden Court, 25 Buckingham Road, London	(020) 3158 2297	LEVACK, R, 2 Royston Court Royston Gardens, Ilford	(020) 8554 3926	LINSBALL, J, 48 Princes Avenue, Woodford Green	(020) 8505 5894
LAYZELL-SMITH, W, 6 South View Drive, E18	(020) 8989 4790	LEVICK, Mr A, 124 Ruskin Av, London	(020) 8471 7002	L, Woodspire Green Lane Bury Road, E4	(020) 8529 4104
LAZAR, A, 92 Northwood Gardens, Ilford	(020) 3612 1833	LEVINE, C, 14 Grosvenor Gardens, Woodford Green	(020) 8505 3275	LINSELL, A.P, 89 Peel Road, E18	(020) 8505 1622
LAZARUS, H, 447 Easten Avenue, Ilford	(020) 8554 5118	L, J, 48 Mount Pleasant Ilford Lane, Ilford	(020) 8543 2022	LINTON, Miss C, 110 Highbury Gardens, Essex	(020) 8141 8300
L'BAZAR, I, Flat 15 Hardyng House 58 Blackhorse Road, London	(020) 3643 8297	L, M, 2 Marthon Close, Ilford	(020) 3648 7666	L, M, 5 Gwynne Park Avenue, Woodford Green	(020) 8505 7665
L, CHICKEN, L, 249 Cann Hall Road, E11	(020) 8534 8098	LEVENSON, M, Flat 3 94 Norfolk Road, Ilford	(020) 8599 3811	LJOK, Y.K.D, 33 Selsdon Road, E11	(020) 8989 6537
LE GALLZ, J.S.N, 191 Newport Road, E10	(020) 8539 5041	LEVI, R, 24 Stanmore Way, Loughton	(020) 8508 2397	LJONY, D, 110 Chingford Avenue, London	(020) 8529 3766
LE GALLEZ, J.S.N, 249 Cann Hall Road, London	(020) 8539 5041	L, R.J.H, 24 Stanmore Way, Loughton	(020) 8502 1451	LIPASSO, Mr O, 336A Grove Green Road, London	(020) 8177 8465
LE, Miss I, 55G Bulwer Road, London	(020) 8141 7891	LEVIKKAITE, A, 29 Pentire Rd, E17	(020) 8527 5669	LIPSCOMBE, Eileen, 37 Wordsworth Avenue, London	(020) 8989 6370
LE RASLE, P, 5 Monkham Drive, WOODFORD GREEN	(020) 8505 3197	LEVICKI, V, Flat 32 Oakhill Court Harrier Avenue, E11	(020) 8989 3231	LISSACK, J, Flat 31 Homebush House 142 Kings Head Hill, E4	(020) 8524 2625
LE, S, 24 Pine Close, London	(020) 8532 8938	LEVINE, B, 17 Churchill Lodge 50 Savill Row, Woodford Green	(020) 8505 6442	LISSEN, M, 42 Margaret Way, Ilford	(020) 8551 5346
LE SAGE, J, 17 Lushes Road, Loughton	(020) 8508 0844	L, M, 98 Trelawney Road, Ilford	(020) 8500 3639	LISTER, M, 16 Riverhead Close, E17	(020) 8527 3635
LE VICOUNT, M.J, 7 Fullers Road, E18	(020) 8504 1944	LEVINSON, N, Flat 144 Courtney Towers Glebelands Avenue, Ilford	(020) 8554 6036	LITCHMAN, L, 26 Oak Tree Close, Loughton	(020) 8502 1645
LEA, M, 24 Abbey Road, Ilford	(020) 8220 6957	LEVINSON COHEN, J, 16 Dellwood Gardens, Ilford	(020) 8550 8132	LITON, M G K, 62 Durham Road, London	(020) 3375 1626
L, M, 6 The Drummings, Buckhurst Hill	(020) 8503 3423	LEVY, A, 65 Heybridge Drive, Ilford	(020) 8551 2475	LITT, F.J, 86 Greenleaf Drive, Ilford	(020) 8550 4790
LEACH-LEMENS, C, 38 Redbridge Lane West, E11	(020) 8989 5748	L, A.M, 45 Princes Avenue, Woodford Green	(020) 8504 9325	LITTELL, S, 11 Belmont Road, Ilford	(020) 8478 4366
LEACOCK, Ms C, 22 Millfield Avenue, London	(020) 8925 9373	L, J, 73 Sandford Avenue, Loughton Essex	(020) 8508 7906	LITTLE, G, 48 Halstead Road, London	(020) 8530 3992
LEADERMAN, A.M.S, 12 Duke Road, Ilford	(020) 8551 0788	L, M, 24 Hurstleigh Gardens, Ilford	(020) 8220 4596	L, G, 79 Kirkland Avenue, Ilford	(020) 8505 8663
LEAGAS, E.C, 35 Turpins Lane, Woodford Green	(020) 8505 6055	L, R.R, 8 Ladyfields, Loughton	(020) 8925 7340	L, J, 17 Lower Alderton Hall Lane, Loughton	(020) 3592 7969
LEAHU, R, Flat 1, 123 Montague Road, London	(020) 3490 9346	L, S, 26 Hurstcombe Whitehall Lane, Buckhurst Hill	(020) 8559 0211	L, J, 33 Meadgate Avenue, Woodford Green	(020) 8505 7357
LEAHY, Maria, 13 Wetherden Street, London	(020) 8539 6075	L, Stanley B, 45 Catherham Avenue, Ilford	(020) 8551 1462	L, J, (Mobile), 28 Rayne Ct, E18	(07931) 837376
LEAKE, Sheila, 6 Linden Crescent, Woodford Green	(020) 8504 9395	LEVIN, B, 44 Hereward Green, Loughton	(020) 8418 8298	L, J, 11 The Brambles, Chigwell	(020) 8500 3909
LEAMAN, Mr D, 141 Cynhall Av, Ilford	(020) 3138 2943	L, E, 8 Vallentin Road, London	(020) 8520 8294	L, P, Flat 673 High Clere High Road, Buckhurst Hill	(020) 8504 1971
L, I, Flat 30 Hilary Dennis Court 34 Sylvan Road, E11	(020) 8530 5523	L, M, 99 Bedford Road, London	(020) 8923 0835	L, R, 38 Lower Queens Road, Buckhurst Hill	(020) 7671 1383
L, S, 125 Forest Road, Loughton	(020) 8508 3673	LEWIS, A, 22 Haldan Road, Waltham Forest, London	(020) 8531 0546	L, T.A, 18 Sackville Gardens, Ilford	(020) 8518 4039
LEAR, M, 20 Oakland Place, Buckhurst Hill	(020) 8498 9539	L, Ms C, 33 Colchester Road, E17	(020) 8177 5458	LITTLEFORD, G, 17a Grosvenor Rd, E11	(020) 8530 8426
LEARMONTH, Martin, 8 Grasmere Close, Loughton	(020) 8508 9552	L, D, 42 Carnation Road, Walthamstow	(020) 8527 4799	LITTLER, Ruth, 120 Bocket Way, Chigwell	(020) 3730 6502
LEATHERBARROW, A, 44 Edward Road, London	(020) 3015 8325	L, D.J, 34 Greenheys Drive, E18	(020) 8989 5304	LITTLEWOOD, P, 4 Herongate Road, E12	(020) 8530 6584
LEATHERS, D.J, 10 Ashbourne Avenue, E18	(020) 8959 4576	L, E, Flat 13 Home Heather House 128 Beehive Lane, Ilford	(020) 8520 6782	LIU, Mr J, Flat 12, Julia Ct 57 Pendlestone Rd, London	(020) 8521 1553
LEBBY, Angela, 51 Mallards Blake Hall Road, E11	(020) 8530 5331	L, E, 27 Chestnut Avenue, Buckhurst Hill	(020) 8500 8073	LIVETT, I, 15 Lynton Crescent, Ilford	(020) 8554 1265
LEBERMAN, G, Flat 8 Aztec House 163 Tomswood Hill, Ilford	(020) 3659 1938	L, F, 33 Russell Road, E4	(020) 8529 0531	LIVINGSTONE, H.E, 7 Sheringham Avenue, E12	(020) 8553 3651
LEBOFF, M, 75 Campbell Avenue, Ilford	(020) 8550 9738	L, F, 16 Belmont Park Road, E10	(020) 8556 0987	LESHI, G, 54 Wellington Road, E17	(020) 8520 0268
LEBON, J, 20 Pelham Road, London	(020) 3726 1231	L, F, 59 Berkeley Avenue, Ilford	(020) 8550 7136	LLEWELYN, P, Flat 21 Devereux Court 44-46 Snakes Lane West, Woodford Green	(020) 8504 5487
LEBRUN, A, 1 The Bramblings, E4	(020) 8529 7341	L, G, 48 Glenham Drive, Ilford	(020) 8220 9436	LINES, V, 133 Burney Drive, Loughton	(020) 8502 0855
LEE, A, 19 Edison Close, E17	(020) 8520 9652	L, H.J, 7 Hoppett Rd, E4	(020) 8529 8539	LOYD, C, 76 Elm Road, London	(020) 3842 2714
L, A, 27 Exeter Gardens, Ilford	(020) 8554 0811	L, J, 83 Forest View Road, Walthamstow	(020) 8527 7725	L, J, 33 Grosvenor Road, Ilford	(020) 8555 5510
L, A, 17 Sewardstone Road, Chingford	(020) 8524 6413	L, Joseph, 22 Oakleaf Gardens, Ilford	(020) 8550 0910	L, K.A.R, 147 Mortlake Road, Ilford	(020) 8478 4681
L, B.R, 83 Brackley Square, Woodford Green	(020) 8504 5039	L, J.R.M, 136 Grosvenor Road, Ilford	(020) 8478 7239	L, L.M.J, 133 Queenswood Gardens, E11	(020) 8530 5173
L, C, 36 Anne Way, Ilford	(020) 8525 2001	L, L, 61 Abbotts Crescent, E4	(020) 8527 2431	L, P, 29 Lime Grove, Ilford	(020) 8014 4769
L, C, 71 Billet Road, LONDON	(020) 8531 5598	L, Lorraine, 14 Forest View Rd, Manor Park London	(020) 8478 4317	LOACH, P.D, 60 Grantham Road, E12	(020) 8553 4807
L, D, 111 Leuca Road, LONDON	(020) 3673 2557	L, M, 35 Balliol Avenue, London	(020) 8527 0993	LOBO, A, 38 Ferndale Road, London	(020) 8539 4534
L, D, (Mobile), 93 Trotwood, Chigwell, Essex	(07940) 010394	L, M, 41 Ranelagh Gardens, Ilford	(020) 8554 5802	LOCA, B, Flat D 313 Eastern Avenue, Ilford	(020) 8505 6564
L, Mrs Ellen, 137 Willingale Road, Loughton	(020) 8508 3393	L, M, 5 Sanderstead Road, London	(020) 8539 6285	LOCK, D, 13 Mead Crescent, London	(020) 3720 4413
L, G, 16 Farmer Road, London	(020) 8257 5057	L, M, 56 Snakes Lane West, Woodford Green	(020) 8504 5840	LOCKE, E.E, 75 Sandhurst Drive, Ilford	(020) 8599 3129
L, H.G, 105 Badlis Rd, E17	(020) 8531 2251	L, M.T, 98 Cherrydown Avenue, E4	(020) 8524 3763	L, J.M, 5 Shirley Court Sedley Rise, Loughton	(020) 8508 1373
L, J, 152 Napier Road, London	(020) 8534 1836	L, Mr P, Flat 22 St. Matthew's Ct 49 Capworth St, London	(020) 3132 2181	LOCKER, C, 45 Coney Burrows, E4	(020) 8529 7568
L, K, 80 Meadow Road, Loughton	(020) 8551 5219	L, P, 4 Martley Drive, Ilford	(020) 8554 2692	L, H, 73 Fremantle Road, Ilford	(020) 8220 8050
L, K.Y, Upper Floor Flat 248 Francis Road, E10	(020) 8556 0800	L, R, 30 Cumberland Close, Ilford Essex	(020) 8617 9902	LOCKLEY, S.J, 30 Albion Park, Loughton	(020) 8502 4129
L, L, 5 Adelaide House 5 Priory Court, Walthamstow	(020) 8531 1585	L, R.J, 9 Gramer Close, E11	(020) 8556 1481	LOCKYER, A, 46 Aldriche Way, E4	(020) 8531 0355
L, M, 71 Cann Hall Road, London	(020) 3015 3787	L, R.S, 33 Northumberland Road, E17	(020) 8556 2393	LOCMELIS, A, 13 Sherwood Rd, Ilford	(020) 8505 5943
L, M, 36 Roma Road, E17	(020) 8531 7109	L, S, 42 Audley Gardens, Loughton	(020) 8508 6837	LODBA, M, 522 High Road Leyton, London	(020) 3663 3989
L, Michelle, 55 Verderers Road, Chigwell	(020) 8500 1566	L, S, 12 Connaught Road, Chingford	(020) 8524 6158	LODGE, A, Flat 3 Atkinson Court 2 Kings Close, E10	(020) 8556 1872
L, M.A, 20 Ascot Close, Ilford	(020) 8500 9940	L, Sheila, 6 Malvern Gardens, Loughton	(020) 8508 9943	L, Peter, E182Eq Beechwood Pk, London	(020) 8989 2660
L, N, 49 Beresford Road, London	(020) 8529 3395	L, T, Homebusch House Flat 25 142, Kings Head Hill, London	(020) 8529 5897	L, R, 8 Dover Road, LONDON	(020) 8530 3099
L, N, 433 Hale End Road, E4	(020) 8531 7836	LEWIS-LAVENDER, K.M, 318 Falmer Road, E17	(020) 8521 7077	LODHI, W, Room A, 165 Hampton Road, Ilford	(020) 3132 7028
L, P, 36 Dale View Avenue, E4	(020) 8529 8197	LEWISMAN, L, 7 Canterbury Close, Chigwell	(020) 8500 9896	LODY, K, Flat 5 29 Langthorne Road, Leytonstone	(020) 3016 5178
L, R, 87 Harold Road, E4	(020) 8529 5221	LEY, C, 23 Wadley Road, London	(020) 8556 8752	LOEBEN, M, 8 Church Lane, E17	(020) 8520 3100
L, S.K, 11 Clematis Gardens, Woodford Green	(020) 8505 8188	L, J, 42 Maids Avenue, E4	(020) 8524 3062	LOFTMAN, J, 11 Brettenham Road, Walthamstow	(020) 8527 4456
LECH, R, 101 Barrington Road, Loughton	(020) 8508 9084	LEYLAND, B.T, 194 New Road, E4	(020) 8529 5163	LOFUM, L, 165 Blackthorn Road, Ilford	(020) 8141 1355
LEDHAM-GREEN, C.R, 17 Fullers Avenue, Woodford Green	(020) 8504 9002	LEYTON, Barbara, 74 Harpenden Road, E12	(020) 8530 2258	LOGAN, A, 19 Hornbeam Close, Ilford	(020) 8177 9484
LEES, P, 64 The Glade, Ilford	(020) 8252 9159	L, J.W, 46 Forest Way, Woodford Green	(020) 8504 4856	L, J.G, 117 Hainault Road, E11	(020) 8558 5589
LEEMING, J, 23 Aveling Park Road, London	(020) 8527 4339	LEYTON LEISURE CENTRE, Mr Gil M Gil, 763 High Road Leyton, London	(020) 3719 9557	L, J, 1C Victoria Road, E4	(020) 8529 7440
LEES, K, 100 Beech Hall Road, E4	(020) 8527 8419	LEYTONSTONE I.T. SOLUTIONS, Mr I, 724 High Road Leytonstone, Leytonstone	(020) 8524 3763	L, V, 251 Hainault Rd, E11	(020) 8558 6072
LEESON, G, 49 Franklyn Gardens, Ilford	(020) 8500 3767	LH CHAUFFEURS LIMITED, Mobile, 22 Gravel Lane, Chigwell	(07950) 256013	LOGESAN, Thinkshin, 18 Westwood Road, Ilford	(020) 8599 5276
LEEVES, G, 96 Heathcote Grove, E4	(020) 8529 1416	LI, Mr D, 19 Howard Rd, London	(020) 8223 0890	LOHANI, A, Flat 1504 Raphael House 250 High Road, Ilford	(020) 8478 1872
LEEVY, D, 84 Cherydown Avenue, London	(020) 8524 2182	L, G, 5 Grove Rd, E11	(020) 3208 0600	LOHIA, P, A, Plot 17, 82 Marconi Road, London	(020) 8556 0656
LEFEVRE, J, 78 Hampton Road, E4	(020) 8524 6255	L, Miss J, 114 Stradbroke Grove, Ilford	(020) 8177 0566	LOIACONA, J, 4 Fir Walk, Woodford Green Essex	(020) 8504 4321
LEFONDRE, D, 96 Landseer Avenue, E12	(020) 8553 2844	L, Mingfeng, 178 Hoe Street, E17	(020) 8520 5918	LOIZOU, C, Mobile, 58 Westview Drive, Woodford Green	(07930) 174884
LEFLEY, B.D, 44 Sparelease Hill, Loughton	(020) 8508 4068	L, M, 424 Middleton Gardens, Ilford	(020) 8500 0693	LOKE, G, 70 Hillside Avenue, Woodford Green	(020) 8506 0432
LEGGETT, R.P, 118 Dale Vw Cres, E4	(020) 8529 4675	L, M, 105 Midway Road, Ilford	(020) 8553 0777	LONAMANTO, P, 10 Ripon Gardens, Ilford	(020) 8554 4980
LEGLIE, E, 49 Billet Road, London	(020) 8531 5021	L, M, 42 Maids Avenue, E4	(020) 8524 3062	LONAS, A, Oakfield House Debben Road, Loughton	(020) 8418 9078
LEIBOWITZ, H, 14 Poplar Way, Ilford	(020) 8551 5331	LICKRISH, N, 57 Mayville Road, Ilford	(020) 8525 1112	L, A, 24 St. Catherine's Road, London	(020) 8529 2041
LEIGH, L, 73 Newlands Road, Woodford Green	(020) 8504 9609	LIDDELL, D, 69 Coopers Lane, London	(020) 8558 4445	L, R, 158 Borders Lane, Loughton	(020) 8502 4785
L, L, 4 Poplar Way, Ilford	(020) 8551 7110	LIDINGTON, L.D, mobile, 10 Avon Rd, E17	(07944) 906452	LONE, M, 43 Highcliffe Gardens, Ilford	(020) 8505 9561
L, P, 20 Albion Hill, Loughton	(020) 8502 1509	LIEBERMAN, L, 49 Middleton Gardens, Ilford	(020) 8554 5943	LONG, A, 16 Lime Grove, Ilford	(020) 8501 5434
L, D.R, Flat 21 Magnolia Lodge 73 Chingford Avenue, E4	(020) 8529 0020	L, S, 117 Glenwood Gardens, Ilford	(020) 8550 6128	L, D, 32 Mulberry Way, Ilford	(020) 8550 4222
L, R, 129 Windsor Road, Ilford	(020) 8514 0578	LIGAGA, A, Runcie Court Flat 16 New Mossford Way, Ilford	(020) 3673 4445	L, Mr F, 42 Harold Road, London	(020) 8539 8007
LEIPER, R, 4 Nevill Way, Loughton	(

LOUIS, Admiral S, 37 Worcester Road, Walthamstow	(020) 3649 5243	M, J, Marchings Gravel Lane, Chigwell	(020) 8500 5302	MCKIERNAN, M.B, Rosslyn Woodford New Road, Woodford Green	(020) 8505 6758
L, V, 982A Eastern Avenue, Ilford	(020) 7310 1962	M, K, 26 Brixham Gardens, Ilford	(020) 8594 1852	MACKIN, S, 22 Terence Gardens, Ilford	(020) 3490 6769
LOUNICAI, Mr S, 20/25 Capworth St, London	(020) 8556 2197	M, K, 55 James Lane, London	(020) 8539 2472	MCKNEE, S, 29 Millfield Avenue, E17	(020) 8527 3852
LOUTFI, Z, 36 New Jubilee Court 2A Grange Ave, Woodford Green	(020) 8504 3258	M, M, 27 Lancaster Avenue, E18	(020) 8530 4529	MCKNIGHT, M, 119 Chewton Road, London	(020) 8509 7436
LOUW, H, 66 Richmond Road, London	(020) 8279 7644	M, M, 58 Natal Road, Ilford	(020) 8514 2802	M, P, 229 Billot Road, London	(020) 8531 4639
LOVE, A, 15 Gravel Close, Chigwell	(020) 8500 1373	M, P, 120 Chewton Road, E17	(020) 8223 0772	MACLEAN, C, 10 Manor Way, London	(020) 8524 0089
LOVE, C, 40 Empress Avenue, Ilford	(020) 8554 3353	M, R, 73 Hampton Road, Ilford	(020) 8478 2786	M, S, 8 Campions, Loughton	(020) 8508 9892
LOVEDAY, P, 7 Brook Road, Buckhurst Hill	(020) 8502 9064	M, S, 45 Sandringham Road, E10	(020) 8539 5042	MCLEAN, Y, 82 Marten Road, E17	(020) 8531 6594
LOVELL, A.K, 73 Beech Hall Road, London	(020) 8527 7409	MCCARTNEY, C, J, 1 Fosters Close Latchett Road, E18	(020) 8505 8917	MACLEAY, A, 20 Tudor Close, Chigwell	(020) 8500 8444
LOVETT, J, 3 Sherwood Avenue, E4	(020) 8989 8427	M, H, Flat A, 51 Elysingr Road, London	(020) 3601 3914	MCLEGGAN, L.U, 1 Buckingham Road, E10	(020) 8558 1365
LOVICK, Mrs Raymond, 103 Forest Road, Loughton	(020) 8508 3859	MCCARTY, C, 7 Bleismere Close, London	(020) 8969 4552	MCLELLAN, R, Sewardstone Hall Cottage Sewardstone Road, Chingford	(020) 3089 3135
LOWE, B, 1/15 Kirkdale Rd, E11	(020) 8539 4798	MCCLAN, C, FLAT 11 SYON COURT 20 Leicester Road, London	(020) 3161 1976	MCLEOD, A, 79 Prospect Hill, E17	(020) 8521 9086
L, P, 74 Kingswood Road, Ilford	(020) 8597 6979	M, S, 33 Bulwer Road, E11	(020) 8539 8677	MCLEOD, C, 30 Long Deacon Road, London	(020) 3532 5354
L, R, 39 Lushes Road, Loughton	(020) 8532 0584	M, S, 15 Coney Burrows, London	(020) 3509 3090	M, J, 22 Clarence Avenue, Ilford	(020) 8252 1381
LOWIN, A, 84 Cadogan Gardens, London	(020) 8532 9517	MCCLURE, B.D, 33 Belle Vue Road, E17	(020) 8531 3475	MCLEOD, J.J, 29 York Hill, Loughton	(020) 8508 1951
LOWING, R, 19 Forest View Road, Loughton	(020) 8508 0299	MCCLURG, S, Flat 23 Furrow House 29 Hickman Avenue, London	(020) 8527 3308	MCLOUGHLIN, C, 55A Granville Road, E17	(020) 8520 8830
LOWRY, R, Flat 1 Hedgemore Court Castle Avenue, E4	(020) 8523 0902	MCCLUR, S, Flat 23 Furrow House 29 Hickman Avenue, London	(020) 8527 3308	M, P, 12 Malvern Avenue, London	(020) 8523 5867
LOWRY-MULLINS, K, Mobile, 289 Cann Hall Rd, London	(07985) 328385	MCCOLLIN, C, St Nicholas Court Flat 13, 121 Aldriche Way, London	(020) 3729 0087	MCMAHONN, M, Flat 14 24 Stephenson Road, E17	(020) 8509 0837
LIXTON, R, 19 Alderton Way, Loughton	(020) 8508 6133	MCCOMISH, J, 25 Stanhope Gardens, Ilford	(020) 3609 6412	MCMANUS, S, Flat 8 Price House, 2 Oliver Road, London	(020) 8177 0449
LJ, Mr S, 29A Caird Rd, London	(020) 8141 6588	MCCORMACK, Miss A, 17 Kirk Rd, London	(020) 3132 4647	MCMENEMY, L, 35 Nottingham Road, London	(020) 8556 7580
L, X, 38 Manor Way, E4	(020) 8524 2458	M, Mr D, 16/183 Church Road, London	(020) 3132 5903	MACMILLAN, J, 121 Hainault Road, LONDON	(020) 8558 3166
LUBBOCK, A, 24 Lilian Gardens, Woodford Green	(020) 8220 4911	MCCORMICK, S, Flat 2, Croft House, 2 St. Mary Road, London	(020) 8062 3618	MCMILLAN, J, 278 Horns Road, Ilford	(020) 8550 1149
LUBEK, A, 26 Woodbridge Court Vicarage Road, Woodford Green	(020) 3737 5757	MCCORTHY, M, 1 Leader Av, E12	(020) 8478 0142	MCMILLAN, J, Flat 21 Buchanan House 7 Troubridge Square, London	(020) 8520 0477
LUCA, M, 64 Third Avenue, London	(020) 3718 8882	MCCOSH, R, 17 Woodland Road, Loughton	(020) 8508 7528	MCMORROW, B, 15 Colgate Close, Loughton	(020) 8502 1696
LUCAS, G, 148 Staines Road, Ilford	(020) 8553 2461	MCCRINDLE, T, 47A Pearcecroft Road, London	(020) 8926 2556	M, S, 80 Lower Queens Road, Buckhurst Hill	(020) 8281 1253
L, J.S, 72 Clavering Road, E12	(020) 8532 9079	MCDADE, Mr D, 7 Woodville Road, London	(020) 8520 5572	MCMULLAN, Dr G, 16 Maynard Road, London	(020) 8521 8639
L, M, Forest Farm House Forest Road, Ilford	(020) 8500 2647	MCDERMOTT, D, 5 Martham Close, Ilford	(020) 8500 3119	M, J, 32 Hennys Avenue, Woodford Green	(020) 8559 2375
L, M, 70 Southern Drive, Loughton	(020) 8508 3358	M, G, 43 Newmans Lane, Loughton	(020) 8502 1843	MCMURTRIE, T, 298 Blackhorse Lane, London	(020) 8925 5816
LUCIAN, S, 62 Purleigh Avenue, Woodford Green	(020) 3645 7263	M, L, 36 Liden Close, E17	(020) 8558 2823	MCNALLY, I, 19 Warboys Crescent, London	(020) 8527 0462
LUCKETT, K, 12 Roding View, Buckhurst Hill	(020) 8505 4490	MACDONALD, A, 6 Hillcrest Road, Loughton	(020) 8141 3753	MCNAMARA, D, 49 Morland Rd, E17	(020) 8521 0911
LUCKHUN, A, 46 Fyfield Road, LONDON	(020) 3304 5283	MCDONALD, A, Flat 41 Wiltshire Court 54a Pittman Gardens, Ilford	(020) 8911 6593	M, E, 2 Birch Grove, E11	(020) 8558 1658
LUCKHURST, D, 212 Larkshall Road, E4	(020) 8524 8385	M, B, 22 Richmond Road, Ilford	(020) 8553 9471	MCNEAL, C, 70 Nightingale Lane, E11	(020) 8989 0478
LUCKIN, D, 9 Shrubland Road, London	(020) 8925 7292	M, Mr John, 139 The Ridgeway, Chingford	(020) 8524 2766	MCNICHOLES, J, 5 Barons Ct Connaught Rd, Ilford	(020) 8514 5398
LUCKING, K, 25 Leybourne Road, E11	(020) 8989 5855	MACDONALD, P, 27 Mapleton Road, E4	(020) 8529 0297	MACOVEI, M, 9 Nine Acres Close, LONDON	(020) 3648 2686
L, P, 19 The Warren, London	(020) 8553 5915	MCDONNELL, A.W, 82 Millais Road, E11	(020) 8539 2614	MCPHERSON, D, 117a Carr Road, London	(020) 8523 2790
LUDER, S, 5 New Barns Way, Chigwell	(020) 8500 0518	M, E, 73 Glencoe Avenue, Ilford	(020) 8597 1031	M, J, 29 Jersey Road, London	(020) 8556 8994
LUDHI, A, 182 Eastern Avenue, Ilford	(020) 3565 7944	M, P, 109 St. Anthonys Avenue, WOODFORD GREEN	(020) 3891 3017	MCPHERSON, R, Apartment 5 Raine Gardens Mornington Road, Woodford Green	(020) 8504 7490
LUDKIN, Mr L, 2 Osborne Road, London	(020) 8117 0699	M, Tracy, Flat 34 Homebush House 142 Kings Head Hill, E4	(020) 8529 8707	MCQUIRE, A.C, 264 Buckhurst Way, Buckhurst Hill	(020) 8505 0464
LUDIK, Mr I, 68 Harold Road, London	(020) 8141 3157	MCDONOUGH, L, 7 Bosted Close, Buckhurst Hill	(020) 8504 2174	MICROBERTS, E, 7 Aldeburgh Place, Woodford Green	(020) 8498 9092
LUDLOW, M, 25 The Avenue, E11	(020) 8530 2854	M, M, 44 The Crescent, Loughton	(020) 8508 1248	MCSWEENEY, J, 44 Maida Avenue, London	(020) 3565 8236
L, S, 94 Overton Drive, London	(020) 8530 5426	MCDOOM, F, 41A Longthorne Road, E11	(020) 8556 3204	M, M, 133 Smarts Lane, Loughton	(020) 8508 8760
LUFADIEU, Mr A, Flat 11 King Ct 25 Capworth St, London	(020) 3132 6085	MCDOWALL, M, 138 Oaks Lane, Ilford	(020) 8599 2909	MCWATT, D, 43 Walford Grove, E18	(020) 8989 2241
LUFF, W, 58 Barclay Road, London	(020) 8520 5217	MCDOWALL, P, 19 Whitehall Gardens, E4	(020) 8524 7981	MCWILLIAM, C, M, 54 Rokeby Gardens, Woodford Green	(020) 8504 2506
LUGUMBIA, A, Flat 24 John Walsh Tower Montague Road, Leytonstone	(020) 4539 7340	M, S, 67 London Connaught Avenue, London	(020) 8556 4429	MCWILLIAMS, H.J, 142 Highwood Lane, Loughton	(020) 8508 7570
LUIS, T, 9 Brancaster Road, Manor Park	(020) 8553 0249	MCDOWE, Georgia, 675 High Road Leytonstone, London	(020) 8556 4429	MADDIESON, M.J, 11 Merrivale Avenue, Ilford	(020) 8551 2696
LUKASENOKA, Ms S, 1A Woodstock Gardens, Ilford	(020) 8141 1264	MACE, J, 227 Church Road, London	(020) 3894 0612	MADDOCK, K, 8 Meadow Close, London	(020) 8529 5186
LUKASHWINA, Admiral N, 77 Leuca Road, Walthamstow	(020) 4529 5738	MACELARU, N, 85 Peterborough Road, London	(020) 3731 3521	MADDOX, P.J, 216 Prospect Road, Woodford Green	(020) 8504 4179
LUKASIEWICZ, L, 193 Farmer Road, E10	(020) 8988 1523	MCELVY, C, 5 Melbourne Road, E10	(020) 8558 2709	MADEIROS, B, 26a Mount Pleasant Road, Chigwell	(020) 8500 8515
LUKIN, A, 43 Charnwood Drive, E18	(020) 8989 7023	MCEVOY, R, Flat 32 Lyndhurst Court Churchfields, E18 London	(020) 8504 3846	MADELEY, A, 27 Hillcrest Road, London	(020) 8491 6514
LULDA, F, 33 Beaconsfield Road, Walthamstow, London	(020) 3490 8018	MCEWAN, G.M, 8 Queenswood Gardens, E11	(020) 8989 3188	MADGWICK, A, 7 Woodrife Road, London	(020) 8556 8189
LUMOR, G, 84 Burnside Avenue, E4	(020) 8523 3307	MC FARLANE, D, 71 Boundary Road, London	(020) 3894 3526	MADHAM, S, 107 Staines Road, Ilford	(020) 8478 5857
LUMSHI, Z, Flat 8 Pumping Tower 35 Lower Hall Lane, E4	(020) 8524 5053	MC FARLANE, D, 9 Harford Close, E4	(020) 8559 3544	MADJAN, Miss Mary Margaret, 28 Camden Road, London	(020) 8527 6020
LUMVUIKA, B, 318 Grove Green Road, E11	(020) 8988 1177	MC FARLANE, D, 31 Fraser Road, London	(020) 8520 8317	MADJANI, R, 2 The Charter Road, Woodford Green	(020) 8504 0269
LUNAJ, V, 194 Oaks Lane, Ilford, Essex	(020) 8617 8557	M, J.E, 37 Forest Drive, Woodford Green	(020) 8531 5741	MADUIKE, S, 9 Larkhall Crescent, LONDON	(020) 8524 8058
LUNAN, T, 51 Lynwood Close, London	(020) 8504 3823	M, M, 39 Scarborough Road, London	(020) 8539 0991	MAEEL, S, 97 Granleigh Road, London	(020) 8539 9302
LUND, D, 95 High Road, Buckhurst Hill	(020) 8281 0505	M, P, 58 Ainslie Wood Gardens, London	(020) 8923 4893	MAEFTRI, Jeff, 348-3 Cranbrook Road, Ilford Essex	(020) 8518 0994
LUNN, Christopher, 98 Pittam Gardens, Ilford	(020) 8911 4990	M, R, 10 Monarch Place Princes Road, Buckhurst Hill	(020) 8559 0699	MAEKH K.O, 22 High Street, Ilford	(020) 8551 0326
L, K, 26 Clinton Crescent, Ilford	(020) 8501 1380	M, S, A, 3 Fleeming Road, E17	(020) 8503 2515	MAFETHE, P, 187 Brettenham Road, London	(020) 8926 4404
LUONG, D, 18 Albenmarie Gardens, Ilford	(020) 8554 7732	MCGARRITY, A, 2A Queens Mews Queens Road, Buckhurst Hill	(020) 3245 1008	MAFFUCCI, T, 44 Nexus Court 10 Kirkdale Road, Leytonstone	(020) 8558 8718
LUPTON, N, 13 Park Road, E17	(020) 8521 6017	MCGEADY, J, 60A Pretoria Avenue, LONDON	(020) 8509 1658	MAFFEI, R, 17 Luckholt Road, London	(020) 3532 5164
LUPU, Miss K, 2 Tyndall Road, Leyton, London	(020) 3583 4213	MCGHIE, D, 194 Twickenham Road, London	(020) 3737 0673	MAGDIC, G, 12 Mansfield Hill, LONDON	(020) 3294 9856
LUSAKUENO, J, 7 Caledonian Close, Ilford	(020) 8598 8692	MCGHINITY, F, 32 Cairo Road, E17	(020) 8509 2365	MAGECHA, Mrs V, Mrs Ground Floor, 97A Chelmsford Road, London	(020) 8505 2292
LUSE, L, Flat 21 Plaza Heights 12 Maud Road, London	(020) 8556 1929	MCGINTY, Miss Pearl, 119 Blenheim Road, London	(020) 8531 8382	MAGESWARAN, Mr Kumarasamy, Flat 19 Kestrel Court 14 Woolston Close, Walthamstow	(020) 3784 8918
LUSHI, Qemal, 54 Thurlow Close, E4	(020) 8527 3493	MCGLOIN, M, 6 Bysouth Close, ILFORD	(020) 8550 0941	MAGILL, E, 45 Weale Road, London	(020) 8925 8813
LUSHINGTON, J, 34 Monkham Avenue, Woodford Green	(020) 8522 5620	MCGLONE, M, 257 Roding Lane North, Woodford Green	(020) 8551 3947	MAGOL, N, 16 Westminster Gardens, E4	(020) 8559 4366
LUSTIG, J, 18 Waltham Way, London	(020) 3665 7910	MCGOVERN, J, 13 Meadow Way, Chigwell	(020) 8500 2509	M, S, 69 Regency Court 89-111 High Rd, London	(020) 8989 1266
L, L, 16 New Road, London	(020) 8529 4967	MCGRATH, S, FLAT 2 251 Boundary Road, London	(020) 8521 0355	MAGUDIA, J, 18 Ramskill Drive, ILFORD	(020) 8590 5167
LUTCHUMUN, K, 18 Leyton Park Road, E10	(020) 3132 8540	MCGRATH, J, 18 Richmond Close, E17	(020) 8520 9997	MAGUIRE, A.P, 41 Elmfield Road, E17	(020) 8520 3586
LUTHER, I, Flat A, 91 Pearcecroft Road, London	(020) 8518 7760	MCGREADY, D.P, 44 Owen Gardens, Woodford Green	(020) 8505 9521	M, P.C, 76 Kings Avenue, Woodford Green	(020) 8504 5800
LUTON, B, 188 High Road, Loughton	(020) 8502 3869	MCGREGOR, G, 105 Gange Crescent, Chigwell	(020) 8500 2808	M, G.A, 111 Coventry Rd, Ilford	(020) 8554 9806
LUXFORD, D, 2 Clockhouse Mews Daws Hill, London	(020) 3566 7409	MCGREGOR, I, 145 Old Church Road, E4	(020) 8524 3233	MAH, C.C, 80 Woodlands Avenue, E11	(020) 8989 8979
LUYOMBVA, G, 39 Chigwell Park Drive, Chigwell	(020) 8500 2797	MCGUIGAN, B, First Floor Flat 27 Kingfisher Avenue, E11	(020) 8989 1917	MAHADDO, Admiral M, 58 Carlyle Road, London	(020) 4619 1974
LYNCH, J, Flat 12 Gallery Court 63 Fulbourne Road, London	(020) 8013 3688	MCGUIRE, S.A, 22 Eleven Acre Rise, Loughton	(020) 8508 4993	MAHAJAN, R, 102 Stanley Rd, Ilford	(020) 8514 8318
L, Martha, 24 Farmlio Road, E17	(020) 8556 6556	MCGUIRE, B, 299 Markhouse Road, E17	(020) 8505 3082	MAHALINGAM, Dr J, 23 Kingsley Gardens, Chingford	(020) 8524 9097
L, T, 23 Bosted Close, Buckhurst Hill	(020) 8923 0464	M, J, 212 Buckhurst Way, Buckhurst Hill	(020) 8505 4402	M, R, 12 Chase Lane, ILFORD	(020) 3673 9006
LYNN, Wai, Flat 15 City House 9 Cranbrook Road, Ilford	(020) 8554 9958	MCGURK, J, 46 Colson Road, LOUGHTON	(020) 8508 2572	MAHANDRU, T, Silks Court Flat 17, 612 High Road Leytonstone, London	(020) 8257 5604
LYON, B, 29 South View Drive, LONDON	(020) 3652 5715	MCHADDO, M, 15 Bancroft Avenue, Buckhurst Hill	(020) 8504 3829	MAHARAJ, J, 28 Gunners Grove, E4	(020) 8524 3434
L, M, Flat 63 Malford Court The Drive, London	(020) 8530 5561	MCHALE, J, 4 Sheringham Avenue, E12	(020) 8514 2266	MAHBOOB, N, 40 Brancaster Road, Ilford	(020) 8270 9352
L, W, 112 Academy Way, Loughton	(020) 3669 3699	M, M, 5 Eastwood Rd, E18	(020) 8989 0393	MAHDI, K, 159 Richmond Rd, Ilford	(020) 8514 5809
LYONS, David, 27 Wellesley Road, Wanstead London	(020) 8530 8310	MCHUGH, M, 7 Cranston Gardens, London	(020) 8527 5174	MAHENDRA, Rajeev, 49 Holmwood Road, Ilford	(020) 8590 3808
L, F, 9 Waterloo Road, London	(020) 8558 5930	MACH, V, 78 Royston Avenue, Chingford	(020) 8531 5785	MAHER, A, 137 Landseer Avenue, E12	(020) 8553 5909
L, H, 56 Wanstead Park Avenue, London	(020) 8989 9310	M, Z, 5 Broomfield Avenue, Loughton	(020) 3304 6759	MAHERIOMENOS, J, 75 Atherton Road, Ilford	(020) 8550 6148
L, Raymd, 20 Empress Avenue, Ilford	(020) 8518 1739	MACIEJOWSKA, M, Flat 3, 105 Whips Cross Road, Leytonstone	(020) 8530 6498	MAHESHWARI, A, Icon Building Flat 132, 39 Ilford Hill, Ilford	(020) 3565 1096
L, S, 67 Gordon Road, South Woodford	(020) 8498 9746	MACKIOWSKI, G, 144 Trotwood, Chigwell	(020) 3952 4125	MAHIL, B, 42 Ashurst Drive, Ilford	(020) 8554 2577
LYTHGOE, R, 84 St. Egbert's Way, E4	(020) 8523 7593	MCINTOSH, I.J, 6 Lombard Av, Ilford	(07956) 574550	MAHMUDUL HASAN, M, 20 Harrow Road, Ilford, Ilford	(020) 3652 7851
LYTTE, Ashley, 87 Leadale Avenue, E4	(020) 8529 4264	MCCINTYRE, P, Peter, 87 Kingswood Road, Ilford	(020) 8598 9788	MAHMUD, A, 16 Bathurst Road, Ilford	(020) 3529 7932
M, SALEH, K, 5 Barnardo Drive, Ilford	(020) 3624 2039	MCCINTYRE, C.F, 22 Boscombe Avenue, E10	(020) 8556 2987	M, A, 12 Greenhill Grove, London	(020) 3665 1384
M TAYLOR, C, 6 Eighth Avenue, E12	(020) 8553 2303	M, Doreen, 59 New Road, E4	(020) 3624 3612	M, A, 407 Lea Bridge Road, E10	(020) 8539 3304
M, UDDIN, M, 24 Eynsford Road, Ilford	(020) 3652 1943	MACINTYRE, M, Flat 9 John Cornwell V C House, Grantham Road	(020) 8514 3442	M, A, 76C Palmerston Road, Walthamstow	(020) 3732 2038
"MAC"		MCINTYRE, N, 7 Butterworth Gardens, Woodford Green	(020) 8506 1289	M, A, 12 Park View, Chigwell	(020) 8501 0333
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.		MACK, A, Pear Tree Court 57 Churchfields, E18	(020) 8505 1055	M, A, 92 Sixth Av, E12	(020) 8478 7391
MAC, H.D, 102 Skeltons Lane, E10	(020) 8558 2002	M, E, 454 Chigwell Road, Woodford Green	(020) 8505 8388	M, Ameer Hamza, 113 Essex Road, E12	(020) 8470 8117
MC, N, 63 Yardley Lane, London	(020) 8529 1102	MCKEE, B, Flat 2, John Chadwick House 32a Cameron Road, ILFORD	(020) 8793 6767	M, Dr I, 455 Green Lane, Ilford	(020) 8227 0307
MACABUAG, J, 83 St. Albans Road, Ilford	(020) 3605 9349	MCKELLOP, P, 1 Theobald Road, E17	(020) 8923 8955	M, F, 18 Manorhall Gardens, London	(020) 8257 5077
MACAFE, F, 93 Harold Road, Leytonstone	(020) 8539 7041	MCKELVEY, J, 17 High View Road, London	(020) 8923 6093	M, Dr Fazal, 13 Oakhurst Gardens, London	(020) 8521 7299
MACALISTER, Lesley, Flat 39 Riverside Court 1 Chelwood Close, E4	(020) 8529 0012	MCKENNA, M.J, 49 Penrith Road, Ilford	(020) 8500 4650	M, H, 8/244 Billot Rd, E17	(020) 8503 2489
MCALLISTER, W, 25 St. Leonards Gdns, Ilford	(020) 8553 0526	M, M.J, 49 Penrith Road, Ilford	(020) 8501 0956	M, N, 13 Westerham Road, London	(020) 8556 4025
MCALMONT, I, 3 Rook Lodge Wanstead Lane, Ilford	(020) 8518 2066	MCKENZIE, B, 51 Leslie Road, E11	(020) 8556 1980	M, O, Al Noor 92 High Road, Chigwell Essex	(020) 8500 1604
MCARDLE, S, 49 Crossbow Road, Chigwell	(020) 8501 2022	M, C, Flat 20 Abraham Fisher House 258 Grantham Road, E12	(020) 8553 3252	M, S, Mobile, 96-98 Green Lane, London	(07961) 658096

MAHORN, Natasha, 10 Newcomen Road, E11.....	(020) 8519 2646	M, D, 18 Stafford Close, E17.....	(020) 8141 6578	M, G, 31 Monkams Drive, Woodford Green.....	(020) 8504 8201
MAHROOF, A, 16 The Risings, E17.....	(020) 8520 9638	M, F, C, 40 Grantock Road, E17.....	(020) 8527 8306	M, G, 14 Montfort Gardens, Ilford.....	(020) 8500 8389
MAILLOU, G, 3 Fovley Close, Loughton.....	(020) 8508 0453	M, J, 31 Epping Way, E4.....	(020) 8529 1355	M, G.M., 2 Mayhew Ct, E4.....	(07956) 309862
MAINE, S, A 41 Claude Road, E10.....	(020) 8539 1515	M, S, 9 Edward Avenue, London.....	(020) 8527 8365	M, L.L., 257 Wanstead Park Road, Ilford.....	(020) 8554 6368
MAIR, D.C., 60 Northwood Gardens, Ilford.....	(020) 8550 1404	M, Mr 13 Hampton Road, London, Chingford.....	(020) 8524 5861	M, J, 15 Struan House High Street Wanstead, Leytonstone.....	(020) 8530 7323
M, S., 24 Richmond Road, E11.....	(020) 8556 9277	M, P, 63 Fillebrook Road, E11.....	(020) 8556 4978	M, J, 420 New North Road, Ilford.....	(020) 8500 5673
MAISH, P, 28 Pelham Road, E18.....	(020) 8530 5785	M, P, Mobile, 13 Hervey Park Road, London.....	(07788) 198347	M, Kathleen, 44 Forest Drive, E12.....	(020) 8553 3382
MAJ, G., 20 Livingston Road, E17.....	(020) 8521 4499	M, R.G., 23 Richmond Avenue, E4.....	(020) 8531 7974	M, K, 6 Whitehall Lane, Buckhurst Hill.....	(020) 8506 1288
MAJABBAR, M., 137 Browning Road, E12 Manor Park, London.....	(020) 3624 6635	MANNION, M., Flat 1 Oak Lodge 56 Cambridge Road, E11.....	(020) 8989 8451	M, Beechwood House Manor Road, High Beech.....	(020) 8508 4501
MAJEED, Mr J., 13 Staines Road, Ilford.....	(020) 8514 6762	M, M., 45 Cambridge Road, London.....	(020) 8989 7213	M, M., 53 Mornington Road, Woodford Green.....	(020) 8504 0213
M, M., 52 Falmer Rd, E17.....	(020) 8520 9590	MANNON, Maire, 26 Moreland Way, E4.....	(020) 8529 5843	M, M.J., 15 Long Green, Chigwell.....	(020) 8500 6528
M, Miss Rabia, 123 Mandeville Court, London.....	(020) 3643 3958	MANOCHA, K.S., 51 Bernards Ct, Ilford.....	(020) 8501 4239	M, P, 27 Chertsey Road, Leytonstone.....	(020) 8558 1258
MAJID, A., 20 Lansdowne Road, E17.....	(020) 8509 9642	MANOLI, V., 78 Westward Road, London.....	(020) 8523 1040	M, P, 25 Gordon Road, E18.....	(020) 8505 6512
M, Muhamadabdul, 145 Auckland Road, Ilford.....	(020) 8554 9606	MANSBRIDGE, C., 33 Chester Road, Chigwell.....	(020) 8501 0501	M, R, Flat 43 Carlton House Algers Road, Loughton.....	(020) 8418 9095
M, N., 21 Argyle Road, Ilford.....	(020) 3524 3336	M, S., 3 Montalt House 95 Montalt Road, Woodford Green.....	(020) 8504 6060	M, Robt S., 192 Roding Lane South, Ilford.....	(020) 8550 4430
M, N., 27 Dunedin Road, London.....	(020) 8558 2332	MANSELL, D., 39 Roll Gardens, Ilford.....	(020) 8551 1426	M, R.V., 21 Parkstone Road, E17.....	(020) 8521 5243
M, S., Flat 3 Ellen Miller House Raglan Road, LONDON.....	(020) 8520 2821	M, P., 32 Deynecourt Gardens, E11.....	(020) 8989 2608	M, R.W., 63 Vista Drive, Ilford.....	(020) 8550 6303
MAJOR, S., 62 Gordon Rd, E11.....	(020) 8530 6714	MANSFIELD, D.J., 3 Fletcher Road, Chigwell.....	(020) 8559 8293	M, S., 6 Brockham Drive, Ilford.....	(020) 8554 0997
MAKAM, Michael, 72 Mulberry Way, E18.....	(020) 8989 2978	MANSOOR, Shazia, 72 Fenman Gardens, Ilford.....	(020) 8599 4962	M, S., Flat B-D 17 Grosvenor Road, London.....	(020) 8532 2658
MAKEPEECE, E.A., 24 Jewel Rd, E17.....	(020) 8520 2628	MANSUKHLAL, V., 98 Abbey Road, ILFORD.....	(020) 8554 0061	M, S., 9 Hillcrest Road, Loughton.....	(020) 8508 1746
MAKIZOLELE, S.S., 13 Rochdale Road, Walthamstow.....	(020) 3757 5689	MANTE, Gladys, 234 Hathaway Crescent, London.....	(020) 8472 4845	M, Mr T., 6 Cumberland Rd, E17.....	(020) 8523 5183
MAKKI, R., 268A Strone Road, London.....	(020) 3737 2689	MANUEL, N., 20 Albemarle Gardens, Ilford.....	(020) 8554 4629	M, T.W., 41 Manor Way, Chigwell.....	(020) 8500 0496
MAKOVE, M., 247A High Road Leytonstone, London.....	(020) 7524 2909	MANWARING, B., 167 Horns Road, Ilford.....	(020) 8554 6533	M, Wilhemina, 56 Stainforth Rd, Ilford.....	(020) 8597 5388
MAKRAKIS, E., 75 Spruce Hills Road, E17.....	(020) 8531 0847	MANZAR, M., 606A Green Lane, Ilford.....	(020) 7411 7394	MARTINDALE, R., 15 Rectory Lane, Loughton.....	(020) 3652 8458
MAKVANA, S., 5 Teresa Mews, E17.....	(020) 8520 8251	MANZOOR, 213A Hoe Street, London.....	(020) 8177 8320	MARTINDALE, A.H., 3 Chestnut Grove, Ilford.....	(020) 8500 3521
MALAK, N., 97 Quebec Road, Ilford.....	(020) 8270 0791	M, M., Mobile, 56 Brooke Road, Walthamstow, London.....	(07958) 496089	MARTINEZ, D., Workabout 125 Trotwood, Chigwell.....	(020) 8500 1438
M, Z., 41 Hickman Avenue, London.....	(020) 8527 8243	MAPLE Y, 30 The Heights, Loughton.....	(020) 3848 6056	MARTINEZ DOWSETT, D., 64 Coolriggs Avenue, E4.....	(020) 8523 2245
MALANAPHY, Mr S., 11 The Beeches Gladstone Avenue, London.....	(020) 8141 4928	MAQSOOD, M., 17 Romford Road, London.....	(020) 3842 0007	MARTINOVICH, A., 18 Pearl Apartments 53 Dunton Road, London.....	(020) 8539 4380
MALCOLMSON, J., 71 Stanley Road, E4.....	(020) 8529 3212	M, R., 270 Hampton Road, Ilford.....	(020) 3318 8740	MARTIN-PERRY, G., 22B St. Albans Crescent, Woodford Green.....	(020) 8504 4823
MALDE, IV., 75 Cambridge Road, Ilford.....	(020) 8599 5551	MAQSOOD, Mr I., 31B Goodmayes Rd, Ilford.....	(020) 8590 7559	MARTINS, A., Noel Baker Court, 8 Brockway Close, Leytonstone.....	(020) 8141 7035
MALEARY, John, 212 Fencepiece Road, Ilford.....	(020) 8501 1245	M, Mr M., 57 Peterborough Rd, London.....	(020) 3138 3203	M, J., Flat 34 Blakeshoe House Grantham Road, E12.....	(020) 8553 0405
MALHI, B., 22 St. Lukes Avenue, Ilford.....	(020) 8553 4447	MARAN, P., 25 Greenleaf Drive, Ilford.....	(020) 8558 1201	M, Jorje, Flat 26 Stewart Rainbird House 269 Parkhurst Road, E12.....	(020) 8911 8542
M, Darshan, 2 Lincoln Gdns, Ilford.....	(020) 8554 4999	MARASCO, J., 4 Sparrow Court 45 Lena Kennedy Close, Chingford.....	(020) 8523 0138	M, R., 145 Aldborough Road South, Ilford.....	(020) 3536 9929
M, M., 156 Goodmayes Lane, Ilford.....	(020) 8983 8656	MARASIGAN, C., Flat 19 Copsfield Court 27-29 Woodford Road, London.....	(020) 4541 4512	MARUM, E., 49 Forest Court, E11.....	(020) 8530 2565
M, R., 124 Kingston Road, Ilford.....	(020) 8491 0123	MARAVALLA, Rupy, 3 Ashboston Terrace Alder Walk, Ilford.....	(020) 8478 7893	MARWAY, M., 195 Shakespear Crescent, London.....	(020) 8552 0272
M, T., 2 Broadwalk, E18 South Woodford, London.....	(020) 8989 9759	MARAVOLO, B., 104 Richmond Road, E11.....	(020) 8926 1964	MARVAN, A., 8 Alderton Close, LOUGHTON.....	(020) 8502 0845
MALHODRA, S., 33 Danehurst Gdns, Ilford.....	(020) 8551 1934	MARCEL, Alvin, 237 Monaga Road, E12.....	(020) 8488 4420	MASCARENHAS, A., 123 Brookscroft Road, LONDON.....	(020) 3715 4389
MALIU, N., 62 Priors Croft, Walthamstow.....	(020) 8523 5846	MARCH, R., 76 Monkams Avenue, Woodford Green.....	(020) 8559 2928	MASELLA, M., 80 Canterbury Road, London.....	(020) 8539 3958
MALIK, A., 19 Pooles Court Goodmayes Lane, Ilford.....	(020) 3715 8342	MARCHAND, N., 343 Elizabeth Ct Navestock Cres, Woodford Gn.....	(020) 8498 0469	MASKELL, D., 80 Westbury Lane, Buckhurst Hill.....	(020) 8505 2363
M, Mr A., 6 Annie Taylor Ho Walton Rd, E12.....	(020) 8514 5398	MARCULIONYTE, L., 14 Excalibur Court Queen Mary Avenue, London.....	(020) 3524 5614	M, M., 4 Millwalk Gardens, Woodford Green.....	(020) 8522 3958
M, Mr J., 62 Gloucester Road, London.....	(020) 3132 8942	MARCO, Mr Harold, 5 St. Winifreds Close, Chigwell.....	(020) 3674 5002	MASKOLAITS, Mr S., 66 Ickworth Park Road, London.....	(020) 8141 1907
M, K., Claremont Place 10 24, Brook Parade, Chigwell.....	(020) 3524 0903	MARCO, Mr 312 High Road Leytonstone, E11.....	(020) 8534 9075	MASON, D., 5 Southern Drive, Loughton.....	(020) 8508 9254
M, K., 6 Addison Road, Ilford.....	(020) 8500 2957	MARDAD, Mr L., 632 Green Lane, Ilford.....	(020) 8177 1018	M, D., 18 Sylvan Road, E11.....	(020) 8989 8347
M, K., 16 Gartmore Road, ILFORD.....	(020) 3652 0837	MARDAN, B., Flat 3, 77 Meads Lane, Seven Kings, Ilford.....	(020) 8109 0144	M, F, 9 Cecil Road, London.....	(020) 8923 1170
M, M., 3 Ravensings Parade, Goodmayes Road, Ilford.....	(020) 3092 4826	MARDARI, D., 129 Fencepiece Road, Ilford.....	(020) 8609 8413	M, H., 17 Park Avenue, Woodford Green.....	(020) 8504 1208
M, Miss N., 43 Salop Rd, London.....	(020) 3132 1592	MARES, G., 53 First Avenue, London.....	(020) 8478 8332	M, J., 759 Chigwell Road, WOODFORD GREEN.....	(020) 8498 0300
MALIK RAMZAN, A., 15 Lawson Close, Ilford.....	(020) 3592 9364	MARFO, A., Hyacinth House Flat 10 25, Vine Street, London.....	(020) 8520 6622	M, J., Flat 6 Dennis Court 148 Hainault Road, London.....	(020) 8988 1241
MALIK, J., Flat 36, Willis House Grantham Road, London.....	(020) 7041 6263	MARGARET, S., 174 Brockcroft Road, E17.....	(020) 8531 2787	M, K., 86 Larkwood Court, E4.....	(020) 8529 9273
M, S., 777 High Road, Ilford.....	(020) 3674 3428	MARGOLIS, G., 11 Beehive Lane, Ilford.....	(020) 8550 7434	M, P., FLAT 7 RYDER HOUSE 121 High Road, Loughton.....	(020) 8508 4222
M, Mr J., 20 Hoe St, London.....	(020) 3132 5997	MARIADAS, A., 51 Albemarle Gardens, Ilford.....	(020) 8518 3554	M, P., 2 Starling Close, Buckhurst Hill.....	(020) 8504 3762
M, S., Stand 2a Market Pavilion New Spitalfields Market Sherrin Road, E10.....	(020) 8556 9030	M, S., 123 Little Lane, London.....	(020) 8478 2987	M, R., Upper Floor Flat 427 Forest Road, E17.....	(020) 8523 0484
M, T., 64 Farnio Road, London.....	(020) 8923 1375	MARIASOOSATHANAS, A., 37 Britannia Road, Ilford.....	(020) 8478 1532	M, R., Upper Floor Flat 427 Forest Road, E17.....	(020) 8523 0484
M, T.A., 64 Farnio Road, E17.....	(020) 8539 6859	MARIE, J., Flat 58 Furrow House 12 Jubilee Avenue, London.....	(020) 8527 0486	M, T., 1 Ashbridge Road, London.....	(020) 3669 0899
M, Dr Z., 7 Malford Grove, E18.....	(020) 8989 2635	MARIN, V., 648 Elgin Way, 43 Lechmere Avenue, Woodford Green.....	(020) 8389 3214	MASOOD, A., 13 Gloucester Rd, E12.....	(020) 8478 9733
MALKANI, F., 115 Glenwood Gardens, ILFORD.....	(020) 3561 5147	MARINCSUGAI, V., 43 Lechmere Avenue, Woodford Green.....	(020) 8550 3142	M, A., 33 Wanstead Lane, Ilford.....	(020) 8518 2138
MALKOCHEV, Mr Vladislav, 81 Colson Road, Loughton.....	(020) 8279 2176	MARIOARA, E., 71A Abbots Park Road, Leyton.....	(020) 3731 6146	M, Mrs K., 63 Farnio Road, London.....	(020) 8127 2178
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MALLAWATHATHRIGE, Mr R., 73 Essex Clo, E17.....	(020) 8223 0460	MARIUS, Mrs S., 13 Frobisher Gardens Westerham Road, London.....	(020) 3132 8541	M, Mr W., 1 Boscombe Avenue, London.....	(020) 8141 2481
MALLEA, G., 31 Worsley Road, LONDON.....	(020) 8279 8093	MARIUS TEODOR, A., 79 Wellesley Road, Ilford.....	(020) 3665 6713	MASALLA, O., 1 Bromfield, London.....	(020) 3685 9239
MALLET, J., 17 Mill Houses 27 Mill Lane, Woodford Green.....	(020) 8504 0406	MARIVORATNAM, Ratha, 816 Eastern Avenue, Ilford.....	(020) 3002 0511	MASSEY, B.D., 31 Hale End Road, E17.....	(020) 8527 3102
MALLEY, J., 20 Arlington Road, Woodford Green.....	(020) 8504 3828	MARJORAM, K., Upper Flat 117 Maynard Road, Walthamstow.....	(020) 3233 0175	M, C., 10 Summit Road, E17.....	(020) 8521 0458
MALLINDINE, Julie, 11 Wroths Path, Loughton.....	(020) 8502 2165	MARKEZINIS, S., 13 Charteris Road, Woodford Green.....	(020) 8498 9000	M, K., 121 Byron Avenue, E12.....	(020) 8427 6078
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MALONEY, A., 12 Arbor Road, E4.....	(020) 8524 1694	M, Keith, 17 High Meadows, Chigwell.....	(020) 8500 5420	MASIEE, G., 55 518 View Road, E18.....	(020) 8989 6293
M, J.F., 121 The Drive, Ilford.....	(020) 8518 0533	M, R., 13 Waterhall Avenue, London.....	(020) 7018 0936	MASTAN, A., 253 Strone Road, LONDON.....	(020) 3016 9409
M, Leonard, 22A Brewster Road, E10.....	(020) 8539 0420	MARXIMANN, C., Flat 10 Thornton House Cambridge Park, E11.....	(020) 8530 5730	MASTER, S., 26 Ellesmere Gardens, Ilford.....	(020) 4541 9517
M, S., 27 Gordon Avenue, London.....	(020) 8926 9739	MARKOVITCH, D., 2 Sparelease Hill, Loughton.....	(020) 8508 1150	MASTERS, D., 19 Beechwood Drive, Woodford Green.....	(020) 8925 1421
MAMAH, Mr E., 226 High Rd Leytonstone, London.....	(020) 8555 6793	MARKOWSKA, M., 40 Barrington Rd, E12.....	(020) 8514 4278	MASUD, S., 9 Meldrum Road, Ilford.....	(020) 8527 2196
MAMO, Miss L., 20 Whitehall Gardens, London.....	(020) 8524 7987	M, Maria, 16 Centreway, Ilford.....	(020) 3843 1033	MASUM ATLANTIC COMPANY LTD, Mr A., 287 High Road, Leyton, London.....	(020) 8558 9944
MAMPHEY, R., 5 Wadhwa Road, London.....	(020) 8523 4072	MARKS, G., 42 Bawley Avenue, Ilford.....	(020) 8220 7216	MATABADUL, V., 58 Aberdour Road, Ilford.....	(020) 8599 7967
MAMTORA, M., 97 Kingston Road, Ilford.....	(020) 8478 5846	M, H., 69 Martley Drive, Ilford.....	(020) 8270 0768	MATACHE, I., 8 Burrow Road, Chigwell.....	(020) 3592 0388
MAN, C.L., 61 Kingsley Road, Ilford.....	(020) 8501 0507	M, N., 28 Falmouth Wy, E17.....	(020) 8521 9351	MATATIS, D., Flat 1 50 Norlington Road, Leyton.....	(020) 8556 9271
MAN, S., 50 Barclay Road, London.....	(020) 8923 4711	M, S., 58 Canterbury Avenue, Ilford.....	(020) 8554 1746	MATAJ, F., Flat A, 753 Lea Bridge Road, London.....	(020) 8227 9884
MANARA, F., 2 Colebrook Gardens, Loughton.....	(020) 8923 6142	MARLBOROUGH, K., 64 Rous Road, Buckhurst Hill.....	(020) 8504 5027	MATEARESE, A., Flat 4 Beech Court 38 Bisteme Avenue, London.....	(020) 3417 3582
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MANAU, Conception, 21B Epsom Road, E10.....	(020) 8558 3301	MARNER, D., 21 Tine Road, Chigwell.....	(020) 8500 8347	MATEUS, Mr S., 183 Grange Road, Ilford.....	(020) 8177 9506
MANCHA, M., 54 Aragon Drive, Ilford.....	(020) 8500 3071	MAROKITY, N., 46 Wetherden Street, E17.....	(020) 3208 0056	MATEUSIAK, J., 51 Abbots Park Road, LONDON.....	(020) 3843 4695
MANDAVIA, Mr S., Mr 18 Ashurst Drive, Ilford.....	(020) 8518 1500	MARQUES, M., Flat 7 Woodlands 263 Forest Road, E11 London.....	(020) 8556 0132	MATH, Raj, 30B St Barnabas Road, Woodford Green Essex.....	(020) 8504 4868
MANDAZA, Mr W., 57 Daffodil Gardens, Ilford.....	(020) 8141 2438	MARRI, Mr V., 42 Kensington Avenue, London.....	(020) 8177 6207	MATHARU, J., 4 Cardigan Gardens, ILFORD.....	(020) 8598 1778
MANDENDE, P., Flat 1 40 Pretoria Avenue, London.....	(020) 8521 0146	MARRIOT, Mr P., 38 Clendon Road, Ilford.....	(020) 8141 1254	M, J.S., 58 Ingleby Rd, Ilford.....	(07956) 285868
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MANDIHERA, M., 168 Headley Drive, Ilford.....	(020) 8554 9181	M, Margaret, 39 Kimberley Rd, Chingford.....	(020) 8529 2915	MATHEW, M., 1A Valley Hill, Loughton.....	(020) 3654 6105
MANDRELL, D., 35 Millon Road, London.....	(020) 8521 5870	MARSH, Mr D., Flat 112, Blenheim Court Navestock Crescent, Woodford Green.....	(020) 8141 5357	MATHEWS, H., 18 Alma Avenue, London.....	(020) 8527 5323
MANE, Aurelio, Flat 1 3 Ectington Road, E10.....	(020) 8539 5357	M, G.A.H., 16 Harbours Road, Ilford.....	(020) 8502 7019	M, J., 61 Oak Hill Crescent, Woodford Green.....	(020) 8531 6146
MANEPALLI, G., Flat 2 9 Beaufort Gardens, Ilford.....	(020) 3573 2041	M, H., 10 Grantock Road, Walthamstow.....	(020) 8527 7435	MATHIAS, Mr W., 65 Westwood Rd, Ilford.....	(020) 8503 8688
MANGALAGIRI, N., Staff Accommodation, Oneils, 109 Station Road, Ilford.....	(020) 8617 8312	M, K., 72 Limes Avenue, Chigwell.....	(020) 8281 0837	MATHISON, C., Flat 2 163 Malford Court The Drive, E18.....	(020) 8989 4914
MANGALOVA, Z., 158a Langthorne Road, London.....	(020) 3489 1031	M, M.L., 71 Matlock Road, E10.....	(020) 8556 0065	MATHOLUS, E., Flat 2 14, Ellen Court The Ridgeway, London.....	(020) 3648 2372
MANGAT, Mrs Sukhbir, Flat 30, Oak Lodge, 56 Cambridge Road, London.....	(020) 8109 6197	M, R.A.W., 2 Grange Court High Road, Loughton.....	(020) 8508 3395	MATHURALINGAM, Y., 10 Southdown Cres, Ilford.....	(020) 8599 2315
MANHOOD, G.L., 104 Oak HI Cres, Woodford Gn.....	(020) 8527 4239	M, Miss S., 39b Tavistock Road, London.....	(020) 8530 6915	MATILIONENE, R., 44 Falmouth Gardens, Ilford.....	(020) 3509 1342
MANIAR, F., 21 Marlborough Road, Chingford.....	(020) 8527 8387	MARSHALL, C.H., 43 Scotland Road, Buckhurst Hill.....	(020) 8505 0382	MATSON, D., 45A Woodland Rd, E4.....	(020) 8559 3520
MANICKAM, S., Scout Hall Roding Lane South, Ilford.....	(020) 8551 2884	M, J., 1 Stoneleigh Road, Ilford.....	(020) 8550 4540	MATTHEW, Obadiah, 24 Woodhouse Road, London.....	(020) 8534 7745
MANIK, A., 43 Jack Cornwell Street, E12.....	(020) 8514 0738	M, L			

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MAY, D, 2 Mellows Road, Ilford.....	(020) 8551 1915	MENGAL, F, 27 Uphall Road, Ilford.....	(020) 3105 5311	MILLINGS, M, 260 Balfour Road, Ilford.....	(020) 8554 9767
M, Miss G, 17 Granville Rd, London.....	(020) 3132 3036	MENG-QIONG, Miss W, 49 Poplars Rd, London.....	(020) 8177 2441	MILLS, A, 82 Sinclair Road, E4.....	(020) 8524 6818
M, M, 23 Preston Avenue, London.....	(020) 8925 7409	MENSAH, A, 29 Holly Close, Buckhurst Hill.....	(020) 8923 7371	M, D,W, 25 Selwyn Avenue, E4.....	(020) 8521 9692
M, R, Flat 6 48 Beresford Road, London.....	(020) 3720 3283	M, J.D., 91 Blythswood Road, Ilford.....	(020) 8599 7104	M, E.G, 2 Albert Av, E4.....	(020) 8529 9594
M, V, 25 Jessel Drive, Loughton.....	(020) 8281 7531	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, J.P, 38 Gunners Grove, E4.....	(020) 8524 3981
MAYAT, Y, 726A High Road Leytonstone, London.....	(020) 8556 2080	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, K, Flat 57 71 Fairlop Road, Leytonstone.....	(020) 8539 5235
MAYBARKSIAN, V, 286 Ho Street, E17.....	(020) 8521 8000	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, N, 102e Beaconsfield Road, London.....	(020) 8091 9044
MAYCEY, O.J, 26 Talbot Gardens, Ilford.....	(020) 8597 1279	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Mrs Natalie, 36 Dover Road, London.....	(020) 8989 5137
MAYCOCK, S, 61 Sandhurst Drive, Ilford.....	(020) 8590 5462	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, P, 100 Colson Road, Loughton.....	(020) 8281 4958
MAYERS, B, 7 Bourne Gardens, E4.....	(020) 8524 2285	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, P, 3 Huxley Road, London.....	(020) 8551 1903
M, J, 13 Leycroft Close, Loughton.....	(020) 8508 3290	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, S, 2 Mansel Grove, London.....	(020) 8527 2592
M, V, Downstans Flat 57 Bulwer Road, E11.....	(020) 8556 6193	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Mr S, 24 Mount Pleasant Road, E17.....	(020) 8141 7322
MAYES, A.J, 1 The Stables, Buckhurst Hill.....	(020) 8504 3619	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MILNER, J, 88 Pearcroft Rd, E11.....	(020) 8556 9768
M, P, 33 Hermon Hill, E11.....	(020) 8989 7385	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MILNES, W, 37 Marmion Close, Chingford.....	(020) 8529 0513
M, P, 6A Morley Road, E10.....	(020) 8558 2824	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MILLUSKA, Izabella, Mill Grove 16-22 Crescent Road, E18.....	(020) 8505 3624
MAYET, A.B, 33 Beaconsfield Rd, E10.....	(07956) 551265	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MINA, A, 55 Claude Road, London.....	(020) 3514 1138
M, S, 134A Ashville Road, E11.....	(020) 8558 5601	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MINA, G, 35 Smeaton Road, Woodford Green.....	(020) 8505 4878
MAYHEW, E, 10 College Gardens, E4.....	(020) 8529 7852	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MINAEI-PUR, B, Flat 20 Celandine Court Chingford Avenue, London.....	(020) 8279 9683
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M, S, 199 Hampton Road, Ilford.....	(020) 8478 6713	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MINNERTHEY, S, 44 Theobald Road, London.....	(020) 8527 3320
MAYNES, D, 5 Balgonie Road, London.....	(020) 8529 5516	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MINNIS, D, 352 Fencepiece Road, Chigwell.....	(020) 8500 1797
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MAYOR, B, 153 Onslow Gardens, E18.....	(020) 8530 5043	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIR, F, 77 Greenway Avenue, London.....	(020) 8925 3818
M, P, 52 Alderton Hill, Loughton.....	(020) 8508 8821	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, R, 10 Royston Gardens, Ilford.....	(020) 8554 2581
MAZDON, S, 77 Forest Approach, Woodford Green.....	(020) 8491 6155	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIRICA, N, 38A Eastwood Road, Ilford.....	(020) 3665 6233
MAZHAR, I, 6 Exeter Road, E17.....	(020) 8520 2469	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIRLE RAMAKRISHNE GOWDA, S, Flat 18 39, Icon Building Ilford Hill, Ilford.....	(020) 3669 9253
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MBA, C, 57 Tryfan Close, Ilford.....	(020) 3665 4357	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIRZA, A, 8 Asthall Gardens, Ilford.....	(020) 8117 3295
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MBENGUE NDIAYE, A, First Floor Flat 12 Ashville Road, Leytonstone.....	(020) 3665 0570	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Kazim, 39 Horn Lane, Woodford Green.....	(020) 8505 0641
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MBOLO, J, 200 Stockfield Road, E17.....	(020) 3172 8248	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, N, 289 Church Road, London.....	(020) 8923 8009
"MC"		M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, S, 76 Harewood Drive, Ilford.....	(020) 8550 6737
Names with a prefix Mc are sorted with those beginning Mac		M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Dr S, 28 St. Thomas Gardens, Ilford.....	(020) 8478 3755
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MEABY, Chas, 14 Clarence Road, E12.....	(020) 8553 4868	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Z, Flat 25 Hubbard Court Valley Hill, Loughton.....	(020) 8508 1205
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M, G, 51 Wanstead Park Road, Ilford.....	(020) 3556 4825	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISHRA, Mr V, 1126 Eastern Avenue, Ilford.....	(020) 8141 1088
M, H, 76A Somers Road, London.....	(020) 8520 0559	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Y, 10 Lady Anne Court Queen Mary Avenue, London.....	(020) 8504 4866
M, J, 15 Falmer Road, London.....	(020) 8925 2412	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISOMAU, Mrs A, 117 Lavender Pl, Ilford.....	(020) 8478 2757
M, J, 16 The Hawthorns, Loughton.....	(020) 8532 0204	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISRAOUI, F, 530 Holdwell Avenue, E18.....	(020) 8530 6623
M, J.M.E, 10 Cedar Close, Buckhurst Hill.....	(020) 8505 8258	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISSEN, D, 4 Little Holt New Wanstead, E11.....	(020) 8530 4983
M, P, 93 Russell Road, E4.....	(020) 8524 3714	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISTARY, Mr A, 143 Blythswood Rd, Ilford.....	(020) 8177 1021
M, R, 42 Stonards Hill, Loughton.....	(020) 8508 7879	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISTARZ, Krzysztof, 64 Stanley Road, Ilford.....	(020) 8191 9479
M, S, 6 Colvin Gardens, E11.....	(020) 8989 7723	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISTRY, D, 31a Brook Crescent, Chingford.....	(020) 8524 9743
M, S, 191 Farm Rd, E10.....	(020) 8556 7343	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, N, 39 Chadacre Avenue, Ilford.....	(020) 8220 1975
M, W, 16 Beresford Drive, Woodford Green.....	(020) 8504 6159	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, N, 4 Mobile, 50 Sandringham Road, London.....	(07957) 572347
MEADE, J, 1 Higham Street, London.....	(020) 8527 8978	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, S, 4 Merble, 50 Sandringham Road, London.....	(020) 8550 7324
M, W.N, 98 Emmott Avenue, Ilford.....	(020) 8554 7874	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, V, 35 Summit Drive, Woodford Green.....	(020) 8550 5151
MEADEN, Miss M, Miss 3 Rosa Mews, London.....	(020) 8521 0370	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MISZTELA, Mr W, 62 Whitney Rd, London.....	(020) 3132 7019
MEADHURST, D, 54 Waverley Avenue, London.....	(020) 8529 1695	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MITCHELL, B, 11 Albion Park, Loughton.....	(020) 8508 6272
MEADOWS, C, 4 Chester Road, LONDON.....	(020) 8281 7098	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, B, FLAT 6 DENNIS COURT 53 Fernhill Court, London.....	(020) 8520 9865
MEADWAY, Dr Jeanette & R.J, 4 Glebe Avenue, Woodford Green.....	(020) 8504 1958	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Bryony, 73D Grove Hill, E18.....	(020) 8989 9146
MEAGHER, G, 31 Dene Road, Buckhurst Hill.....	(020) 8505 9001	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, B, 8 Oakhill Court 81 Oak Hill, Woodford Green.....	(020) 8527 6963
MEAKIN, D, 19 Boelyn Way, Ilford.....	(020) 8500 2095	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, J, 191 Brookscroft Road, E17.....	(020) 8523 4467
M, T, 23 Clementine Walk, Woodford Green, Essex.....	(020) 8506 1208	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, M, 32 Byron Road, London.....	(020) 8923 1009
MEARS, R.J, 33 Blenheim Road, E17.....	(020) 8527 3523	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, N, 152 Selwyn Avenue, E4.....	(020) 8527 6053
MEASURE, M.C.C, 90 Richmond Road, London.....	(020) 8558 5491	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Mr Paul, 15 Alderton Way, Loughton.....	(020) 8502 3563
MEATS, R, Flat 35 Malform Court The Drive, E18.....	(020) 8530 3594	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, P, 31 Hazelbrouck Gardens, Ilford.....	(020) 8500 8710
MEBARKI, K, Kenley Lodge Flat 27 2, Willow Walk, London.....	(020) 3732 9789	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Rm, Flat 29 Winters Court 115 Alpha Road, E4.....	(020) 8529 9574
MEDICI, Gordon, 6 Manor Court Manford Way, Chigwell.....	(020) 8501 1782	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, R, 62 Bromley Road, London.....	(020) 3685 0705
MEDLAND, S, 47A Nightingale Lane, London.....	(020) 8989 4422	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, R, 31 Caterham Avenue, Ilford.....	(020) 4539 8890
MEDLYCOTT, M.J, 26 Dale View Avenue, E4.....	(020) 8524 3597	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, R.L, 44 Wanstead Park Road, Ilford.....	(020) 8514 3926
MEDLYCOTT, A.R, 168 Hampton Rd, E4.....	(07956) 527640	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MITROPOULOS, J, 324 Larkhall Road, London.....	(020) 8531 1130
MEDNICK, J, 7 Aster Road, Chigwell.....	(020) 8500 3812	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MITSON, L, 26 Ashbourne Avenue, E18.....	(020) 8530 7624
MEDVEDI, D, 214 Green Lane, Ilford.....	(020) 8592 8536	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIXTER, B, 12 Broadmead Road, Woodford Green.....	(020) 8505 9432
MEEHAN, J, 58 Clavering Road, E12.....	(020) 3950 7934	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MIZUSHIMA-MACMA, R.A, 86 Fleeming Road, London.....	(020) 8523 5010
MEERIAH, S, 6 Chigwell Park Drive, CHIGWELL.....	(020) 3945 1143	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MKHEMAR, E, 6 Durban Road, E17.....	(020) 4568 7000
MEETAROO, R, 178 Prospect Road, Woodford Green.....	(020) 8505 4799	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MLAMBO, E, The Technical Institute Flat 1 1a, Adelaide Road, Leyton.....	(020) 3669 1690
MEEVAN, S, 4/158 Norman Rd, E11.....	(020) 8539 2887	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOAZZAM, S, 90 Normanshire Dv, E4.....	(020) 8523 7941
MEGGINSON, S, 3 Headbourne House 22d Sutherland Road, E17.....	(020) 8531 4045	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOCHI, Mr A, 131 Claude Rd, London.....	(020) 8556 6218
MEGGS, A.S, 3 Harold Road, E4.....	(020) 8529 1325	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOCK, Jm, 16 Foundry Mews, E17.....	(020) 8521 0286
MEGHANI, D.K, 88 Bawdsey Av, Ilford.....	(07956) 521164	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOCKFORD, Robert S, 23 Brunswick Street, E17.....	(020) 8520 3416
MEGUSSA ADJIBOJO, Mr S, 33 Queens Rd, London.....	(020) 3132 1412	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODANI, E, 5 Somerset Road, London.....	(020) 8509 0637
MEHMET, A, 52 Glenhorne Road, E17.....	(020) 8520 2995	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODAYKHAN, A, 58 Warren Road, E10.....	(020) 8539 7327
M, E.A, 25 Long Meadow Vicarage Lane, Chigwell.....	(020) 8500 5710	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODDIE, F, 17 Orchard Way, Chigwell.....	(020) 8501 0200
M, M, Apartment 33 26, Manhattan Apartments Clifford Road, London.....	(020) 3566 1675	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODEN, K, 78 Malvern Road, E11.....	(020) 8556 9226
M, M, 7 Fourth Avenue, E12.....	(020) 8478 7047	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODERNI, Mr E, 26 Edinburgh Rd, London.....	(020) 3138 0922
M, O, 55 Elphinstone Road, LONDON.....	(020) 8220 9145	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODHA, N, 93 Headley Drive, Ilford.....	(020) 8518 3449
M, Seyhan, 52 Lambourne Gardens, E4.....	(020) 3715 2102	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODINOS, F, 113 Grove Gn Rd, E11.....	(020) 8539 5771
MEHMOOD, H, 124 Rusden Gardens, Ilford.....	(020) 3732 1513	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODLIAR, C, Flat B 5 Waverly Road Walthamstow, London.....	(020) 3729 2170
M, K, Flat 13 Blacksmiths House Gillards Mews, E17.....	(020) 8520 7630	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MODY, G, 4 Kings Place, Loughton.....	(020) 8500 1199
M, Mr K, 47 Westmar Road, London.....	(020) 8141 1809	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Mr Pareshch & Ra, 12 Heathway, Woodford Green.....	(020) 8504 5953
M, Mr M, Flat A/550 Lea Bridge Rd, London.....	(020) 3132 4709	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOE-LOEMBE, C, Flat 46 46, Shore Point High Road, Buckhurst Hill.....	(020) 3715 5704
M, Q, Flat 61, Carlton House, 531-535 High Road, Ilford.....	(020) 3158 3652	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOFFAT, Dr M, 16 Fieldhouse Close, South Woodford.....	(020) 8504 2514
MEHMOOD RAJA, A, 7 Madras Road, Ilford.....	(020) 3658 8992	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOGHADDASSI, L, 77 Grange Park Road, E10.....	(020) 8923 9662
MEHTA, B, 126 Mayfair Avenue, Ilford.....	(020) 8522 9900	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOHADESSADRI, Mr S, Flat 7 25 Wentworth Court Castle Avenue, London.....	(020) 8531 5543
M, J, 81 Coventry Road, Ilford.....	(020) 8554 2853	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOHAMATH, N, 20 The Warren, Manor Park.....	(020) 8478 2223
M, Mr R, Mr 367 Wanstead Park Road, Ilford.....	(020) 8554 8302	M, S, 24 Howard Road, E17.....	(020) 8223 0625	MOHAMED, A, 14 Alverstone Road, Manor Park, London.....	(020) 3608 0967
M, Dr V, 72 Broadmead Rd, Woodford Gn.....	(020) 8505 5165	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, Mr A, 17 Erskine Rd, London.....	(020) 8141 0014
MEIR, R, 7 Little Ilford Lane, London.....	(020) 8478 0455	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, A, 11 Nottingham Road, Leyton.....	(020) 8558 4554
MEITE, J, 12a Wordsworth Avenue, London.....	(020) 8471 1792	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, A, 340 Sherrard Road, Manor Park.....	(020) 8552 5038
MEKSEM, D, Flat 7, Ellis House, 190 Shernhall Street, London.....	(020) 7018 3857	M, S, 24 Howard Road, E17.....	(020) 8223 0625	M, B.A, 209 Halley Road, London.....	(020) 8552 7298
MELDON, R.A.L., 1					

M, M, 3 Ruby Road, London.....	(020) 8509 2506	MORRELL, D, 39 Westbourne Court Orford Road, E18.....	(020) 8530 5251	MUGALA, S.M, mobile, 165 Lavender Pl, Ilford, Essex.....	(07949) 309068
M, Mm, 177 Warrior Square, E12.....	(020) 8514 4105	MORRIS, B, 52 Borwick Avenue, E17.....	(020) 8520 0305	MUGHAL, A, 9 Berthons Gardens Wood Street, London.....	(020) 8521 8037
M, S, 25 Putney Road, London.....	(020) 8530 3140	M, B, 5 The Retreat Brook Road, Buckhurst Hill.....	(020) 8559 2269	M, M, 115 Orford Road, London.....	(020) 8527 0669
M, S, 180 Shakespear Cres, E12.....	(020) 8548 0407	M, C, 15 Chester Road, Ilford.....	(020) 8590 7466	M, Mr M, 36 Wilmot Road, London.....	(020) 8539 4667
M, Mr Y, 26 Hillington Gardens, Woodford Green.....	(020) 8551 2393	M, C, 74 Hollywood Way, Woodford Green.....	(020) 8531 2930	MUGHEES, S, 347 Monega Road, E1.....	(020) 8141 8014
MOHAMMED, T, 5 Hemstead Road, E17.....	(020) 8520 6439	M, D, 10 Meadow Road, Loughton.....	(020) 8508 7453	MUGUNTHAN, Mr P, 29 New Road, Ilford.....	(020) 8132 8356
MOHAMMOUD, Mr J, 163 Grantham Rd, London.....	(020) 2132 2190	M, D, Milton House North End, Buckhurst Hill.....	(020) 8505 8954	MUHAMMAD, Arsalan, 25 Suffolk Road, Ilford.....	(020) 8597 2702
M, Safiya, 183 Sheringham Avenue, E12.....	(020) 8514 1226	M, E, 93 Albert Road, E10.....	(020) 8556 6263	MUHAMMAD, Mr A, 5 Midland Road, London.....	(020) 8177 6396
MOHAMMUD, A, 1/75 Elgin Rd, Ilford.....	(020) 8586 1041	M, E, 119 Hitcham Road, E17.....	(020) 8558 4893	M, Mr O, 111 North Birkbeck Road, London.....	(020) 8177 2200
MOHAN, Mr S, 29 Vine Gdns, Ilford.....	(020) 3132 9178	M, Edward J, 7 Bloomsbury Ho Waltham Rd, Woodford Green.....	(07799) 395217	M, Y, 6A Billet Road, London.....	(020) 3624 4057
MOHANAN, K, 56 Stratford Avenue, Ilford.....	(020) 8551 7817	M, F, 108 Turner Road, E17.....	(020) 8520 4313	M, Y, 123 Westwood Road, Ilford.....	(020) 3654 0688
MOHANAPRAKAS, R, 27 Brancaster Road, Ilford.....	(020) 3605 8684	M, H.J, 5 Brandville Gardens, Ilford.....	(020) 8550 7210	MUHAMMID, Mr A, 55 Grange Road, Ilford.....	(020) 8177 9469
MOHAPADRA, M, 4/46 Belgrave Rd, Ilford.....	(020) 8478 8674	M, I, 78 South Park Road, Ilford.....	(020) 3638 4374	M, A, 32 Mornington Rd, E11.....	(020) 8539 6470
MOHINDRA, G, 1 Dymchurch Close, Ilford.....	(020) 8478 8718	M, J, 41 Starch House Lane, Ilford.....	(020) 8220 6955	M, M, 21 Golding Court, Riverdene Road, Ilford.....	(020) 3632 1772
MOHMED, Iqbal, 454 Green Lane, Ilford.....	(020) 8599 8516	M, J, 41 Westminster Gardens, Ilford.....	(020) 8550 9976	MUHEIR, F, 8 Wenlock Mews, E10.....	(020) 8558 7072
MOHSIN, N, 407 Ilford Lane, Ilford.....	(020) 3643 9287	M, J.M, 47 Chequers Road, Loughton.....	(020) 8502 2924	MUIRHEAD, Mr Marcus, Unit 127 The Legacy-Business-Centre 2A Ruckholt Road, London.....	(020) 3581 2071
M, N, 94 Kingston Road, ILFORD.....	(020) 8553 9071	M, J.P, 141 Onslow Gardens, E18.....	(020) 8989 9794	MUJADDIDI, Sm, 50 Chingford Avenue, E4.....	(020) 8529 7476
MOIR, G, 7 Agister Road, Chigwell.....	(020) 8500 0665	M, K, 48 Derby Road, London.....	(020) 8270 1948	MUKAMANA, Miss J, 35 Northumberland Road, London.....	(020) 3132 7291
MOK, K.P, 54 Roman Road, Ilford.....	(020) 8514 3822	M, Lee, 4 Marmion Close, E4.....	(020) 8524 4474	MUKASA, Mr C, 4 Newton Close, London.....	(020) 7159 2904
MOKAKI, A, 811 Wadhams Avenue, E17.....	(020) 8531 3607	M, M, 69 Trotwood, Chigwell.....	(020) 8500 7144	M, R, 19 Ertisley Road, Ilford.....	(020) 3731 7881
MOKONEN, Miss S, Flat 7, Fanshaw Ho The Drive, London.....	(020) 3132 0734	M, R, 6 Ground Floor, 63 Colworth Road, London.....	(020) 8926 3519	MUKERJEE, Dr S, 838a High Road Leyton, London.....	(020) 3132 4737
MOLDOVAN, Mr George, 87 Twickenham Road, Leytonstone, London.....	(020) 3659 3151	M, R, 6 High Gables, Loughton.....	(020) 8508 4974	MUKHERJEE, A, Flat 27 Berberis Court Hyacinth Close, Ilford.....	(020) 8141 8244
MOLDOVANU, Mr V, 22 Violet Road, London.....	(020) 8177 8670	M, TT, 6 Norlington Road, E11.....	(020) 8556 4288	M, S, 62/2 Hainault St, Ilford.....	(020) 8514 4361
MOLDOVANU, I, 14 Macdonald Road, London.....	(020) 3673 3905	MORRISON, C, 1 Louisa House Medici Close, Ilford, Essex.....	(020) 3380 6740	MUKHTAR, Mr H, 30 Mansfield Road, London.....	(020) 8521 4862
MOLE, Mrs C, Mrs 24 Endlebury Road, London.....	(020) 8529 2950	M, Errol, 8 Femdale Avenue, E17.....	(020) 8520 3072	MUKIZA, G, 44 Beaumont Road, London.....	(020) 3674 8384
MOLLAH, R, 817A Romford Road, London.....	(020) 3652 3958	M, G, 2 Lloyd Road, E17.....	(020) 8521 8979	MUKTA, R, 278 Sherrard Road, Manor Park.....	(020) 3784 8180
MOLLOY, Mr D, 71 High Street, London.....	(020) 8520 0249	M, I, 1 Ledger Mews, E17.....	(020) 8509 3108	MUKTADIR, R, 3 Fifth Avenue, London.....	(020) 3375 1668
M, J, 44 Inverness Drive, Ilford.....	(020) 8500 3628	MORRIS, P, 24 Monkhams Lane, Woodford Green.....	(020) 8501 4559	MULANA-HABIB, A, 984A Eastern Avenue, Ilford.....	(020) 3665 0987
M, M.J, 4 The Shrubbery Grosvenor Road, E11.....	(020) 8530 2741	MORROW, K.W, 25 Chester Road, E17.....	(020) 8525 1590	MULHOLLAND, A, 60 Aldborough Road South, Ilford.....	(020) 8109 0952
MOLONEY, T, 6 Connaught Avenue, Loughton.....	(020) 8418 0367	MORSANU, C, Invito House 1-7 64 Bramley Crescent, Ilford.....	(020) 3524 8695	MULI, C, 144 Arrowsmith Road, Chigwell.....	(020) 3592 8680
M, Terence, 7 Grosvenor Gardens, Woodford Green.....	(020) 8504 0672	MORSE, R, 43 Forest Edge, Buckhurst Hill.....	(020) 8014 4073	MULICA, A, First Floor Flat, 67 Kings Road, Leytonstone, London.....	(020) 3759 7548
MOLOTOKA, Kristine, Flat 2 Patricks Court Robinia Close, Ilford.....	(020) 8500 2251	MORTHY, S.V, 40 Century Road, E17.....	(020) 8503 3503	MULLA, Mrs A, 2 Higham Station Avenue, London.....	(020) 8531 2125
MOLTON, W.J, 32 Rolls Park Road, E4.....	(020) 8527 4465	MORTIMER, A, 57 Mayfield Road, London.....	(020) 8531 4634	M, P, 11 Wimbome Close, Buckhurst Hill.....	(020) 8925 6663
MOLYNEUX, B, 26 Melville Road, E17.....	(020) 8923 9979	MORTON, A.R, 32 Wimbome Close, Buckhurst Hill.....	(020) 8504 7909	MULLAJ, S, 15 Snarresbrook Road, Leytonstone, London.....	(020) 3538 4701
MOLYNEUX, Kevin, 46 Beverley Crescent, Woodford Green.....	(020) 8504 3318	M, D, 72 Fullers Road, E18.....	(020) 8504 3168	MULLALLY, J, 5 Langley Crescent, E11.....	(020) 8989 1786
MONAN, A, 143 Uplands Road, Woodford Green.....	(020) 8525 1378	M, D.W, 273 Larkshall Road, E4.....	(020) 8529 4850	MULLAN, M, 174 Canterbury Road, London.....	(020) 8525 6471
MONGWA, A, 110 Pittman Gardens, Ilford.....	(020) 3132 0551	M, I, 82 Wims Avenue, London.....	(020) 8527 1237	MULLANY, R, 48A Bulwer Road, E11.....	(020) 8558 6915
MONIRUZZAMAN, M, 63 Fenman Gardens, Ilford.....	(020) 3662 4605	M, J, Flat H Fionia House Fairlop Road, E11.....	(020) 8558 1176	MULLBOCCAS, S, 32 Saxlingham Road, London.....	(020) 8925 1987
MONIS RIZA, Mr S, 139a Green Lane, Ilford.....	(020) 8141 7386	M, M, 85D Grange Park Road, London.....	(020) 8279 5332	MULLEN, D, 45 Aubrey Road, London.....	(020) 8521 0534
MONIZ, M, 51 Francis Road, Leyton.....	(020) 8556 1406	M, R, 7 Copper Beech Ct Goldings Rd, Loughton.....	(020) 8418 0829	MULLINGS, Ms D, 289 Cann Hall Road, E11.....	(020) 8555 0761
MONK, J.L, 19 Forterie Gardens, Ilford.....	(020) 8599 1066	MORZARIA, V, 6 Evanston Gardens, ILFORD.....	(020) 8554 3655	M, N, 33 Gordon Avenue, London.....	(020) 3573 7603
MONKS, Reverend I, 46 Summit Drive, Woodford Green.....	(020) 8550 2390	MOSENGO, C, 287 Flat 113, Flat 113 St. Georges Court Wood Street, LONDON.....	(020) 3623 9406	MUMFORD, L, 6 Somerset Close, Woodford Green.....	(020) 8559 1338
MONRO, S, 10 Belgrave Road, London.....	(020) 8530 3944	MOSIEJKO, Mr M, 71 Orford Road, London.....	(020) 3132 5448	M, R, 48 Gordon Road, London.....	(020) 3665 9855
MONTAGUE, G, 29 Walnut Way, Buckhurst Hill.....	(020) 8559 2157	MOSKAL, J, 32 Fairfield Road, London.....	(020) 3016 5885	MUMTAZ, A, 92 Leuca Road, LONDON.....	(020) 8521 2883
MONTANO, J, 83 Greensted Road, Loughton.....	(020) 8508 8209	MOSS, Ms B, Ms 9 The Charter Road, Woodford Green.....	(020) 8054 7454	M, S, 6 Lyne Crescent, Walthamstow.....	(020) 8418 5930
MONTETH, Wm, 103 Greenway Avenue, E17.....	(020) 8520 4329	M, K, 66 Oakfield Lodge Albert Road, Ilford.....	(020) 8478 0483	MUMUVR, Miss M, 10 Lombard Av, Ilford.....	(020) 8586 1289
MOODIE, M, 69 Beechwood Gardens, Ilford.....	(020) 8551 7490	M, M, 163 The Avenue, LONDON.....	(020) 8527 7450	MUNAYEM, S, 63 Leyswood Drive, Ilford.....	(020) 8590 2890
MOODLEY, S, Flat 4 73, Spring House Fulbourne Road, London.....	(020) 3802 4473	M, P, FLAT 29 FOREST HEIGHTS Epping New Road, Buckhurst Hill.....	(020) 8504 3505	MUNCK, J, 63 Mansfield Road, London.....	(020) 8509 8933
MOOLLA, M, Flat 123, Glibelands, 33 Church Road, Leyton.....	(020) 3308 4338	M, Mr Sam, 6 Maple Gate, Loughton.....	(020) 3952 2724	MUNDAY, W.F, Norman Ct Monkhams Av, Woodford Gn.....	(020) 8505 9019
MOONEY, Dr B, 47 Palmerston Road, Buckhurst Hill.....	(020) 8504 3675	M, T, 13 Dunspring Lane, Ilford.....	(020) 8504 0212	MUNDY, A, 13 Pentlow Way, Buckhurst Hill.....	(020) 8504 3396
M, M.M, 3 George Lane, E18.....	(020) 8530 3817	M, T, 53 Fremantle Road, Ilford.....	(020) 8551 2602	M, J, 103 Howard Road, E17.....	(020) 8521 6178
M, R, 601 Green Lane, Ilford.....	(020) 8599 9588	MOSSON, G, 13 Penrith Road, Ilford.....	(020) 8501 4605	M, Rex, 1 Chelwood Close, London.....	(020) 8524 4868
MOOR, D.C, 33 Bentley Drive, Ilford.....	(020) 8554 8494	MOTA, W, 7 Millais Road, London.....	(020) 3318 3925	M, R.M, 84 Spring Gro, Loughton.....	(020) 8508 4345
MOORE, A.M, 9 Brisbane Road, Leyton.....	(020) 3632 8038	MOTHEW, A.P, 7 Ashfields, Loughton.....	(020) 8508 8355	MUNGHAN, B, 15 Drayton Road, London.....	(020) 8117 6292
M, B, 226 Wellesley Road, Ilford.....	(020) 8554 7927	MOTRICAL, V, 8 Smarts Lane Mews Smarts Lane, Loughton.....	(020) 4541 2997	MUNIR, M, 45 Exeter Road, LONDON.....	(020) 3654 6316
M, C, 25 Melon Road, E11.....	(020) 8556 7111	MOTT, B, 123 Grange Park Road, London.....	(020) 7018 9749	M, M, 2 Keswick Gardens, Ilford.....	(020) 3091 0977
M, C.R.V, 16 Albert Road, Buckhurst Hill.....	(020) 8504 0729	M, W, 1 Grosvenor Close, Loughton.....	(020) 3719 5197	MUNN, V, 173 Sheringham Avenue, E12.....	(020) 8478 4350
M, D.J, 6 Felstead Road, E11.....	(020) 8989 8745	MOTTRAM, D, 17 Bamcroft Road, Loughton.....	(020) 8502 1483	MUNRO, Elizabeth, 83 Higham Hill Road, E17.....	(020) 8513 9387
M, J, 12 River Way, Loughton.....	(020) 8502 3706	MOULAY, M, 1b Browns Road, London.....	(020) 8521 7683	MUNTEANU, C, 53 Greenacre Gardens, Walthamstow.....	(020) 8214 7219
M, John C, 33 Pearcroft Road, E11.....	(020) 8556 5266	MOULD, V, Flat 15 Doncel Court 28 Forest View, E4.....	(020) 8529 0346	MUNYNE, M, 28 Selborne Avenue, Manor Park.....	(020) 3490 5719
M, J.J.E, 37 Blythswood Road, Ilford.....	(020) 8598 1102	MOULDER, S.S, 64 Weststead Park Rd, Ilford.....	(07956) 422501	MUNYNE-ALAWI, A, 65 Wingfield Road, London.....	(020) 3719 1283
M, M, 143 Chelmsford Road, London.....	(020) 8520 7887	MOULES, Richard, 51 Montalt Road, Woodford Green.....	(020) 8505 1784	MUPARADZI, H, (Mobile), 64 Elmbridge Road, Ilford.....	(07931) 600103
M, M, 123 Friday Hill West, E4.....	(020) 8524 4024	MOULTON, B, 94 Wynndale Road, E18.....	(020) 8506 0900	MURAD, A, 26 Belgrave Road, E17.....	(020) 8521 4430
M, M, 358 Green Lane, Ilford.....	(020) 8590 9552	M, Mrs 48 Englands Lane, Loughton.....	(020) 8508 5823	MURALIKRISHNANAN, B.K, 674A Romford Rd, E12.....	(020) 8478 2738
M, M, 47b Marlborough Road, London.....	(020) 3638 4559	MOUNEMEN, N, Brennan House 20 608, High Road Leyton, London.....	(020) 3565 0928	MURAT, M, 66 Kings Head Hill, Ilford.....	(020) 8529 4026
M, M, 69 Matlock Road, E10.....	(020) 8988 0702	MOUNGANGA, N, 31 Station Rd, E17.....	(020) 8223 0882	MURCIA GONZALEZ, J, 133 Twickenham Road, London.....	(020) 3793 1701
M, N.H, 54 Lord Avenue, Ilford.....	(020) 8550 4321	MOUNTAIN, D, 3 St. Francis Way, Ilford.....	(020) 3732 8131	MURCUTT, L, 57 Inverness Drive, Ilford.....	(020) 8500 1519
M, P, 593B Green Lane, Ilford.....	(020) 8220 0869	MOUNTFORD, F, 3 Ormonde Rise, Buckhurst Hill.....	(020) 8504 0709	MURDOCH, C.E, 8 The Drive, Ilford.....	(020) 8554 1224
M, P, 50 Morrab Gardens, Ilford.....	(020) 8590 0374	M, M, 3 Ormonde Rise, Buckhurst Hill.....	(020) 8504 6745	MURPHER, I, 54 Genas Close, Ilford.....	(020) 8551 9078
M, P.V, 164 Higham Station Avenue, E4.....	(020) 8531 1906	MOURS, D, 107 Greensted Road, Loughton.....	(020) 8508 5988	MURPHY, A, 28 Spencer Road, Ilford.....	(020) 8598 9238
M, Mrs Rita, 70 The Drive, London.....	(020) 8530 2021	MOURSI, I, 17 Hurstcombe Whitehall Lane, Buckhurst Hill.....	(020) 8504 5780	M, A, C, Flat 26 Hunter Court Homesdale Close, E11.....	(020) 8989 1936
M, S, Flat 10 Westleigh Court 2 Nightingale Lane, E11.....	(020) 8530 6056	MOUSVA, N, 19 Kimberley Road, E17.....	(020) 8527 0575	M, A.T, 32 Thorpe Hall Road, E17.....	(020) 8527 7077
M, S.T, 59 Marmion Ct, E4.....	(020) 8529 6387	MOUSSA, M, B, 20 Lee Close, London.....	(020) 8141 8859	M, D, Flat 14 25, Theresa Court 25 Forest View, Chingford.....	(020) 8524 6286
M, T.J, 5 Rosslyn Road, E17.....	(020) 8521 5596	M, S, 21 Eighth Avenue, London.....	(020) 8478 5325	M, E, 88 Bridge End, E17.....	(020) 8531 6070
M, V.M, 90 Third Avenue, E12.....	(020) 8514 3624	MOUSSAID, R, 957 Forest Road, London.....	(020) 8418 5582	M, E, 56 Lansdowne Road, Ilford.....	(020) 8599 5252
MOOSA, A, 125 Thorold Road, Ilford.....	(020) 8220 9697	MOUSTAFA, Z, 2 The Drive, E4.....	(020) 8529 2552	M, H, 68 Goldsmith Road, London.....	(020) 8925 9489
M, S, 18 Highbury Gardens, Ilford.....	(020) 3566 2534	MOUTSA, Armitan, Flat 7 Elmwood Court 112 Goldsmith Road, E10.....	(020) 8558 0207	M, J, Essex.....	(07071) 226840
MOOSUN, F, Flat 31 Reginald Sorenson House Wallwood Road, London.....	(020) 3441 8306	MOWATT, E.I, 18 Bloomfield Cres, Ilford.....	(07956) 567763	M, J, 21 Harbour Close, Ilford.....	(020) 8501 3565
MOOTOOSHMY, Mr T, 86 Stanley Road, London.....	(020) 8141 7818	MOWLE, J, 61 Higham Station Avenue, LONDON.....	(020) 3536 9758	M, J, 59 Lushes Road, Loughton.....	(020) 8508 4264
MOR, M, 548 Flat 9 Forest Road, LONDON.....	(020) 8520 8379	MOY, Admiral R, 48 Greenstead Gardens, Woodford Green.....	(020) 3700 3931	M, J, 40 Ollards Grove, Loughton.....	(020) 8509 9700
MORABY, M.S, 93 Gladstone Avenue, E12.....	(020) 8552 9582	MOYLES, C, 83 Torrington Drive, LOUGHTON.....	(020) 8502 3084	M, K, Flat 2 Latham House The Drive, Walthamstow.....	(020) 8520 8540
MORAIN, V, 291 Henley Road, Ilford.....	(020) 8478 4733	MOYLEY, L, 64 Scotts Road, London.....	(020) 8556 5018	M, K, 64 Dangan Road, E11.....	(020) 8530 4176
MORAINS, D, 38 Selwyn Avenue, E4.....	(020) 8527 7266	MOYNGACH, J.J, 52 Barley Lane, Ilford.....	(020) 8599 4426	M, M, 25 Clivedon Road, E4.....	(020) 8527 5123
MORAITIS, G, 40 Newbury Road, Chingford, London.....	(020) 8527 2742	MOYNIHAN, C, 9A Alloa Road, Ilford.....	(020) 8270 0632	M, R, 46 Avondale Drive, Loughton.....	(020) 8508 0384
MORAN, D, Mobile, 209 Oaks Lane, Essex.....	(07950) 178749	MOYTO, F, Fairwood Court Flat 21 33, Fairlop Road, London.....	(020) 3015 7471	M, R, 6 High View Close, Loughton.....	(020) 8508 2794
M, R, 21 Holly Road, London.....	(020) 3560 5140	M, Mr T, Flat 9, Athlone Ct, 3 Stocksfield Rd, London.....	(020) 3132 7054	MURPHYV, K, 7 Bell Gdns Church Rd, E10.....	(020) 8558 5176
MORAR, J, 74 Torquay Gardens, Ilford.....	(020) 8220 6641	M, Mr T, Flat 9 Athlone Court 3 Stocksfield Road, London.....	(020) 3132 7054	MURRAY, Mr A, 548a Lea Bridge Rd, London.....	(020) 3132 6020
MOREIRA, E, 116 Forest Edge, Buckhurst Hill.....	(020) 8279 3899	MPAGA KAGGWA, E, 6 Rayleigh Road, Woodford Green.....	(020) 8505 2562	M, D, 2 Amesbury Drive, London.....	(020) 8527 1973
M, S, 696 High Road Leyton, London.....	(020) 4501 7259	MPLA, T, Glean Court Flat 15 4, Langthorne Road, London.....	(020) 3685 1957	M, Debbie, 588 Kingswood Road, E11.....	(020) 8988 1440
MORENO CARDENAS, B, 206 Fleeming Road, London.....	(020) 3509 8346	MR BARRY HEMINGS, M.B.H, 36 Cavendish Road, London.....	(020) 8531 3860	M, Deborah, 64 Wellesley Road, Ilford.....	(020) 8518 2292
MORENO-CORTES, J, 163A Whitehall Road, Woodford Green.....	(020) 8505 0133	MR D.C. & MRS B.A. HARKER, Elmlea Sewardstone Road, London.....	(020) 8524 1210	M, G, 30 Gladstone Road, Buckhurst Hill.....	(020) 8923 2188
MORETTI, G, 4 Wallards, Blake Hall Road, London.....	(020) 3774 9955	MRAN, K, 109 Colchester Rd, E10.....	(020) 8556 9956	M, Mr Gerald, Flat 15 Springfield Court, Forsythia Close.....	(020) 8227 1342

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MUSONDA, J, 15 Navestock Crescent, Woodford Green.....	(020) 3560 0390	NAVADIYA, C, Catherine Court Flat 21, 30 Springfield Drive, Ilford.....	(020) 3539 0632	N, J, 33 Hastings Avenue, Ilford.....	(020) 8551 0617
MUSSETT, Nicola, 9 The Copse, E4.....	(020) 8529 2158	NAVARATNAM, Mrs Suyatha, 255 Horns Road, Ilford.....	(020) 3602 4491	N, M, 4 The Drive, Loughton.....	(020) 8508 3841
M, P.G, 3 Woodbury Close, E11.....	(020) 8989 3262	N, S, 40, Suffolk Court Suffolk Road, Ilford.....	(020) 3952 2374	N, P, 39 Trelawney Road, Ilford.....	(020) 8500 6015
MUSSO, G, 57 Lancaster Road, Leytonstone.....	(020) 8556 9401	NAVARATNANSINGHAM, Kanthini, 28 Falmouth Av, London.....	(020) 8531 7627	N, S, 96 Wensleydale Avenue, Ilford.....	(020) 8270 9178
MUSTAFA, A, Flat 4 Clock House 13 Pretoria Avenue, E17.....	(020) 8520 8671	NAVARRETE, H, 11 Wickham Road, E4.....	(020) 8527 8313	N, T, 168 Twickenham Road, London.....	(020) 8281 2036
M, C, Flat 11 Merton Court 120 Castlevew Gardens, Ilford.....	(020) 3730 8187	NAVARRO, J.L, 53 Ainslie Wood Gardens, E4.....	(020) 8524 6187	NG, P, Lift Line Liberty Court 406 High Road Leyton, E10.....	(020) 8539 8302
M, G, 219 Halley Road, London.....	(020) 3352 6145	NAVARROW, J, 64 Goldings Road, Loughton.....	(020) 8508 8769	NGARAMBI, Mr S, Mobile, 5 Holstock Road, Ilford, Essex.....	(07949) 015079
M, H, 5 Colchester Road, E10.....	(020) 8558 3776	NAVEED, S, 109 Mortlake Rd, Ilford.....	(020) 8553 5350	NGENDO, R, Mobile, 57 Bemsted Road, London.....	(07951) 522954
M, I, 39 Downshall Avenue, Ilford.....	(020) 8599 7182	N, U, 11 Capel Gardens, Ilford.....	(020) 3375 6796	NGIEQ, Q, 49 Goodmayes Lane, Ilford.....	(020) 3489 2358
MUSTER, A, 20 Grange Crescent, Chigwell.....	(020) 8500 4042	NAVICKAITE, Ms A, Flat 2 Daisy House 796-802 High Road, Ilford.....	(020) 3132 8357	NGOYI, A, 94 Radbourne Crescent, E17.....	(020) 8503 6624
MUSUSWA, R, 5 St John's Rd, London.....	(020) 3617 4616	NAVICKAS, Mr D, 15 Windsor Road, London.....	(020) 8141 3431	NGUNGU, Miss 29 Selborne Road, Ilford.....	(020) 3638 2894
MUTHUSWAMY, Dr M, 1/89 Nurses Home Whippis Cross Road, London.....	(020) 3132 2598	NAWAB, A, 291 Ley Street, Ilford.....	(020) 3302 4197	NGUYEN, Mr A.V, 62 Belvedere Rd, London.....	(020) 8558 8610
MUTLIB, A, 68 Flat 2, Flat 2 Ingleby Road, ILFORD.....	(020) 3561 5393	NAWAS, Mr M, 120 Billet Road, London.....	(020) 8141 8847	N, C, 157A Wood Street, Walthamstow.....	(020) 3352 6574
MUTONI, Miss M, Flat 9 Grosvenor Court Brewster Road, London.....	(020) 8141 0239	NAWAZ, A, 69 Grosvenor Road, Ilford.....	(020) 8252 3297	N, H, 168 Hall Lane, London.....	(020) 3623 0917
MUTTER, A, 47 Hainault Road, E11.....	(020) 8556 0880	N, A, 8 The Hollies New Wanstead, LONDON.....	(020) 3685 2459	N, Tuiet, 78 Bedford Road, Ilford.....	(020) 8553 5355
MUTTUNAYAGAM, G, Flat 12 14, Flat 12, Ellen Court The Ridgeway, London.....	(020) 3669 8067	N, J, 33 Bengal Road, Ilford.....	(020) 8514 1497	N, Thigai, 10C Courtland Avenue, Ilford.....	(020) 8554 5536
MUUAZA, B, Flat 2 Bernard House 52-54 Peregrine Road, Ilford.....	(020) 3380 0330	N, Mr M, 29 Dudley Rd, Ilford.....	(020) 8141 7838	N, V, The Nail Bar 66 High Street, Barkingide,.....	(020) 8551 0050
MUWANGUZI, J, 24A Goldsmith Rd, E10.....	(020) 8539 1651	N, M.N, (Mobile), 1 Stainforth Rd, E17.....	(07956) 561143	NIALL, K.L.H, 26 Warwick Road, E11.....	(020) 8989 7049
MUVAMBI, Felicit, Flat 55c North Residences 167 Barley Lane, Ilford.....	(020) 8599 8396	N, P, 80 Windsor Road, Ilford.....	(020) 8514 3942	NIAM, Mr S, 45 Durham Rd, London.....	(020) 8141 2503
MUZA, P, 110 Orford Road, LONDON.....	(020) 3718 2967	N, R, 15 Windsor Avenue, London.....	(020) 8523 5241	NIAMZUR, R, 530A High Road, Ilford.....	(020) 3590 2412
MVEMBA, S, 52 Heathcote Court Heathcote Avenue, Ilford.....	(020) 3624 2470	NAWAZ RAJA, Mr A, 184 Markhouse Rd, London.....	(020) 8509 2240	NICA, J, 15 Monarch Way, Ilford.....	(020) 8554 7151
MVUEZLO, Luyikulu, 12 Warrior Square, London.....	(020) 8514 5960	NAYABA, F, 236A Lea Bridge Road, London.....	(020) 3663 1703	N, Mrs Maria, Flat 1, 10 Mulberry Way, London.....	(020) 3556 8708
MWAKU, J, 2 Orchard Close, E4.....	(020) 8524 2207	NAVIM, Mr Jannatul, 104a Courtland Avenue, Ilford.....	(020) 8091 9734	NICHOLAQUY, M, 62A Hove Av, E17.....	(020) 8509 3490
MYERFERREIRA, T, 145 Westwood Road, Ilford.....	(020) 8590 4586	NAYLOR, S, 57 Selwyn Avenue, London.....	(020) 8257 2724	N, P, 4A Sunnymdene Avenue, E4.....	(020) 8527 7733
MYERS, A, 48 Glenwood Gardens, ILFORD.....	(020) 8550 9004	N, V, 35 Warboys Crescent, Chingford.....	(020) 8531 6460	NICHOLAS, J, 44 Grantock Road, E17.....	(020) 8527 7459
M, A.M, 28 Cascade Clo, Buckhurst Hill.....	(020) 8505 5422	NAZAREANU, I, 124 High Road, London.....	(020) 8177 3695	N, K, mobile, 122 Upper Walthamstow Rd, E17.....	(07956) 253668
M, E, Copper Beech Grove Lane, Chigwell.....	(020) 8559 9227	NAZER, Mr A, 101a Billet Rd, London.....	(020) 8141 8853	NICHOLAU, G, 43 Gantsill Crescent, Ilford.....	(020) 8551 5262
M, K, 24 Buttsbury Road, Ilford.....	(020) 8553 0887	NAZHA, M, 39 Crawley Road, London.....	(020) 8923 8103	NICHOLL, P, 38 Greenstead Avenue, WOODFORD GREEN.....	(020) 8505 0917
MYLA, A, Ground Floor Flat 54 Goldsmith Avenue, London.....	(020) 3663 8819	NAZIMUDDIN, M, 53 Romford Road, Chigwell.....	(020) 8215 0525	NICHOLLS, B.S, 282 Dersingham Avenue, E12.....	(020) 8553 1547
MYLES, A.J, 63 Pylres Lane, Loughton.....	(020) 8508 4581	NAZIR, Mr J, Mr Flat 29 Piper Way, Ilford.....	(020) 8514 8282	N, Mrs Newbury Cottages Ley Street, Ilford.....	(020) 8518 1915
MYNARD, Mrs Irene, Flat 16, Hunter Court Homesdale Close, London.....	(020) 8989 7536	N, M, 181 Blackthorn Road, Ilford.....	(020) 8514 4636	N, R, 77 Horn Lane, Woodford Green, Ilford.....	(020) 8504 0549
N, AKTER, N, Electric Parade 15a Seven Kings Road, Ilford.....	(020) 3729 7975	N, S, Flat 1b Redbridge Lane East, Ilford.....	(020) 3718 4984	N, S, 16 Diana Road, London.....	(020) 8521 1857
NABI, H, 50 Capworth Street, London.....	(020) 7041 9601	N, T, 270 Eastern Avenue, Ilford.....	(020) 8518 4849	NICHOLS, L, 35 Pretoria Crescent, London.....	(020) 8539 3448
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NADANAKUMAR, G, Flat First Floor 32 Cameron Road, Ilford.....	(020) 8599 0362	NDELE, A, Flat 15, Marien Court, 45 The Avenue, London.....	(020) 3556 9600	N, H.S, 269 Hainault Road, E11.....	(020) 8539 7020
NADARAJAH, M, 95 Perrymans Farm Road, Ilford.....	(020) 8554 6301	NNDIAVE, A, 89 First Floor, First Floor Browning Road, London.....	(020) 3731 5704	N, J, 21 Forest Edge, Buckhurst Hill.....	(020) 8504 5612
N, S, FLAT 6 VIOLET HOUSE Reservoir Way, Ilford.....	(020) 8500 0411	NNDLOVU, P, Flat 179 Hermitage Court Woodford Road, South Woodford.....	(020) 8989 5063	N, K, 12 Newmans Lane, Loughton.....	(020) 8508 3914
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NAFIR, U, 12 Bracken Drive, Chigwell.....	(020) 8500 7419	NDEGLE, D.G, 31 The Risings, E17.....	(020) 8520 8168	NICKSON, H, Mobile, 74 Victory Road, London.....	(07932) 098830
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NAGENDRA, A, 33 Brisbane Road, Ilford.....	(020) 8518 1717	NEAL, E, 127 Peel Road, E18.....	(020) 8506 1499	NICOL, Ms K, Ms 3 Walton Close, London.....	(020) 8503 3542
NAGESHWARAN, K, 73 Abbotswood Gardens, Ilford.....	(020) 8262 2718	NEALE, A, 103 Mossford Lane, Ilford.....	(020) 8550 2109	NICOLA, M.G, 155 Grove Road, E17.....	(020) 8520 2365
NAGESWARAN, P, 29 Bentley Way, Woodford Green.....	(020) 8505 1499	N, P, 59 Courtney Road, London.....	(020) 8923 9468	N, R.J, 24 Ormonde Rse, Buckhurst Hill.....	(020) 8504 2630
NAGIYE, M, 11 Perth Road, Ilford.....	(020) 8554 6302	N, P, 19 Yardley Lane, London.....	(020) 8928 0076	NICOLI, L, 90 Mornington Rd, E11.....	(020) 8556 4175
NAGY, Mr Z, 116 Little Ilford Lane, London.....	(020) 8177 1461	N, T, 308 Fencepiece Road, Ilford.....	(020) 8500 1278	NIE, Mrs Barbara, Flat 6, 81 Chingford Avenue, London.....	(020) 8523 9052
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N, S, 207 Kingston Road, ILFORD.....	(020) 8478 2493	NEAVES, M, 18 Park Road, E17.....	(020) 8521 0742	NIEMIERKO, M, 23 Kings Gardens, Ilford.....	(020) 8220 7874
N, S, 101 Northbrook Road, ILFORD.....	(020) 3712 7625	NEBI, Mr M, 768A Lea Bridge Road, London.....	(020) 8141 7875	NIEUWERF, J, 57 Cary Road, London.....	(020) 8925 8892
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NAIDOO, Mr D, 288 High Rd, London.....	(020) 8177 0133	NECKLES, V, 78 Queens Road, London.....	(020) 8520 5697	N, Z, 3 Nottingham Road, London.....	(020) 3652 8729
N, N, 79 Wards Road, Ilford.....	(020) 8983 8657	NECLUA, A, 32 Gainsborough Avenue, London.....	(020) 3730 8911	NIJAM, M, 160 Sheringham Avenue, E12.....	(020) 8478 6902
NAIK, S, 40 Melbourne Road, London.....	(020) 8520 6080	NEDD, E, 37 Rectory Road, London.....	(020) 8926 8960	NIJER, P, 27 Gyllyngdune Gardens, Ilford.....	(020) 8590 3343
NAIL, Mrs I, 6 Cornwallis Rd, London.....	(020) 8521 3559	NEDELCU, T, 11a Colville Road, London.....	(020) 8531 4555	NIKIFOROVA, Miss A, 52 The Crescent, London.....	(020) 8141 6553
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N, H, 39 Kensington Avenue, London.....	(020) 8552 1650	NEEDHAM, E, Flat 5, St. James Apartments, 1 Pretoria Avenue, London.....	(020) 8062 8237	NIKOVOL, G, 134 Bisterme Avenue, London.....	(020) 3320 7526
N, K, 6 Peel Place, Ilford.....	(020) 3161 9256	NEEDS, M.R.A, 595 Copperfield, Chigwell.....	(020) 8501 5056	NIPPRESS, M, 15 Seymour Road, London.....	(020) 8924 1020
N, V, 2b Broadwalk, London.....	(020) 8989 9577	NEENAM, C, 29 St. Albans Crescent, Woodford Green.....	(020) 8504 1520	NIRMALANAYAGAM, N, 68 Ladysmith Avenue, Ilford.....	(020) 8590 2983
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NALVAIKA, DN, 30 Accom Close, E4.....	(020) 8529 6078	NEGRU, C, 16 Ashville Road, London.....	(020) 3659 3499	NISRUL HARIYA, R, 8 Cheriton Avenue, Ilford.....	(020) 8616 8374
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NALLUKWAGO, A, Flat 4 74 Green Lane, Ilford.....	(020) 3532 1036	NEIGHBOUR, Y, 75 Harold Road, E4.....	(020) 8529 1615	NITU, Violeta, 71 Billet Road, E17.....	(020) 8531 0799
NAMBIAROORAN, Mr C, 12 Norman Rd, Ilford.....	(020) 3132 4444	NEI, Reverend R, 20 Hatherley Road, London.....	(020) 3645 7249	NIZAM, G, 174 Northcote Road, Walthamstow.....	(020) 8521 5990
NAMUTEBI, Z, Flat 15 John Cornwell V C House Grantham Road, E12.....	(020) 8478 7999	NELSON, G, 22 Westward Road, London.....	(020) 8279 3408	NJIE, Admiral M, 6 Fullwell Court Fullwell Avenue, Ilford.....	(020) 4532 7799
NANASI, M, 323 Capworth St, E10.....	(020) 8558 9119	N, Helen, 61 Bluebell Avenue, E12.....	(020) 8552 0859	NJOH, Miss N, 53a High St, London.....	(020) 3132 5618
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NANDI, K, 1 Fairview Road, CHIGWELL.....	(020) 3612 0962	N, S, 6 Cleveland Road, London.....	(020) 8270 8668	NOBES, L, 1 Mundon Gdns, Ilford.....	(07956) 341814
N, S, 110 Glengall Road, Woodford Green.....	(020) 8504 8771	N, S.J, 6 Cleveland Road, E18.....	(020) 8530 3429	NOBLE, C, 78 Bushwood, London.....	(020) 8257 1275
NANTHAGUMMAR, S, 61 Doveedale Avenue, Ilford.....	(020) 8550 4851	NELSON-KING, J, 9 Alfred Road, Buckhurst Hill.....	(020) 8506 0591	N, E, 4 Gardenia Way, Woodford Green.....	(020) 8550 6369
NANTWI, D, 54 Northbank Road, LONDON.....	(020) 8523 1395	NEORNTA, D, 6 Colchester Avenue, E12.....	(020) 8911 4700	N, J, 25 Elmfield Road, London.....	(020) 8524 2142
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NAPOLITANO, E, 59 Oak Hill Crescent, Woodford Green.....	(020) 8527 2880	NEOFITOU, Barbara, 2 Gwynne House High Street Wanstead, E11.....	(020) 8518 8893	N, Miss M, 146 Francis Rd, London.....	(020) 3132 4915
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NARAIKE, K, 57 Second Avenue, E12.....	(020) 8514 1626	NESA, J, 304A Monera Road, London.....	(020) 3592 6111	NOEL, A, 47 Walpole Road, E17.....	(020) 8521 3227
NARAYANAN, L, 376 New North Road, Ilford.....	(020) 3590 5451	NESTOLA, B, 2 Pulteney Gardens, E18.....	(020) 8989 3776	N, C, 653 High Road Leyton, E10.....	(020) 8539 0335
N, Mr S, Mr 96 Stradbroke Grove, Ilford.....	(020) 3754 6632	NEWISAR, A.M, 258 Thorold Rd, Ilford.....	(07956) 837721	N, M, 101 Hampton Road, London.....	(020) 8556 0314
NARAYANASAMY, R, 68 Waltham Rd, Woodford Gn.....	(020) 8504 5494	NETO, F, 100 Birch Grove, London.....	(020) 8529 1967	N, Michael, Flat 7 Health Court 28 Hollybus Hill, E11.....	(020) 8530 2687
NARAYANAN, L, 146 Kensington Avenue, E12.....	(020) 8470 3568	N, H, 112 Onslow Gardens, E18.....	(020) 8530 8142	NOLAN, K, 22A Salisbury Road, LONDON.....	(020) 8524 1585
NARKHEDE, G, 23 Gardner Close, London.....	(020) 3648 3767	N, Mr Lucas, Willis House Grantham Road, Manor Park, London.....	(020) 3302 3302	N, M, 5 Margarett Road, LONDON.....	(020) 8989 4005
NARNOR, A, 17 Leuca Road, London.....	(020) 3305 6481	NEUNIE, S.L, 14 Little Friday Rd, E4.....	(07949) 420578	N, M.C, 131 Auckland Road, Ilford.....	(020) 8518 1503
NARTEY, P, 21 Cathall Road, London.....	(020) 3665 2267	NEVES, Rita, Flat 19 Delamere Court 2 Hawker Place, E17.....	(020) 8527 1549	NOLLETH, R, 67 Lea Hall Road, London.....	(020) 8923 8767
NARUNSKY, Ariel, 51 Church Lane, E17.....	(020) 8521 7580	NEVILLE, P, 11 Long Deacon Road, E4.....	(020) 8529 6515	NOMANI, Mr N, 8 Norman Road, Ilford.....	(020) 8141 7838
NARWAL, A, 137 Blythswood Road, ILFORD.....	(020) 8597 0991	N, Roger, 3 Richmond Road, E4.....	(020) 8524 9375	NOONAN, J, 133 Sixth Avenue, London.....	(020) 8553 2023
NASEEM, K, 9 Endsleigh Gardens, Ilford.....	(020) 8554 5874	NEVILLE-CARLE, R, 1 Little Ilford Lane, London.....	(020) 8514 8240	NOORKHAN, M, Flat 2 3 Mearley Road, Manor Park.....	(020) 8911 8221
NASH, A, 26 The Vale, Woodford Green.....	(020) 8504 7224	NEWB, B, 17 Fairfield Court Fairfield Road, Woodford Green.....	(020) 8498 9277	NOR, Mrs H, 73 Cobham Rd, Ilford.....	(020) 8598 8939
N, G, 40 Falmouth Avenue, E4.....	(020) 8531 2165	NEWBROOK, C.R, Flat 4 9 Woodland Road, E4.....	(020) 8524 0280	NORAIKA, J, 26 Empress Avenue, E12.....	(020) 8529 2205
N, Mrs Kathleen, 13 Sunnymede, Chigwell.....	(020) 8500 2618	NEWCOMBE, P, Parmiters Sports Ground 102A Nelson Road, Chingford.....	(020) 8527 4759	NORCARO, A, 64 Beechwood Park, E18.....	(020) 8989 5502
N, V, 3 Lancaster Drive, LOUGHTON.....	(020) 8502 3556	NEWELL, K, 16 William Street, E10.....	(020) 8556 7691	NORDEN, P, 22 Camanton Road, London.....	(020) 8523 2955
NASIM, Mr M, 71 Chesterford Rd, London.....	(020) 8514 7649	NEWITT, K, 20a Rusler Road, Buckhurst Hill.....	(020) 8504 1550	NOREN, F, 377 Manford Way, Chigwell.....	(020) 3659 5807
N, M, 57 Salsbury Road, London.....	(020) 8478 2004	NEWLAND, G, 2 Rowner Lodge 2-3 Newgate Street, E4.....	(020) 8524 6124	NORFOLK, M, 16 Essex Road, LONDON.....	(020) 8530 3098
NASIR, M, 10 Jewel Road, E17.....	(020) 8521 6629	N, M, 9 Buckrell Road, London.....	(020) 8257 1004	NORGATE, T.J, 4 Malvern Gardens, Loughton.....	(020) 8508 3763
N, M, 154 Sheringham Avenue, London.....	(020) 8014 4474	NEWLANDS, D, 31 Bressay Grove, E18.....	(020) 8989 2536	NORGROVE, J.L, Flat 3 Kendal Court 63 The Ridgeway, E4.....	(020) 8524 6864
NASIR MASIH, I, 831C Romford Road, E12.....	(020) 8514 8547				

N, L, 2 Ravensbourne Gardens, ILFORD.....	(020) 8550 5712	OGUNGBEMI, M, 12 Fairstead Lodge Snakes Lane, Woodford Green.....	(020) 8793 5383	O'ROURKE, Miss D, 59 Lindley Rd, E10.....	(020) 8532 8240
NORTON SILVA, Miss Florbela, 120b Stanley Road, Ilford.....	(020) 3754 7253	OGUNLAJA, O, 12 Cross Keys Court Queen Mary Avenue, London... (020) 3689 7379		O, J.F, 12 The Uplands, Loughton.....	(020) 8508 3538
NOTT, C, 24 Grove Road, London.....	(020) 8539 9083	OGUNDE, Mr A, 11 Oregon Ave, London.....	(020) 8141 7833	OROZ, A, 12 Sandford Avenue, LOUGHTON.....	(020) 3718 3165
NOTTAGE, P, 30 Stoneycroft Road, Woodford Green.....	(020) 8505 9678	OGUNSHEMI, Kofoworola, Flat 3 Osborne Court 23 Capworth St, London.....	(020) 8539 7149	ORPHANOS, E, 111 Clayhall Avenue, Ilford.....	(020) 8505 6557
NOULIS, I, 6 Gainsborough Road, London.....	(020) 3685 2310	OGUNTADE, F, 13A Grantham Road, London.....	(020) 3686 4885	O, M, 11 Cottessmore Avenue, Ilford.....	(020) 8550 6993
NOVAC, M, 1948 High Road Leyton, London.....	(020) 8925 6397	O'HAGAN, D, 35 Canterbury Road, E10.....	(020) 8558 8482	ORR, Derrick, 50 The Uplands, Loughton.....	(020) 8508 2088
NOVAKS, E, Flat 35 Carlton House 501-535 High Road, Ilford.....	(020) 8553 2223	OHALLORAN, B, 81 Essex Road, London.....	(020) 8556 4251	OSAJ, J, Flat 123 Ley Street House 497-99 Ley Street, Ilford.....	(020) 3875 4326
NOVAK, Mr J, 69 Stirling Rd, E17.....	(020) 8527 5849	O'HALLORAN, K, 4 Elmstead Road, Ilford.....	(020) 8506 4854	OSBORN, G.T, 86 Manock Drive, Loughton.....	(020) 8508 2507
NOVAKOVA, Miss Z, Flat 104 Northwood Tower 71 Marlowe Rd, London.....	(020) 8177 9967	O'HARA, Christine, 120 Kings Avenue, Woodford Green.....	(020) 8504 1340	OSBORNE, A, 7 Farney Drive, Ilford.....	(020) 8590 2021
NOVEMBER, R, 46 Castleton Road, Essex.....	(020) 8590 9154	OHARA, Michael, 35 Beaconsfield Road, E10.....	(020) 8556 0266	O, J, 107 Auckland Road, Ilford.....	(020) 8554 9050
NOVITT, J.H, 7 Broadhurst Gardens, Chigwell.....	(020) 8500 8442	O, M, 9A Holly Lane, Ilford.....	(020) 8989 7801	O, N, 37 Sunderland Way, E12.....	(020) 8530 7432
NOWACKI, T, 18 Thurlow Close, E4.....	(020) 8531 6753	O'HARA, S.B, 76 Bushwood, E11.....	(020) 8399 8111	O, Robert, 113 Chestnut Avenue South, Walthamstow.....	(020) 8520 2937
NOWAK, P.J, 329 Kingston Road, Ilford.....	(020) 8553 1888	O, T, 131 Wanstead Park Avenue, E12.....	(020) 8530 3923	O, T, 41 Pulteney Road, London.....	(020) 8530 5575
NOWARK, Mr A, 68 Roseberry Av, London.....	(020) 3132 1262	O'HARE, J, Flat A 7 Dalkeith Road, Ilford.....	(020) 8553 5916	O, V, 26 Godwin Close Seawardstone Road, E4.....	(020) 8529 9985
NOWELL, J, 52 Wanstead Park Road, Essex.....	(020) 8553 5640	OHENING, Mr N, 74 Tiptree Crescent, Ilford.....	(020) 3318 8080	OSBOURNE, D.K, 31 Bracken Drive, Chigwell.....	(020) 8500 3005
NOYCE, Susan, 9 Chatham Road, E17.....	(020) 8527 6337	OHEKWE, M, 133 Grange Park Road, Walthamstow.....	(020) 8527 0403	OSBURNE, C, 21 Westmorland Close, LONDON.....	(020) 8923 1504
NUGENT, M, 48 Morland Road, London.....	(020) 8520 9581	OJO, Mr A, 79 Abbey Rd, Ilford.....	(020) 3132 3854	OSCAR OBI, J, 69 Browning Road, E12.....	(020) 8141 1398
NUNES, Carol, Flat 2 37 Greenleaf Road, E17.....	(020) 8509 8754	O, O, 35 Longcroft Rise, Loughton.....	(020) 8925 8412	OSCAR-ODI, Mr J, 169 Browning Road, London.....	(020) 8141 1553
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NUNN, J, 85 Catherham Avenue, Ilford.....	(020) 8550 0264	O'KANE, P, 44 Ferndale Road, London.....	(020) 8556 6503	O, E, 5 Windsor Park, London.....	(020) 8001 4342
N, J, 50 Owen Gardens, Woodford Green.....	(020) 8504 7543	OKANTY, R, 7 Cavalry Place, E17.....	(020) 8531 7948	O, M, 19 Whitecroft Court Cecil Road, Leytonstone.....	(020) 3722 4937
N, J.R, 55 Stanley Road, Ilford.....	(020) 8478 5754	OKAYE, M.S Peace, 61 Windfield Road, London.....	(020) 3556 6115	OSEI-BONSUJ, S, 11 Mani Terrace 158 Boundary Road, E17.....	(020) 8503 7093
N, M, 145 Tomswod Hill, Ilford.....	(020) 8924 6061	OKTAR, Shereen, 34 Cherry Court Longwood Gardens, Ilford.....	(020) 8550 7999	OSENIE, H, 13 Ansar Gardens Markhouse Road, London.....	(020) 8520 0929
NUNYO, Mr R, 21 Sixth Avenue, London.....	(020) 8141 0364	OKULOV, Inga, 131 Lavender Place, E10.....	(020) 8514 3073	O'SHEA, C, Mobile, 278 Strone Rd, Manor Pk.....	(07956) 534375
NURCOMBE, A, 69 Bridge End, London.....	(020) 8527 2812	OKUNNU, M, 5 Westminster Gardens, Ilford.....	(020) 8550 7607	OSHEA, G, 2 Leopold Road, LONDON.....	(020) 8509 0202
NURCIN, Mrs U, 8 Suffolk Court Suffolk Road, Ilford.....	(020) 8510 1438	OLADIMEJI, A, Flat 17 Essex Mansions 1 Essex Road South, E11.....	(020) 8539 7067	O'SHEA, L, 4 Mianock Drive, Loughton.....	(020) 8502 5971
NURSE, B, Flat 3 Latimer Court 476 Lea Bridge Road, E10.....	(020) 8508 8067	OLADIPPO, Christy, 68 Warrior Square, E12.....	(020) 8514 6869	OSHODI, Miss K, 21 Lynford Gardens, Ilford.....	(020) 8141 3359
N, K.N, 112 Colchester Road, E10.....	(020) 8556 6983	O, Miss J, Flat 11 Kingsley Mews Ley Street, Ilford.....	(020) 8177 9467	OSHUNGURU, Olayinka, 217 Mortlake Road, Ilford.....	(020) 8553 2951
NURSEY, G.R, 1 Gloucester Road, E11.....	(020) 8989 6502	O, Omolara, 120B Little Ilford Lane, E12.....	(020) 8553 0155	OSIECKA, A, 43 Gainsborough Avenue, London.....	(020) 3674 6936
NUTKINS, J, 45 Highfield Road, Woodford Green.....	(020) 8505 1296	OLAGUNJU, D, 116 Long Green, Chigwell.....	(020) 3723 2360	OSIA, X, 175 Delamere Court 2 Hawker Place, London.....	(020) 8531 5255
NUTTALL, Ruth, 60 Coopers Close, Chigwell.....	(020) 8500 1685	OLD, P, 65 Frances Road, E4.....	(020) 8531 7821	OSKU, Mr G, Mr Ground Floor Flat 1, 208 Twickenham Road, London.....	(020) 8536 9809
NUUR, Miss M, 43 Lawson Close, Ilford.....	(020) 8478 4058	OLDERSHAW, A, 232 Roding Lane South, Ilford.....	(020) 8550 3373	OSMAN, Miss H, Flat 98 Fred Wigg Tower Monatgue Road, London (020) 8141 4417	
NWANAGOA, G, Flat 14 Electric House 18 Teresa Mews, E17.....	(020) 8509 8069	OLDSTEIN, F, 135 Herts Road, Ilford.....	(020) 8550 3703	O, M, Flat 7b 30 Forest Road, London.....	(020) 8509 1780
NWOKEDI, A, FLAT 24 WINDSOR COURT 312 Forest Road, London..... (020) 8509 3523		O'LEARY, D, mobile, 52 Whitney Rd, E10.....	(07930) 900602	O, Sharifa, Flat 4 Victor Court 80 Roden Street, Ilford.....	(020) 3632 4972
NWOKKEI, E, 609a Romford Rd, E12.....	(020) 8514 1634	O, J.F, 19 St. Johns Road, Ilford.....	(020) 8599 6485	OSMANI, Bayan, 21 Eastwood Road, Ilford.....	(020) 8597 6260
NYANGOMBE, Mr Adrian, Flat B, 817A Lea Bridge Road, Walthamstow.....	(020) 3638 6501	O, N, M, 46 Hazelbrock Gardens, Ilford.....	(020) 8500 0666	OSOTINMITDEE, W, 31c Greenleaf Road, Walthamstow.....	(020) 8521 8583
NYANTAKYI, Mr K, 26a Station Rd, London.....	(020) 8478 1892	O, N, Flat 10 50, Bradley House Horn Lane, Woodford Green.....	(020) 3662 7465	OSSEI, T, Flat 8 Jasmine Court 15 Kings Close, E10.....	(020) 8523 8675
NYARKO, E, 44 Wilton Place, London.....	(020) 3712 9696	O, P, 21 The Albany, Woodford Green.....	(020) 3712 3873	OSIAGUWU, J, 1037 Romford Road, E12.....	(020) 8478 6834
NZEBA, G, Flat 11 9, City House Cranbrook Road, Ilford.....	(020) 3665 1898	OLESHINSKI, D, Flat 1, 24a Old Church Road, London.....	(020) 7285 8591	OSLUI, J, 40 Lowbrook Road, ILFORD.....	(020) 3843 2919
NZEKWE, O, First Floor Flat 2 42 Mornington Road, Leytonstone.....	(020) 3091 8379	OLIVA, M, 120 George Lane, E18.....	(020) 8530 0382	O'SULLIVAN, A, 85 Warren Road, E4.....	(020) 8529 1560
O.SULLAVAN, Barbara, 127 The Drive, Ilford.....	(020) 8554 3318	OLIVEIRA, G, Rectory Court Flat 22 189, High Road, London.....	(020) 3526 1589	O, E, 67 Buttsbury Road, Ilford.....	(020) 8478 3547
O, V, 92 Church Lane, London.....	(020) 8223 0941	OLIVER, B, 48 Bushfields, LOUGHTON.....	(020) 3648 1285	OSULLIVAN, Dr P, 51 Cavendish Road, Chingford.....	(020) 8527 2039
OAK, Clifford, 9 Hycliffe Gdns, Chigwell.....	(020) 8500 5105	O, C, 135 Ardmore Lane, Buckhurst Hill.....	(020) 8505 8721	OSULLIVAN, T, 62 Empress Avenue, London.....	(020) 8279 9588
OAKABY, B, 128 Dryden Avenue, London.....	(020) 8529 0412	O, Mr F, 45 Warren Road, London.....	(020) 8141 7894	O, Timothy C, 115 Henley Road, Ilford.....	(020) 8478 2069
OAKES, M, 12 Caernarvon Drive, Ilford.....	(020) 8550 0267	O, J, 3 Courtilands The Green, E4.....	(020) 8524 2740	OTI, E, Flat 18, Hammond Court Leyton Grange Estate, London..... (020) 3689 4892	
OAKMAN, R, 44 Grosvenor Road, London.....	(020) 8989 3243	O, K, 69 Barfields, Loughton.....	(020) 8508 7709	OUAGUENE, Mr R, 125 Blackthorn Rd, Ilford.....	(020) 8177 3478
OAKS, Melvin, 115 Richmond Avenue, London.....	(020) 8527 0457	O, Q, 101 St. Patricks Court Bridle Path, Woodford Green.....	(020) 8527 7609	OUADTHE, D, 5 Wigmore Place, London.....	(020) 8523 4390
OANA, N, 39 Lavender Place, Ilford.....	(020) 8014 8100	O, S, 44 Sky Peals Road, Woodford Green.....	(020) 8531 3086	OUHAMMOU, Mr Said, 8 Spring Gardens, Woodford Green.....	(020) 3489 3021
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OATS, Michael, Flat 17 Kestrel Court 14 Woolston Close, E17.....	(020) 8523 4931	O, William, 63 Grosvenor Park Road, London.....	(020) 8520 7159	OUTRAM, G, 24A Harrow Road, E11.....	(020) 8555 2971
OBANI, A, 17 High Road Leyton, Leyton.....	(020) 8558 0642	OLLEY, J.A, 21 Hycliffe Gardens, Chigwell.....	(020) 8500 8578	OVERS, M, 21 Sunnymede Drive, Ilford.....	(020) 8551 3127
OBAREV, S, Flat 62 St. Georges Court 287 Wood Street, London..... (020) 3636 1839		OLMUDA, G, 44 Nine Acres Clo, E12.....	(020) 8478 2297	OVERTON, E, 29 Fullwell Avenue, Ilford.....	(020) 8551 3090
OBASEKI, J, 71 Whitehills Road, Loughton.....	(020) 3609 4538	OLMULIEMIE, A, 7 Hornbeam Close, Ilford.....	(020) 3663 8758	O, R, 12 Crownhill Road, Woodford Green.....	(020) 8491 6913
OBEDOZA, Rev W, 127 Snakes Lane East, Woodford Green.....	(020) 8559 4023	O'MALLEY, A, 56 Lorne Gardens, E11.....	(020) 8530 4316	O, W, 130 Sheringham Av, E12.....	(020) 8478 5528
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OBIBA, H, 97 Normanshire Drive, London.....	(020) 8524 2457	O, A, 10 Grebe Close, London.....	(020) 8793 8870	O, K, 31 Forest Road, E11.....	(020) 8988 3297
O'BRIAN, J.M, 72 Dover Road, E12.....	(020) 8989 8854	O, Asha, 20 Titey Close, E4.....	(020) 8529 0067	O, Mr Michael, Flat 36, Westleigh Court, 2 Nightingale Lane, London.....	(020) 8530 4445
O'BRIEN, C, 18 Hazeldene Road, Ilford.....	(020) 8590 1381	O, D, Ground Floor Flat 46 Abbots Park Road, E10.....	(020) 8556 3676	O, Dr R, 14 Aldersbrook Road, London.....	(020) 8989 4230
O, F, 92 Penrhyn Avenue, Walthamstow.....	(020) 8527 5402	O, Admiral D, 147 Westward Road, London.....	(020) 4539 6755	O, R, 83a Headley Drive, Ilford.....	(020) 8554 7488
O, J, 8 Cambridge Road, E4.....	(020) 8529 1226	O, F, Flat 10, Osborne Court, 23 Capworth Street, London.....	(020) 3581 8774	O, T, 25 Wimborne Close, Buckhurst Hill.....	(020) 8504 6916
O, M, 43 Heaton Close, E4.....	(020) 8529 8784	O, Halima, John Walsh Tower Montague Road, London.....	(020) 8558 0452	OWOLOWO, M, 172 Wards Road, Ilford.....	(020) 8518 3844
O, M, 18 Peterborough Road, Leyton.....	(020) 8556 7706	OMARD, W, Mobile, 7 Byron Road, London.....	(07984) 944955	OWUSU ANSAH, J, 18 FIXIE BUILDING 6 Track Street, Walthamstow.....	(020) 4541 7181
O, Admiral M, 8 St. Leonards Avenue, Chingford..... (01772) 8504 4717		OMISAKIN, T, 81 Overton Rd, E10.....	(020) 8923 9296	OWUSU, Mr E, 60 Second Av, London.....	(020) 3132 7023
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O, J, 18 The Dell, Woodford Green.....	(020) 8506 2249	OMOTAYO, M, 291A Eastern Avenue, Ilford.....	(020) 3592 7367	O, P, 48 Alexandra Road, London.....	(020) 8520 3934
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O, M, 92 Oakwood Hill, Loughton.....	(020) 8508 1736	O'NEILL, B.J, 110 Lansdowne Road, Ilford.....	(020) 8599 7753	OZCALIK, O, Scoff Cafe, 17 Station Road, London.....	(020) 8062 7601
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O'CONNELL, Malva, 17 Durham Road, E12.....	(020) 8553 3479	O, I.N, 145 New Rd, E4.....	(07956) 271500	OZDEMIR, F, Flat 1 Magnolia House 111 High Road, Loughton.....	(020) 8502 3459
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O, M, 76 Leybourne Road, Leytonstone.....	(020) 8530 4953	O, T, 14 Fleeming Close, London.....	(020) 8527 1576	OZTA, G, 26 Wood Lane, Woodford Green.....	(020) 3685 8474
ODA, P, Flat 2 5 Holstock Road, Ilford.....	(020) 8553 1382	ONEK, J, 84 Rosebery Av, E12.....	(020) 8552 8351	OZVEREN, H, 8 Crownhale Place, London.....	(020) 3754 0317
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ODHAMIS, C, 92 Valley Hill, Loughton.....	(020) 3091 8486	OPONG, A, Flat 110 Suffolk Court 25 Cambrian Road, E10.....	(020) 8556 1523	P, N.K, 5 Little Ilford Lane, E12.....	(020) 8514 3547
ODONNELL, G, 75 Osprey Close, London.....	(020) 8491 6510	OPRYNSKI, A, 71 Sheridan Road, E12.....	(020) 8141 5763	PADDICK, J, 93 Chingford Avenue, E4.....	(020) 8523 8613
O'DONNELL, G.M, 32 Buxton Road, E4.....	(020) 8524 2515	OPUTA, V, Mobile, 8 Meister Close, Ilford..... (07960) 739858		PADDON, A.C, 12 Forest View Road, Loughton.....	(020) 8508 2238
O,					

PAINTIN, Mr G, Flat 3 / 326 Hoe Street, London.....	(020) 8177 8321	P, M.P, 1 South Park Crescent, Ilford.....	(020) 8478 2991	P, W.Duncan, 32 Vaughan Gardens, Ilford.....	(020) 8554 9499
PAKALFKI, Mr W, Flat 111, Tenby Court Tenby Road, London.....	(020) 8509 0115	PARTHEPAN, R, 76 Mandeville Court, London.....	(020) 8529 5109	PATES, S, 319 Manford Way, Chigwell.....	(020) 8500 2987
PAKER, D, Daisy House 796-802 Flat 9 High Road, Ilford.....	(020) 3605 1287	PARTRIDGE, A, 8 Chigwell Pk Dv, Chigwell.....	(020) 8559 9869	PATHAK, B, 44 Wallington Road, Ilford.....	(020) 8590 2215
PAKPOURTABRIZI, A, 50 Heathcote Grove, London.....	(020) 3730 0742	P, E, 16 Bergholt Avenue, Ilford.....	(020) 8550 7756	P, P, Flat D 46 Belgrave Road, Ilford.....	(020) 3152 6615
PAKYANATHAN, Admiral T, Flat 15 Kenneth Chambers Court 21 Stoneycroft Road, Woodford Green.....	(020) 8143 8725	P, E, 42 Eagle Lane, E11.....	(020) 8989 0440	PATHAN, I, 308 Thorold Road, Ilford.....	(020) 8262 0343
PAL, N, 25 Durban Road, E17.....	(020) 8531 6934	P, P, 2 Corbicum, London.....	(020) 8539 5710	P, Y, 227 Boundary Road, E17.....	(020) 8509 0220
P, P, 129a Ilford Lane, Ilford.....	(020) 3638 6314	PARU, D, 3 The Lowe, Chigwell.....	(020) 8001 9291	PATHER, P, 8 Bonwick Avenue, E17.....	(020) 8521 5434
P, P, Ms 5, 60 Colchester Road, London.....	(020) 8177 8673	PARV, Mr O, 37 Cameron Rd, Ilford.....	(020) 8599 5122	P, S, 57 Priors Croft, London.....	(020) 8925 0951
PALACIOS, Miss A, 47 Mount Pleasant Road, London.....	(020) 3132 8940	PARVEEN, Z, Flat 3 51-55 St. James's Street, E17.....	(020) 8521 7172	PATIENCE, N, 40 Inglehurst Gardens, Ilford.....	(020) 8590 4282
PALFREEMAN, A, 23 Denner Road, E4.....	(020) 8529 4391	PARVEZ, M, 98 Bridge End, London.....	(020) 8523 3628	PATIL, D, Flat 7, Memorial Heights Monarch Way, Ilford.....	(020) 3581 6114
PALK, D, 3 Ashdon Close, Woodford Green.....	(020) 8498 0649	P, Dr S, 328 Cranbrook Road, Ilford.....	(020) 8554 1738	PATMORE, H, 19 Kingsley Road, Loughton.....	(020) 8502 4312
PALLAV, Admiral P, Flat 20 Furrow House 29 Hickman Avenue, London.....	(020) 4568 1239	PARVIN, K, 456 Ilford Lane, Ilford.....	(020) 8514 8926	PATON, C, 149 Westwood Rd, Ilford.....	(020) 8599 2849
PALLET, J.F.G, 36 Grove Hill, E18.....	(020) 8989 5696	P, S, 15 Wentworth Road, London.....	(020) 3560 7035	P, N, Flat 30 Eaton Court 111 High Road, LONDON.....	(020) 3669 6931
PALLISTER, I, Flat 9 Hunter Court Homesdale Close, E11.....	(020) 8989 1404	PASCAL, C, 44 Westview Drive, Woodford Green.....	(020) 8924 0978	PATRA, A, Memorial Heights Flat 14 Monarch Way, Ilford.....	(020) 3565 4533
PALMER, Mrs A, 14 Princes Road, Buckhurst Hill.....	(020) 8502 9885	P, R, 192 Shakespeare Crescent, E12.....	(020) 8548 4902	PATRCIA, Elizabeth, 200 Clay Hall Avenue, Ilford.....	(020) 8550 9998
P, A.G.J, 73 Forest Approach, Woodford Green.....	(020) 8505 8834	P, S, 14 Dyson Road, London.....	(020) 8530 6074	PATRICK, M, 64 Cowley Road, E11.....	(020) 8989 3792
P, C, 2 Coteford Close, Loughton.....	(020) 8502 2982	PASCOE, S, 14 Greensted Rd, Loughton.....	(020) 8508 9707	P, N, Mobile, 91 Fenepiece Road, Ilford, Essex.....	(07952) 427960
P, E, 27 Malvern Drive, Woodford Green.....	(020) 8504 6189	P, T, 64 Woodlands Avenue, London.....	(020) 8989 3412	PATRINO, M, 32A Leyton Park Road, E10.....	(020) 8558 7973
P, Francis A, Flat 40 Park Court Grosvenor Park Road, E17.....	(020) 8520 4031	PASCU, C, 298 High Road, Leyton.....	(020) 3612 6883	PATTERSON, L, 24 Faversham Avenue, London.....	(020) 8529 1307
P, G.J, 13 Mayfair Gardens, Woodford Green.....	(020) 8504 7929	PASGARATHASAN, V, 110 Ashurst Drive, Ilford.....	(020) 8252 7380	P, S, 108 Nelson Road, London.....	(020) 8527 0563
P, J, 104 Dover Road, E12.....	(020) 8925 8534	PASH, J, 52 Middleton Avenue, E4.....	(020) 8529 5796	PATTISON, H, 84 North Countess Road, E17.....	(020) 8521 4168
P, LD, 21 Forest Way, Woodford Green.....	(020) 8504 3694	PASHA, J, 34 Heathcote Court Heathcote Avenue, Ilford.....	(020) 3536 5719	P, M, 225 New North Road, Ilford.....	(020) 8500 5287
P, JR, 52 Fairlop Road, Ilford.....	(020) 8550 2809	PASHLEY, Mrs R, 74 Nelson Rd, London.....	(020) 8527 0166	P, P, 147 Albert Road, E10.....	(020) 8539 8481
P, Mrs M, 1 Oak Tree Close, Loughton.....	(020) 8508 3628	PASK, S, 46 Church Hill, Loughton.....	(020) 8502 2663	PATNAIK, Dr S, 99 Forest Approach, Woodford Green.....	(020) 8559 1869
P, R, 81 Lord Avenue, Ilford.....	(020) 8550 3922	PASSANT, D, Flat 2 York House Chase Gardens, E4.....	(020) 8524 8804	PATUO, A, 88 Tavistock Gardens, Ilford.....	(020) 8591 3797
P, S, 27 Hamilton Avenue, Ilford.....	(020) 8554 8843	PASSMAN, S, 14 Buckingham Road, London.....	(020) 8530 3056	PAUL, A, 1 Glebe House Queen Mary Avenue, South Woodford.....	(020) 3152 1559
P, T.J, 34 Broomhill Road, Woodford Green.....	(020) 8559 0570	PASTO, D, Flat 3 7 Aberdour Court, Ilford.....	(020) 8599 0923	P, C, 17 Kinfauns Road, Ilford.....	(020) 3731 0777
PALTAN, B, 34 Cobham Road, Ilford.....	(020) 8062 3595	PATEL, R, 11 Peel Close, Chingford.....	(020) 3138 5433	P, E, 44C Coppermill Lane, London.....	(020) 8503 6405
PAMMINT, A, 36 Larchwood House 39 Baywood Square, Chigwell.....	(020) 8500 3189	PATEL, A, 1 Breamore Road, Ilford.....	(020) 8220 3026	P, R, 54A Argyle Road, ILFORD.....	(020) 8534 6885
PAMOKER, Mr P, R, 388 Strone Road, London.....	(020) 3370 2767	P, A, 499 Estern Avenue, Ilford.....	(020) 8554 7301	P, T, Flat 8, Repton House, 2 Jacks Farm Way, London.....	(020) 3759 0148
PAMPEL, Mr P, Mr 6 Lambs Meadow, Woodford Green.....	(020) 8924 9348	P, A, 35 Gladstone Avenue, London.....	(020) 3105 4819	PAULET, B, 230 Westward Road, Farnham.....	(020) 3561 7943
PAMPLIN, M, 7 Parkland Road, Woodford Green.....	(020) 8504 4357	P, A, 163 Loxford Lane, Ilford.....	(020) 8911 8825	PAULL, G, 35 Cheyne Avenue, South Woodford.....	(020) 8520 2336
PANAYI, K, 124 Malford Gro, E18.....	(020) 8989 7017	P, A, 46 Mayfair Avenue, ILFORD.....	(020) 8518 3181	P, Dr Michelle, 14 Willingale Close, Woodford Green.....	(020) 8504 3553
PANCHAL, B, 27 Manhattan Apartments, 26 Clifford Road, London.....	(020) 3152 5045	P, Ms A, Ms Flat 22 Stewart Rainbird House Parkhurst Road, London.....	(020) 8478 2858	PAULS, Mr R, 396 Strone Road, London.....	(020) 8177 4230
PANCHOLI, K, 228 Halley Road, E12 Manor Park, London.....	(020) 8548 1187	P, A, 40 Rosemary Drive, Ilford.....	(020) 8550 6276	PAVAL, A, 213 Snakes Lane East, Woodford Green.....	(020) 3556 2384
PANDA, R, Flat 4 44 Selborne Road, Ilford.....	(020) 3737 3912	P, A, 81 Vernon Road, Ilford.....	(020) 8014 1777	PAVALEANU, O, 1A Dawlish Road, London.....	(020) 8556 7351
PANDELI, P, 57 Hawkwood Cres, E4.....	(020) 8529 0130	P, P, Arvind, 51 Worcester Crescent, Woodford Green.....	(020) 8504 6683	PAVALUCA, J, 80A Lambourne Road, Chigwell.....	(020) 3172 7183
PANDIAN, B, 28 Monarch Way, Ilford.....	(020) 7282 6571	P, B, 2 Merton Court 120 Castleviev Gardens, Ilford.....	(020) 3652 4997	PAVELEY, K, FLAT G RUSCON COURT 98A Hainault Road, London.....	(020) 8558 0723
PANE, S, 21 Fernhill Court, London.....	(020) 3648 7826	P, B, 3 Glebelands, Chigwell.....	(020) 8500 4453	PAVLIUKOVA, Vladimira, 17 North Close, Chigwell.....	(020) 8501 2649
PANESAR, A.S, 21 Endsleigh Gardens, Ilford.....	(020) 8518 0224	P, Mr B, 35 Ramlford 343 High Street North, East Ham London.....	(020) 8141 2309	PAVLOVSKAJA, N, Mobile, 30 Kimberley Road, London.....	(07940) 098344
P, G, 16 Clays Lane, Loughton.....	(020) 8502 2657	P, B, 55 Romford Road, Chigwell.....	(020) 8220 2308	P, H, 9 Barton Meadows, Ilford.....	(020) 8550 8611
P, H, 170 Staines Road, ILFORD.....	(020) 8220 6255	P, C, 20 Consortia, 50 Brook Road, Ilford.....	(020) 8590 9774	P, H, 9 Barton Meadows, Ilford.....	(020) 8550 8611
P, Mrs J, 45 Harrington Road, London.....	(020) 8177 6408	P, Mrs C, 20 Westminister Gardens, Ilford.....	(020) 8550 5589	PAVANEANDREW, C, 45 Pearcecroft Road, London.....	(020) 8539 3769
P, K, 188 Grange Road, Ilford.....	(020) 8553 9278	P, D, 488 Eastern Avenue, Ilford.....	(020) 8518 1916	PAYNE, B, 110 Coolidge Avenue, E4.....	(020) 8531 3140
P, M, 57 Wanstead Lane, Ilford.....	(020) 8554 4492	P, D, 46 Wilmothampton Way, Chigwell.....	(020) 8500 6647	P, D, 18 Coleridge Avenue, London.....	(020) 8471 4079
P, R, 39 Greenleaf Drive, Ilford.....	(020) 8220 3242	P, F, 76 Woodland Road, E10.....	(020) 8539 6958	P, D, 22 Monkams Avenue, WOODFORD GREEN.....	(020) 8505 5697
P, T, 450 Hoe Street, London.....	(020) 8988 7830	P, Mr G, 85 Kingswood Rd, Ilford.....	(020) 3132 6666	P, J, 38 Normanshire Drive, E4.....	(020) 8524 0674
PANG, K, 184 St. John's Road, Walthamstow.....	(020) 8527 0260	P, Mr H, 19 Cambrian Av, Ilford.....	(020) 8141 7763	P, L.E.T, 43 Farnham Road, Ilford.....	(020) 8599 1205
PANK, D, 82 Cranbrook Rise, Ilford.....	(020) 8270 0819	P, H, 213 Francis Road, London.....	(020) 3645 6965	P, M, 1 Marion Grove, Woodford Green.....	(020) 8504 4748
PANKHURST, J.F, 15 Oak Hill Crescent, Woodford Green.....	(020) 8531 5523	P, H, 103 Richmond Road, Ilford.....	(020) 8550 0271	P, Sheila, 118 Southern Drive, Loughton.....	(020) 8508 4318
PANNEERSELVAM, Rajoo, 9 North Brook Road, Ilford.....	(020) 8911 8798	P, H, 26 Ripley Road, Ilford.....	(020) 8590 6435	P, T, 25 Ropers Avenue, E4.....	(020) 8531 0381
PANTELLI, C, 213 Colchester Road, E10.....	(020) 8539 2234	P, H, Kilroy House 400 Roding Lane South, Woodford Green.....	(020) 3689 6423	PAYNTER, S, 15 Chiltern Way, Woodford Green.....	(020) 8506 0480
PANTI, E, 231A High Road, London.....	(020) 3737 5627	P, I, 35 St. Lukes Avenue, Ilford.....	(020) 4529 0240	PEACH, T, 256 St. Barnabas Road, Woodford Green.....	(020) 8504 4932
PANTURU, C, Flat 80 4, Repton House Jacks Farm Way, London.....	(020) 3665 4454	P, I, 102 Shernhall Street, E17.....	(020) 8521 6051	PEACHEV, M, 56d Cecil Road, London.....	(020) 8531 3972
PAPADOPOULOS, T, 4 Kingswood Road, E11.....	(020) 8518 7995	P, J, 330 Thorold Road, Ilford.....	(020) 8220 8296	P, N, 23 Ewanrigg Terrace, Woodford Green.....	(020) 8505 6617
PAPATHEODOROU, M, 285 Markhouse Road, E17.....	(020) 8539 4197	P, J, 5 Newton Road, Chigwell.....	(020) 8500 0279	PEACOCK, David, 18 St. Mary Road, E17.....	(020) 8521 9391
PAPES, M, 30 Merlin Grove, Ilford.....	(020) 8500 0707	P, J, Mobile, 166 Oaks Lane, Ilford, Essex.....	(07960) 310672	P, J, 11 Buckrell Road, London.....	(020) 3662 3542
PAPSKA, D, 39 Ethelbert Gardens, Ilford.....	(020) 8550 7980	P, Mr J, Flat A/24 Third Av, London.....	(020) 3132 7066	P, J, 30 Fullers Road, E18.....	(020) 8504 7353
PAQANAS, Mr M, 32 Grove Rd, London.....	(020) 8177 8296	P, Mr K, 70 Beattysville Gdns, Ilford.....	(020) 8550 6706	P, J.F, 19 Pretoria Crescent, E4.....	(020) 8524 9778
PARAMESHWARAN, T, 85 Lord Avenue, Ilford.....	(020) 8550 3809	P, K, Mobile, 166 Beeth Lane, Ilford, Essex.....	(07944) 444469	P, Z, 54 Lambourne Road, Chigwell.....	(020) 8500 9416
P, T, 85 Lord Avenue, Ilford.....	(020) 8550 7208	P, K, 18 Carlton Court Craven Gardens, Ilford.....	(020) 3536 9236	PEAK, P, 3 Greenwood Gardens, Ilford.....	(020) 8501 2181
PARASCIUK, Miss E, 22a Pearcecroft Road, London.....	(020) 3138 1609	P, K, 52 Spencer Road, London.....	(020) 8599 9439	P, S, Ash Green Baldwins Hill, Loughton.....	(020) 8502 4191
PARCHMENT, A.A, 194 Wellesley Road, Ilford.....	(020) 8518 0951	P, K.B, 14 Blackhorse La, E17.....	(07944) 497424	P, S, Ash Green Baldwins Hill, Loughton.....	(020) 8508 0718
PARREKH, D.M, 1 Peel Drive, Ilford.....	(020) 8550 0644	P, M, 2a Church Rd, London.....	(020) 8514 8741	PEAKE, L.E, 84 Torquay Gardens, Ilford.....	(020) 8550 3537
PARFITT, Mr G5 Worcester Road, E17.....	(020) 8177 5517	P, M, 44 Glenham Drive, Ilford.....	(020) 8491 3961	PEARCE, Ann, 34 Latchett Road, London.....	(020) 8504 1295
PARIS, A.G, 52 Colworth Road, E11.....	(020) 8539 4669	P, M, 74 Spencer Road, Ilford.....	(020) 8220 9002	P, B, 49 Spencer Road, Ilford.....	(020) 8270 2159
PARISH, A, 42 Campbell Avenue, Ilford.....	(020) 8551 1926	P, M, 143 Thorold Road, Ilford.....	(020) 8478 6862	P, Reverend D, ST. TERESAS PRESBYTERY Eastern Avenue, Ilford.....	(020) 8590 2414
P, J, 62 Clarence Avenue, Ilford.....	(020) 8220 0460	P, Mrs 25 Park Road, Ilford.....	(020) 8478 5496	P, H, 94 Warner Road, E17.....	(020) 8509 1554
PARIYAPPAN, P, Flat B 17 Northbrook Road, Ilford.....	(020) 8553 1643	P, N, 80 Higham Station Avenue, E4.....	(020) 8531 9856	P, I.J, 12 Redbridge Lane East, Ilford.....	(020) 8550 1831
PARK, B, 210 Hillyfields, Loughton.....	(020) 8502 4570	P, N, 80 Higham Station Avenue, London.....	(020) 3859 7373	P, M, 10 Sunnydene Avenue, E4.....	(020) 8531 7818
P, E, 61 Ching Way, E4.....	(020) 8531 0859	P, N, 84 Highwood Gardens, Ilford.....	(020) 8470 0528	P, M, 18 The Shrubberies, Chigwell.....	(020) 8500 4083
P, M, Pearl House Cottage Chapel Lane, Chigwell.....	(020) 8501 0972	P, N, 360 Monoga Road, E12.....	(020) 8470 9518	P, N, Flat 5 The Atrium Lower Queens Road, Buckhurst Hill.....	(020) 8504 1919
P, T, 10 Mornington Road, Loughton.....	(020) 8532 1276	P, N, 58 Mount Pleasant Road, Chigwell.....	(020) 8554 8344	P, N.A.R, 33 Forest Drive West, E11.....	(020) 8539 8184
PARKER, A, 41 Pretoria Avenue, London.....	(020) 8521 5557	P, N, 279 New North Road, Ilford.....	(020) 8500 2336	P, Mr Patricia, 115 Roll Gardens, Ilford.....	(020) 8550 7408
P, A, 62b Vicarage Road, London.....	(020) 3802 3647	P, P, 69 Clayhall Avenue, Ilford.....	(020) 8551 1621	P, S, 7 Oakwood Hill, Loughton.....	(020) 8508 3924
P, C, 54 Sinclair Road, London.....	(020) 8257 8704	P, P, 157 Epping New Road, Buckhurst Hill.....	(020) 8502 9717	PEARLMAN, R, 3 Lingmere Close, Chigwell.....	(020) 8500 1961
P, E, 1/33 Fairlop Rd, E11.....	(020) 8518 7852	P, P, 53 Kingswood Road, Ilford.....	(020) 8220 1412	PEARSE, B.G, 11 Alderton Rise, Loughton.....	(020) 8508 5992
P, H, 34 Eagle Lane, Leytonstone.....	(020) 8989 4083	P, P, 3 Longcourt Mews, E11.....	(020) 3620 8835	P, E, 44 Colson Road, Loughton.....	(020) 8637 4954
P, J, 19 Churchfields, Loughton.....	(020) 8508 6531	P, P, 8 Water Lane, Ilford.....	(020) 8279 2869	PEARSON, A.B, 37 Russell Road, Buckhurst Hill.....	(020) 8505 7003
P, L, 78 Thorold Road, Ilford.....	(020) 8478 8062	P, R, 237 Browning Road, London.....	(020) 8470 8017	P, B, J, 22 Bushy Avenue, E18.....	(020) 8989 4251
P, P, 115 Ashburn Avenue, Ilford.....	(020) 8590 7188	P, R, 4 Chiltern Road, ILFORD.....	(020) 8590 2413	P, C, 33 Palmerston Road, Buckhurst Hill.....	(020) 8504 2624
P, S, 96 Drysdale Avenue, London.....	(020) 8529 9469	P, R, 2A Grosvenor Park Road, E17.....	(020) 8550 6673	P, Ian, 100 100 Larkswood Road, London.....	(020) 8529 3648
P, Mrs Susan, 43 Glenwood Gardens, Ilford.....	(020) 8227 0208	P, R, 1 Kensington Drive, Woodford Green.....	(020) 8550 4762	P, J, 4 Waterside Coppermill Lane, E17.....	(020) 8509 1408
P, Mrs Susan, 43 Glenwood Gardens, Ilford.....	(020) 8550 9130	P, R, 79 Natal Road, Ilford.....	(020) 8553 2725	P, J, 1 Moreland Way, London.....	(020) 8529 7792
P, S, 9 Woodcote Mews, Loughton.....	(020) 8502 5160	P, R, 10 Norman Road, Ilford.....	(020) 8478 2561	P, L.B, 52 Greenville Road, E17.....	(020) 8520 4681
P, T, 10A Endsleigh Gardens, Ilford.....	(020) 8518 5594	P, R, 86 Oaks Lane, Essex.....	(020) 8590 9056	P, Mark, 244B Tower Mews, E17.....	(020) 8520 1779
PARKES, R, 163 Cambridge Rd, Ilford.....	(020) 8599 0532	P, R, 194 Shakespeare Crescent, E12.....	(020) 8552 2641	P, R, 53 Ramskill Drive, Ilford.....	(020) 8262 7321
P, Susan, 46 Mannock Drive, Loughton.....	(020) 8281 7159	P, R, 194 Shakespeare Crescent, E12.....	(020) 8552 2641	P, R.A, Flat 39 Greenhill High Road, Buckhurst Hill.....	(020) 8504 4363
PARKINSON, Miss Bryony, 4 Avon Terrace Avondale Drive, Loughton.....	(020) 8281 4818	P, R, 194 Shakespeare Crescent, E12.....	(020) 8552 2641	P, R.D, 66 Uplands Road, Woodford Green.....	(020) 8504 8601
P, F.N, 9 Eden Road, E17.....	(020) 8520 3517	P, S, 37 Beacontree Court, London.....	(020) 8928 0704	P, S, 92 Stanley Road, E18.....	(020) 8505 3405
P, J, 8 Blackthorn Avenue, Chigwell.....	(020) 3686 7829	P, Mr S, 3 Beech Grove, Ilford.....	(020) 8500 8472	PEART, N, 14 Richmond Road, Leytonstone.....	(020) 8556 5183
PARKS, D.S, 196A Queens Road, Buckhurst Hill.....	(020) 8504 4082	P, S, Mobile, 98 Bressay Grove, London.....	(07939) 573786	PEASE, M, 34 Broadhurst Avenue, Ilford.....	(020) 8590 0818
P, Florence, 46 Edward Avenue, London.....	(020) 8531 5767	P, S, 28 Lansdowne Court Claybury Broadway, ILFORD.....	(020) 3851 0743	P, R, 8 Empress Avenue, London.....	(020) 8527 0344
P, N, 13 Arlington Road, Woodford Green.....	(020) 8505 9940	P, S, 311 Cranbrook Road, Ilford.....	(020) 8518 5070	PEATLING, A.A, 49 Connaught Avenue, E4.....	(020) 8529 1801
P, R, 5 Carroll Hill, Loughton.....	(020) 8502 5228	P, S, 20 Lechmere Avenue, Chigwell.....	(020) 3624 3563	PEATTIE, R, 58 Beech Hill Road, London.....	(020) 8503 3518
PARLIKATKIL, S, 54 Swans Hope, Loughton.....	(020) 3592 8586	P, S, 112 Matcham Rd, E11.....	(020) 8536 0907	PECK, Mrs Constance, 36a Gordon Road, London.....	(020) 3417 9302
PARMAR, B, 2 Crown Close Brook Road, Buckhurst Hill.....	(020) 8505 8979	P, S, 36 Rosebank Grove, E17.....	(020) 8521 0753	P, J, 48 Buxton Road, E17.....	(020) 8521 4705
P, B, 628 High Road, Woodford Green.....	(020) 8559 7559	P, S, 78 Wanstead Lane, Ilford.....	(020) 4541 0933	P, J, 190 Redbridge Lane East, Ilford.....	(020) 8550 7405
P, K, 18 Mundon Gardens, Ilford.....	(020) 8270 7989	P, S, M, 81 Wanstead Park Road, Ilford.....	(020) 5132 5386	PEDDER, E, 81 Mapleton Road, LONDON.....	(020) 8524 7312
P, M, 1 Hornbeam Lodge Montalt Road, Woodford Green.....	(020) 8506 0547	P, U, 2 Marlborough Drive, Ilford.....	(020) 8001 5405	PEEROD, B, 43 Robinia Crescent, LONDON.....	(020) 317

Table of residential listings with columns for address, phone number, and agent name. Includes entries for PENNA, S, 80 Holmwood Road, Ilford; PENNER, S, 126 Malford Grove, LONDON; PENNINGTON, D, 64 Cobden Road, London; etc.

Table of residential listings with columns for address, phone number, and agent name. Includes entries for POOLE, D.R, 97 Wanstead Park Avenue, E12; P, M, 676 High Road, Buckhurst Hill; POOLEY, J, 70 Mornington Road, E11; etc.

Ilford (020) 3092 4765
P, 79 Somers Road, E17 (020) 8520 6607
P, C.J, 16 Owl Park Lippitts Hill, Loughton (020) 8508 7739
P, D, 68 Cleveland Road, E18 (020) 8530 2070
P, F, 13 Bradwell Road, Buckhurst Hill (020) 8505 1721
P, M, 10 Greenwood Gardens, ILFORD (020) 3524 4465
P, R, J, 78 Chichester Road, E11 (020) 8519 9984
P, Mr S, 57 Charter Av, Ilford (020) 7165 6080
PRICOPE, C, 74 Chewton Road, London (020) 3556 3062
P, C, 81 Clarence Road, London (020) 3842 5633
PRIEST, R.G, 20 Alma Avenue, E4 (020) 8527 9960
PRIGMORE, A, 46 Markhouse Avenue, E17 (020) 8520 7794
P, B, 18 Fontayne Avenue, Chigwell (020) 8500 6899
PRIME, J, 31 Avril Way, E4 (020) 8531 2033
PRINCE, Ashton, 38 Bramley Close, Woodford Green (020) 3091 2061
P, Mr M, Mr 362 Limes Avenue, Chigwell (020) 8172 0422
P, P, 30 Chesterfield Road, London (020) 8925 1282
P, R, Flat 43 Manor Court Lodge 175 High Road, E18 (020) 8506 1503
PRINGLE, Dr A, 17 Crescent Road, E4 (020) 8529 4402
PRINN, A, 619 New North Road, Ilford (020) 8500 0986
PRIOR, D, 19 Kelsie Way, Ilford (020) 8500 4804
P, P, 76 Catherham Avenue, Ilford (020) 8551 9534
PRITCHARD, D, 49 Wordsworth Avenue, E18 (020) 8989 3956
PROBETT, R.J, 21 Stanley Road, E12 (020) 8552 2655
PROBYN, C, 170 Bawdsey Avenue, Ilford (020) 8590 6178
PROCHOWNIK, J, 25 Linden Close, E17 (020) 8141 7889
PROCOPIU, K, 13 Ewellhurst Road, Ilford (020) 8550 5919
PROCOPIU, C, 45 Epping New Road, Buckhurst Hill (020) 8505 3837
PRODAUS, J, 30 Oakmorn Way, Chigwell (020) 7524 1549
PROKOPI, S, 14 Nesta Road, Woodford Green (020) 8504 5523
PROSPER, D, 39 Hillcrest Road, London (020) 8926 1375
PROTOCLU, Eleni, 1 Ramskill Dv, Ilford (020) 8590 5526
PROWSE, P, 15 Kimberley Road, London (020) 8539 8199
PRUDENCE, C, 16 The Friars, Chigwell (020) 8500 6828
PRYOR, J, 40 Mansfield Road, E17 (020) 8520 4227
PSAILA, M, 68 Queens Road, London (020) 8558 5770
PUAAR, A.S, 141 Byron Avenue, E12 (020) 8552 7234
P, R, 246 Browning Road, Manor Park (020) 8472 1237
PUCHALSKI, Pawel, 26 Shortlands Road, E10 (020) 8988 1824
PUCKERIN, K, 5 Penrhyn Grove, London (020) 3302 5363
PUDDO, A, 32 Sunnyside Road, London (020) 3674 3973
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RAFIQUE, S, R, 132 Richmond Rd, Ilford (020) 8478 2306
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R, A, 23 Park Avenue, Ilford (020) 8554 8374
R, A, 1 Queens Drive, London (020) 8539 4253
R, F, 2 Eltisey Road, Ilford (020) 3665 1536
R, J, 19 Budoch Court Budoch Drive, Ilford (020) 3015 9947
R, Jannathra, 13 Castle Drive, Ilford (020) 8554 9516
R, J, 18 Hart Crescent, Chigwell (020) 8924 3773
R, K, 100 Snakes Lane East, Woodford Green (020) 8521 2972
R, K, 303 Hoe Street, E17 (020) 8521 0294
R, K, 50 Tenynson Avenue, London (020) 8586 0322
R, M, 135 Ashburton Avenue, Ilford (020) 7247 7739
R, M, 43 Benton Road, ILFORD (020) 8518 6282
R, M, 51 Colham Road, Ilford (020) 3608 2240
R, Mr M, 299 High Rd, Ilford (020) 8478 5793
R, M, First Floor Flat 564 High Road Leytonstone, London (020) 3732 0889
R, M, 595 Ley Street, Ilford (020) 3015 3122
R, M, 77 Little Ilford La, E12 (020) 8514 3269
R, Dr Mustafizur, 17 Raymond Avenue, E18 (020) 8530 3103
R, M, 4 St. Barnabas Road, Woodford Green (020) 3605 8526
R, M, 90 Second Avenue, London (020) 8478 9888
R, M, 93 Yoley Drive, Ilford (020) 8518 4530
R, O, 178 Kingston Road, Ilford (020) 8478 4388
R, Dr R, 10 Forest Close, London (020) 8989 1411
R, S, 9 Madeline Grove, Ilford (020) 8478 5240
R, S, 188 Blackhorse Lane, London (020) 3689 3895
R, S, 18 Chesterford Road, London (020) 8553 5374
R, Soyedur, C2 Gladding Road, E12 (020) 8478 0155
R, S, Flat 11 39, Icon Building Ilford Hill, Ilford (020) 3561 3248
R, S, 18 Queensberry Place, London (020) 3640 8285
R, S, 8 Chapel Court Rosedene Terrace, E10 (020) 8539 0408
R, S, 69 Westwood Road, ILFORD (020) 3592 6784
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RAJA, A, 255-27 Ilford Lane, Ilford (020) 8911 8178
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RAJATHURAI, J, 98 Fencible Road, Ilford (020) 8262 7317
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RALLINGS, Julia, 18 Castle Avenue, E4 (020) 8527 2534
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RAMESH, B.S, 27 Byron Avenue, E12 (020) 8472 9674
RAMESHBABU, Y, 15 Dovedale Avenue, Ilford (020) 3793 4400
RAMESHWARA, Mr R, 20 Couchmore Avenue, Ilford (020) 8550 8547
RAMIAH, V, 108 Beattville Gardens, Ilford (020) 8262 5733
RAMISETTY, Mr B, 95 Shelley Avenue, London (020) 8471 8987
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R, S, 689 High Road, Ilford (020) 3727 5675
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RANCE, R, 36 Harwater Drive, Loughton (020) 8502 1215
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R, S, 7 Ingatestone Road, Woodford Green (020) 8506 2120
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R, Mr S, 2 Woodford Avenue, Ilford (020) 3370 2505
R, Mr S, 2 Woodford Avenue, Ilford (020) 3370 2506
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RATNANATHAN, Dr N, 5 Twentyman Close, Woodford Green (020) 8505 0323
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RATTREY, K, 2 Wytats Lane, E17 (020) 8521 5094
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R, S, Flat 5, Mulberry Court Hatfield Close, Ilford (020) 3305 8021
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R, J.H, 133 Longwood Gardens, Ilford	(020) 8550 0887	REITERBURD, G, 20 Retreat Way, CHIGWELL	(020) 8500 1827	R, O, GROUND FLOOR FLAT 22 Pretoria Avenue, Walthamstow.....	(020) 8521 0599
R, M, 18 Alexandra Road, London.....	(020) 8925 8057	REIMAN, Ms E, 229 Francis Rd, London.....	(020) 3138 0292	R, P, 247 Waltham Way, E4	(020) 8524 2269
R, R, 45 Littleton Road, Ilford.....	(020) 8514 0591	REKA, S, 15 Pirin Court 59a Brook Crescent, E4.....	(020) 8524 3735	R, T.J, 34 Roding Way, Buckhurst Hill.....	(020) 8505 1851
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RAVI, Mr M, 32 Higham Ct Higham Rd, Woodford Gn.....	(020) 8505 2539	REMESKVICIENE, V, Flat 5 61-63 High Street, Barking.....	(020) 3732 5316	RINALDI, V, Flat 45 Hermitage Court Woodford Road, E18.....	(020) 8989 3436
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RAVINDRAN, B, 227 Chingford Road, London.....	(020) 8925 4679	RENAUD, D.J, 9 Oakhurst Close, E17	(020) 8520 2010	RINGWOOD, J.F, 12 Linden Crescent, Woodford Green.....	(020) 8505 4935
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RAWAT, I.C, 129 Belmont Park Road, E10	(020) 8558 3339	RENNIE, K, 19 Whitehouse, 38 Leyton Green Road, London.....	(020) 7013 1695	RIPLEY, A.N, 28 Simmons Lane, E4	(020) 8529 2189
RAWLES, D, Flat 4 King Court 25 Capworth Street, E10.....	(020) 8558 7460	R, R, 102 St. Marys Road, Ilford.....	(020) 8478 7102	RIPPIN, J, 10 Mornington Road, E4.....	(020) 8524 1591
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R, D.J, 182 Kings Head Hill, E4.....	(020) 8529 6224	RENSBURG, Mr J, 386a Hoe Street, London.....	(020) 8177 8305	RIPPON, H, 52a Ollards Grove, Loughton.....	(020) 8508 1168
R, G.L, 9 Chestnut Avenue North, E17.....	(020) 8521 0275	REUTMULLER, M, 44 North Birkbeck Road, Leytonstone.....	(020) 3138 6501	RISBY, J, 8 Fairfield Road, Ilford.....	(020) 8553 1100
R, M, 20 Granville Road, E18.....	(020) 8530 3017	REVELL, B.F, 9 Crescent Road, E18	(020) 8504 3981	RISING, M, 39 Colebrooke Drive, London.....	(020) 8989 2895
R, M, 7A Wellington Road, E11.....	(020) 8530 4404	R, J, Flat B, 35 Poppleton Road, London.....	(020) 8530 2221	RISK, P, 1 Cherrydown Close, E4.....	(020) 8529 2846
RAWLINSO, Antony, 5 Thorpe Crescent, E17.....	(020) 8531 1533	REVEREND GUARDIAN, 557/59 High Rd, Woodford Gn.....	(020) 8504 7540	RIST, B, 108 Fulmouth Avenue, E4.....	(020) 8527 7092
R, C, 268 Buckhurst Way, Buckhurst Hill.....	(020) 8505 5424	R, 557/59 High Rd, Woodford Gn.....	(020) 8504 7547	R, V, 331 Chigwell Road, Woodford Green.....	(020) 8504 2276
RAWORTH, P, 78 Mornington Rd, E4.....	(020) 8529 3094	REVIN, A, 53 St. Marys Road, E10.....	(020) 8141 7861	RISTOW BUSSI, C, Flat 8 Morley Court Sinclair Road, E4 London.....	(020) 8524 5788
RAWTHER, S, 466 Fullwell Avenue, Ilford.....	(020) 3674 3508	REX, A, 3 Regent Gardens, Ilford.....	(020) 8599 5741	RITCHIE, Alan, Flat 16 Honeysuckle Court Buckhurst Way, Buckhurst Hill.....	(020) 8505 7398
RAY, A, 44 Malcolm Way, London.....	(020) 3718 9890	R, M, 79 Bushfields, LOUGHTON.....	(020) 3561 8395	R, S, 2 Nigel Mews, Ilford.....	(020) 8553 4929
R, C, 7, 279 Forest Road, Leytonstone, London, London.....	(020) 3583 1507	REYES, J, 133 Uplands Road, Woodford Green.....	(020) 3842 5186	RIVALLAND, M, 12 Huxley Road, E10.....	(020) 8556 1989
R, Liz, Flat 6 Batten Ho, The Drive.....	(020) 8520 8359	REYNOLDS, D, 178 Morley Road, London.....	(020) 3294 2879	RIVERSIDE HAIR, C, 228A High Road, Loughton.....	(020) 3605 3618
RAYMENT, K.H, 150 Wanstead Park Avenue, E12.....	(020) 8989 1260	R, D, 8 Woodcote Road, London.....	(020) 8923 7592	RIVET, J, 46 Garner Road, Walthamstow.....	(020) 8531 6556
RAYMOND, C, 8 Mark Avenue, London.....	(020) 8524 2830	R, E.A., 17 Cherrydown Close, E4.....	(020) 8524 5022	RIX, C, 111 The Avenue, London.....	(020) 3294 1137
R, G, 32 Traps Hill, Loughton.....	(020) 8530 1513	R, J, 121 Hillfields, Loughton.....	(020) 8508 8914	R, I, 17 Mayfair Gardens, Woodford Green.....	(020) 8504 0936
R, G, 32 Traps Hill, Loughton.....	(020) 8530 3008	R, J, 11 Ashmeads Church Lane, Loughton.....	(020) 8502 1409	R, Mr S, 24 Cowslip Road, London.....	(020) 8989 4886
R, J, 38A Monkhams Drive, Woodford Green.....	(020) 8505 7700	R, M.N., 171 Hermon Hill, E18.....	(020) 8503 5296	RIZA, L, 44 Seymour Road, London.....	(020) 3623 3591
R, Mr R, 24 Cascade Rd, Buckhurst Hill.....	(020) 8141 5461	R, P, 58 Mulberry Way, London.....	(020) 8989 1889	RIZWAN, A, 22 Goldsmith Avenue, E12.....	(020) 8470 4098
R, S, 120 Dersingham Avenue, E12.....	(020) 8553 0085	R, P, 34 Rivington Avenue, Woodford Green.....	(020) 8550 5772	R, A, 4/226 Ley St, Ilford.....	(020) 8911 0277
R, V, 21 Raymond Avenue, LONDON.....	(020) 8532 2693	R, R, 18 Cooper Avenue, London.....	(020) 8923 7267	R, Mr J, 18 Lupin Crescent, Ilford.....	(020) 8141 7379
RAYNER, Mr G, 1a College Rd, London.....	(020) 8503 6927	R, R.S.W, 7 Frances Road, E4.....	(020) 8557 7881	R, R, 82 Friars Close, Ilford.....	(020) 8062 4454
R, G, 6 Hillcrest Road, E18.....	(020) 8989 6178	REZALIE, D, 1 Campion Gardens, Woodford Green.....	(020) 8505 2003	R, Talat, Flat 4 6 Granville Road, Ilford.....	(020) 3092 6172
R, K, 88 Harrow Road, E11.....	(020) 8519 1830	RHAMAN, H, Flat 16 Willow Court 34 Trinity Close, E11.....	(020) 8558 3773	RIZZI, P, 66 Lancaster Road, London.....	(020) 8556 5385
R, M, 110 Dellow Close, Ilford.....	(020) 8554 5720	RHODEN, D, 99 Abbots Crescent, E4.....	(020) 8527 2270	RNU	
RAZA, F, 135A Westbury Road, Ilford.....	(020) 8117 5499	RHODES, G, 67 Fencpiece Road, Ilford.....	(020) 8500 8417	In EMERGENCY dial 999 and ask for "COASTGUARD"	
R, Mr N, 5 Baxter Rd, Ilford.....	(020) 3132 2222	RHYS, O, Flat 10, Ellen Court, 14 The Ridgeway, Chingford, London.....	(020) 8505 2099	Use business section for full list of entries	
R, Mr S, 64 Ashgrove Rd, Ilford.....	(020) 8590 6564	R, T.J, 36 Pearl Road, E17.....	(020) 8520 6235	ROACH, C, 22 Kingsley Road, Loughton.....	(020) 8502 1861
R, S, 4A Saxon Road, Ilford.....	(020) 3844 4504	RIAZ, R, 136 Coventry Road, Ilford.....	(020) 8220 9161	ROBBAN, M.G, 34 Church Rd, E12.....	(020) 8514 0721
RAZQA, H, 643 High Road, Ilford.....	(020) 8599 3018	R, Zahida, 49 Capworth Street, London.....	(020) 8556 2446	ROBBENS, M, Flat 45 The Roses High Road, Woodford Green.....	(020) 3560 6702
R, M, 9 Tiltontown Road, Ilford.....	(020) 8554 1790	RIBAUT, Miss Elodie, 63 Lansdowne Road, London.....	(020) 8520 2172	ROBBINS, H, 22 Rosedene Gardens, Ilford.....	(020) 8550 7863
RAZAQA-ZADA, M, Sahadat Ltd, 10 Chapel Road, Ilford.....	(020) 3302 3602	RIBBITTS, T, 18 Fencpiece Road, Ilford.....	(020) 8501 0535	ROBERT GORSKI, M, 1 Droveyard, Loughton.....	(020) 8508 8712
RAZZAQ, A, 42 Budoch Drive, Ilford.....	(020) 8586 1501	RIBEIRO, A, 9 Hawkwood Crescent, London.....	(020) 8257 3322	ROBERTS, A, 3 Higham Street, Walthamstow.....	(020) 4568 4700
R, T, 408 Cranbrook Rd, Ilford.....	(020) 8554 0707	R, Maria, 84 Adelaide Road, E10.....	(020) 3659 8879	R, A, Flat 34 Fxix Building, 8 Track Street, London.....	(020) 8946 9429
RAZZAQUE, M, 449 High Street North, E12.....	(020) 8552 8822	RIBEIRO RODRIGUES, F, Regal House 12 4, Vanguard Way, London.....	(020) 8501 3571	R, Mr Bob, 68 Liston Way, Woodford Green.....	(020) 3151 1972
REA, C.K, 10 Wickets Way, Ilford.....	(020) 8500 4326	RICE, D, 3 Cedar Court Grosvenor Road, Leytonstone.....	(020) 8530 3085	R, B, 4 Woodlands Road, E11.....	(020) 8556 5953
READ, C, 9 Sedgwick Road, E10.....	(020) 8558 2507	R, D, 97 Kings Road, E4.....	(020) 8524 8632	R, D, 9 Ainslie Wood Road, E4.....	(020) 8524 8644
R, E, 163 Huntsman Road, Ilford.....	(020) 8501 2476	R, G.W, 18 Woolhampton Way, Chigwell.....	(020) 8500 3069	R, D.K, 73 Perrymans Farm Road, Ilford.....	(020) 8220 7916
R, Miss 65 Manor Road, Leyton, London.....	(020) 3730 0721	R, K, 37 Albemarle Gardens, Ilford.....	(020) 8554 1351	R, G, 84 Church Road, Leyton.....	(020) 3972 3438
R, P, 20 Antlers Hill, E4.....	(020) 8524 1659	RICHARD, A, Aragon Court 40 Aragon Drive, ILFORD.....	(020) 8013 5334	R, H, 45 Byron Avenue, E18.....	(020) 8503 3961
R, P, 34 Kinfauns Road, Ilford.....	(020) 8491 9432	R, S, 5 Perkins Road, ILFORD.....	(020) 3648 3260	R, J, Mobile, 215b Fulbourne Road, London.....	(07956) 506786
R, R, 35 Charwood Drive, South Woodford.....	(020) 3971 7258	RICHARDS, B.T, 40 Wallington Road, Ilford.....	(020) 8590 8803	R, K, 113 Colchester Rd, London.....	(020) 8518 7085
R, T, 5 Pardon House Valley Hill, Loughton.....	(020) 8508 7364	R, Claude, Flat 7 164 Hale End Road, London.....	(020) 3581 9317	R, L, 5 Ashley Grove Staples Road, Loughton.....	(020) 8508 8007
READER, M, 4 The Childers, Woodford Green.....	(020) 8505 7055	R, D, 23 Raglan Road, London.....	(020) 8257 3632	R, M, 31 Chestnut Avenue North, LONDON.....	(020) 3532 2415
READON, A, 54 The Elms Lippitts Hill, Loughton.....	(020) 8551 5128	R, G, 9C Sylvan Road, E11.....	(020) 8989 9115	R, M, Flat 8 Florence Court 114 Elmcraft Avenue, E11.....	(020) 8518 8763
REALE, J, 81 Mossford Lane, Ilford.....	(020) 8554 6129	R, Mr J, 2a The Warren, London.....	(020) 3132 9172	R, P, The Old Cottage Manor Road, High Beech.....	(020) 8502 3921
REBAK, J, 61 Lancing Road, Ilford.....	(020) 8505 5418	R, J, 10 Rosedene Gardens, Ilford.....	(020) 8550 7891	R, T.J, 110 Grove Court Road, London.....	(020) 8518 7516
REBBECK, M.J, 35 Parkland Road, Woodford Green.....	(020) 8505 6129	R, J, 60 Uniten 33 Alpha Business Centre South Grove, E17.....	(020) 8177 5450	ROBERTSON, Charles, 5 Church Road, E10.....	(020) 8556 2193
REDBOURN, K.J, 5 Queenswood Avenue, E17.....	(020) 8531 5488	R, J, 32 The Square, Ilford.....	(020) 8554 9594	R, D.S, 8 Claremont Grove, Woodford Green.....	(020) 8505 6713
REDBRIDGE SOCIAL CENTRE, Redbridge Social Centre Rear Of 188-190 Beehive Lane, Ilford.....	(020) 8550 7467	R, K, 257 Cann Hall Road, London.....	(020) 3605 4933	R, D.S, 8 Faversham Close, Chigwell.....	(020) 8501 2600
REDDING, M, 171 Herent Drive, Ilford.....	(020) 8550 7755	R, K.A, 106 Bressy Grove, E18.....	(020) 8989 4183	R, L, 152 Ashburn Avenue, Ilford.....	(020) 8599 3249
REDDINGTON, R, 11 Ulverston Road, London.....	(020) 8531 1175	R, M, 120 Ainslie Wood Road, London.....	(020) 8257 2057	ROBIN, Ivan, Flat 5 Oxford House 126-128 Tomswood Hl, Ilford.....	(020) 8502 7608
REDFORD, M, 36 Tyecheur Hill, Loughton.....	(020) 8925 1562	R, M, 257 Forest Road, E11.....	(020) 8556 5752	ROBINS, W.S, 17 Hillcrest Rd, E17.....	(020) 8523 0016
REDIFF, S, 27 Woodford Avenue, Ilford.....	(020) 8551 9464	R, M.P, 198 Waltham Way, E4.....	(020) 8529 1499	ROBINSON, A, 45 Fairfield Rd, E17.....	(020) 8531 4904
REDJEP, Mr Ozan, 204 Sewardstone Road, London.....	(020) 3538 9495	R, P.E, 41 Mallards Blake Hall Road, E11.....	(020) 8530 4082	R, A, 8 Riches Road, Ilford.....	(020) 8514 2922
REDMAN, S, 93 Pittman Gardens, Ilford.....	(020) 8491 6403	R, P.J, 87 Richmond Avenue, E4.....	(020) 8531 4479	R, A, 65 Westbury Road, E17.....	(020) 8521 9939
REDMONT-SMITH, M, 40 Carr Road, London.....	(020) 8262 3888	R, S, 16 Grange Court, Loughton.....	(020) 8502 2940	R, A.E, 60 Bushfields, Loughton.....	(020) 8508 8277
REDSHAW, J, 17 Fulready Road, London.....	(020) 8539 3492	RICHARDSON, D, 44 St. Margarets Road, London.....	(020) 8928 0208	R, B, 116 Beulah Road, E17.....	(020) 8521 8977
REDWOOD, N, 64 Chatham Road, London.....	(020) 8527 1372	R, D.C, 2 Glebe Avenue, Woodford Green.....	(020) 8505 5817	R, B, 8 Carlisle Gardens, Ilford.....	(020) 8554 2061
REECE, N, 12 St. Stephens Avenue, London.....	(020) 8223 0441	R, E, 5 Eton Heights, WOODFORD GREEN.....	(020) 3561 9246	R, B, Flat 26 Stoneleigh Court Herent Drive, Ilford.....	(020) 8551 4749
R, Stephen, 29 Rabbits Road, London.....	(020) 8911 4657	R, G, 6 Avondale Road, London.....	(020) 8539 3118	R, E, 21 Lime Grove, Ilford.....	(020) 8500 2780
REED, B.F, 19 St. Mary's Approach, E12.....	(020) 8553 2269	R, H.R, 230 Queens Road, E17.....	(020) 8521 4675	R, G, Mobile, 135 Monkhams Lane, Woodford Green, Essex.....	(07903) 103944
R, Miss J, 354 Marlowe Rd, London.....	(020) 8141 8008	R, J, 8 Mighell Avenue, Ilford.....	(020) 8551 8107	R, Mr G, 160 Marchmont Street, E10.....	(020) 8141 7550
R, N, 15 Fairlop Road, London.....	(020) 8539 4991	R, Jacqueline, 10 Shirley Close Addison Road, E17.....	(020) 8521 9366	R, J, Flat 2 Robin Court Upper Walthamstow Road, E17.....	(020) 8520 1282
R, P, 65 Stratford Avenue, Ilford.....	(020) 8551 1602	R, M, 5 Buckhurst Court Albert Road, Buckhurst Hill.....	(020) 8505 8387	R, J.M, 46 Hillington Gardens, Woodford Green.....	(020) 8505 5797
R, S, Windmill Court 4a 25 Weale Road, London.....	(020) 3732 2286	R, M, 27 Preston Road, E11.....	(020) 8530 1248	R, J.P, 61 Cherrydown Av, Chingford.....	(07956) 332306
REEDER, A, 26 Berkeley Avenue, Ilford.....	(020) 8550 4722	R, P.E, 84 Forest Glade, E4.....	(020) 8531 7845	R, K, 4 Summerfield Road, Loughton.....	(020) 8925 7614
REEHAL, M, Najeet, 78 Windsor Road, Ilford.....	(020) 8514 7128	R, R, 4 Fallow Flds, Loughton.....	(020) 8532 1409	R, M, 58 Albert Road, Buckhurst Hill.....	(020) 8505 3955
REEKIE, J, 10 Tudor Close, Woodford Green.....	(020) 8505 6843	RICHBELL, K, Buckhurst Hill Cricket Club Roding Lane, Buckhurst Hill.....	(020) 8504 1189	R, M, 68 High Beech Road, Loughton.....	(020) 8508 1503
REES, P, 99 Mayville Road, E11.....	(020) 8539 7817	RICHELL, B, 27 Essex Road, London.....	(020) 8989 7975	R, M.J, 46 Mount View Road, E4.....	(020) 8524 2374
REEVE, Mr D, Mr Flat 12 The Herons New Wanstead, London.....	(020) 8989 4572	RICHER, L, 80 Connaught Avenue, London.....	(020) 3524 4432	R, Dr P, 28 The Avenue, Leytonstone.....	(020) 8989 5363
R, G, 29 The Avenue, LONDON.....	(020) 8527 4117	RICHES, A, 9 Brewster Road, London.....	(020) 8925 1956	R, R, 161 Hibbert Road, E17.....	(020) 8556 4109
R, J, 40 Trelawney Road, Ilford.....	(020) 8501 1328	R, C, 9 Western Road, London.....	(020) 3726 7091	R, R, 39 Thaxted Road, Buckhurst Hill.....	(020) 8281 0176
R, K, 19 Raymond Avenue, E18.....	(020) 8989 9620	R, E, A 18 Haroldstone Road, E17.....	(020) 8520 6552	R, S, Upper Flat 46 Cleveland Park Crescent, E17.....	(020) 8223 0672
R, P.J, 29 Oakwood Gardens, Ilford.....	(020) 8590 9753	R, H, Flat 22 Henley Lodge 2 Willow Walk, E17.....	(020) 8506 6625	R, T, 99 Walpole Road, London.....	(020) 8505 4904
REEVES, A.M, 102 Long Green, Chigwell.....	(020) 8500 4076	R, P, 89 Barley Lane, Ilford.....	(020) 8599 4059	ROBOTKIN, J, 58 Parham Drive, Ilford.....	(020) 8252 0944
R, J, 22 The Risings, E17.....	(020) 8520 4787	RICHNEV, M, 16a Dryden Close, Ilford.....	(020) 8501 4203	ROBSON, D, 12 High View Close, Loughton.....	(020) 8508 9089
R, K, 23 Summerfield Road, Loughton.....	(020) 8508 5293	RICKARD, J.M, 115A The Avenue, E4.....	(020) 8523 0660	R, E, 23 Wigram Road, London.....	(020) 8925 9833
R, P, 90 The Drive, Loughton.....	(020) 8508 9597	RICKETTS, Mr Harold, 37 Maidea Avenue, London.....	(020) 8524 5797	R, S, 13 Flat 12 St. Mary's Church House Orford Road, LONDON.....	(020) 3737 8138
R, R.J, 6A West Avenue, E17.....	(020) 8520 7048	R, J, 77 Diana Road, E17.....	(020) 8523 1762	ROCHE, A, 11 Bernards Close, Ilford.....	(020) 8500 2457
REGAN, J, 22 Avery Gardens, Ilford.....	(020) 8550 3804	RICKUS, V, 3838 Cranbrook Road, Ilford.....	(020) 3665 0173	R, C, 7 Priory Avenue, E17.....	(020) 8509 2709
R, L, 11 Claremont Place 24 Brook Parade High Road, Chigwell.....	(020) 8501 5474	RIDDLE, K, 60 Elmfield Road, E4.....	(020) 8524 7238	R, D, 38 Grantock Road, London.....	(020) 4541 4786
R, M, 28 Baldwin's Hill, Loughton.....	(020) 8502 1975	RIDDER, Mr David, 4 Somerset Close, Woodford Green.....	(020) 85		

R, E, 231 Parkhurst Road, E12.....	(020) 8553 2062	ROYALL, A, 54 Mornington Road, Chingford.....	(020) 8529 3521	SADOWSKI, Mr M, 277 Ley St, Ilford.....	(020) 3132 7034
ROE, M, 7 Hornbeam Rd, Buckhurst Hill.....	(020) 8261 0384	ROYCHOUDHURY, I, 13 Abbotsford Gardens, Woodford Green.....	(020) 8262 5752	SAEED, I, 60 Natal Road, ILFORD.....	(020) 3091 1331
R, T, 92 Station Way, Buckhurst Hill.....	(020) 8504 3268	ROZEIK, M, 4 Carriage Mews, Ilford.....	(020) 8911 7037	S, M, 12 Beechwood Park, E18.....	(020) 8530 8955
ROGERS, A, Plaza Heights Flat 14, 12 Maud Road, London.....	(020) 3669 1475	RUBYJOSEPH, A, 18 Emmott Avenue, Ilford.....	(020) 8563 2248	S, Mr M, 20 Norman Rd, Ilford.....	(020) 3132 0641
R, D, 23 Uphal Road, Ilford.....	(020) 8553 0531	RUDD, H, 50 Mossford Court Hatfield Close, Ilford.....	(020) 8551 5695	S, S, 50 Woodstock Road, London.....	(020) 8498 2936
R, Mrs F, Mrs 241 Harrow Road, London.....	(020) 8555 6357	R, P, 197 Beehive Lane, Ilford.....	(020) 8505 1882	S, Z, Frank Slater House 20 Green Lane, Ilford.....	(020) 3663 6388
R, G, 99 Cherydown Avenue, London.....	(020) 3685 2931	RUDDICK, P, Staff House 2 High View School Lambourne Rd, Chigwell.....	(020) 8502 6683	SAFER, A, 382 Stockfield Rd, E17.....	(020) 8521 2004
R, J, 14 Brunel Road, London.....	(020) 8928 0907	R, C, 11 Spring Grove, Loughton.....	(020) 8508 1713	S, Z, 2 Grosvenor Heights 20 Forest View, E4 London.....	(020) 8529 3790
R, K, 1 Kelsie Way, Ilford.....	(020) 8501 2503	RUDDLE, David, 31 Penrhyn Cres, London.....	(020) 3132 4268	SAFFER, B, Flat 36, Hilary Dennis Court, 34 Sylvan Road, London.....	(020) 8550 0942
R, L, 64 Cadogan Gardens, E18.....	(020) 8989 7594	RUDENIKO, Mr O, 31a Penrhyn Cres, London.....	(020) 8504 8881	S, Mr Martin, 341 Lea Bridge Road, London.....	(020) 8988 0102
R, Prof Patricia, 12 Dale View Gardens, E4.....	(020) 8529 3512	RUDKIN, R, L, 22 Forest Approach, Woodford Green.....	(020) 8558 8193	S, V, 1 Chiltern Road, Ilford.....	(020) 8599 4536
ROHEN, M, 114 Crown Road, Ilford.....	(020) 8220 7641	RUFFLE, Mr D, Flat 2 68 Lindley Road, London.....	(020) 8511 5612	SAFI, T, 20 Mandeville Court, London.....	(020) 3520 3838
ROHIM, M, 87 Longwood Gardens, Ilford.....	(020) 8551 1881	RUFUS, C, C, 5 Heather Road, London.....	(020) 8502 9353	SAFIULLAH, M, 3 Invite House, 1-7 Bramley Crescent, Ilford.....	(020) 3729 8966
ROJEK, W, Mobile, 27 Ruckholt Close, London.....	(07949) 085999	RUHMANE, I, 22 Dersingham Avenue, E12 London.....	(020) 3643 7763	SAGHIR, J, 28 Conifer Ct Bluebell Wy, Ilford.....	(020) 8478 0262
ROKED, S, 103 Second Avenue, Manor Park.....	(020) 8514 3085	RUIZ URETA, A, 29 Tudor Court, E17 London.....	(020) 3662 1034	SAGI, L, 4 Pershore Close, Ilford.....	(020) 8554 1306
ROKICKI, L, 13 Somerset Road, E17.....	(020) 3132 0574	RULE, T.P.W, 13 Holly Drive, E4.....	(020) 8529 1341	SAGOE, A, 32 Martley Rd, Ilford.....	(020) 8220 9319
ROKITA, Mr D, 111 Chetton Road, London.....	(020) 8177 5457	RUMMELT, Mrs 4 Nyssa Close, Woodford Green.....	(020) 8502 9348	SAGOO, Bhagat, 12 Forterie Gardens, Ilford.....	(020) 8590 8498
ROKNI, Mr, 5 Fremantle Rd, Ilford.....	(020) 3132 3261	RUMMEY, T.D, 241 Copperfield, Chigwell, Essex.....	(07944) 890816	S, P, 3a Sachville Gardens, Ilford.....	(020) 8554 8782
ROLA, Jacek, 1A Brook Parade High Road, Chigwell.....	(020) 8500 3127	RUMNEY, G.H.W, 10 Fitzgerald Road, E11.....	(020) 8989 0752	S, S, 18 Lowe Chigwell, DAGENHAM.....	(020) 3489 0919
ROLFE, G, 10 Stomy Path, Loughton.....	(020) 8281 1972	RUNCIMAN, F, 2A Dale View Crescent, London.....	(020) 8529 8681	SAHA, M, 29 Redbridge Lane East, Ilford.....	(020) 8550 1632
R, P, 76 Heronage Road, E12.....	(020) 8989 8067	R, Stuart, Flat 120 Enterprise House 112 Kings Head Hill, E4.....	(020) 8559 3907	S, S.K, 95 Wellington Road, E11.....	(020) 8989 6324
R, P, Flat 18 St. James Gate Palmerston Road, Buckhurst Hill.....	(020) 8505 6502	RUNCKLES, C, 3 Highlands Gardens, Ilford.....	(020) 8518 1767	SAHAG, F, Second Floor Flat 302 High Road Leyton, Leyton, London.....	(020) 3016 0266
R, R, 65 Felbridge Road, Ilford.....	(020) 8590 0713	RUPARELL, J, 191A Ilford Lane, ILFORD.....	(020) 3731 0198	SAHALI, Israr, 365 Green Lane, Ilford.....	(020) 8598 2939
R, R, 21 Millwell Crescent, Chigwell.....	(020) 8500 4898	RUPASINGH, Mr S, 1477 Hoe Street, London.....	(020) 8177 9974	SAHDEV, D.D, 2 The Crescent, Ilford.....	(020) 8554 5715
R, S, 207A Chapel Road, E12.....	(020) 8478 5621	RUPRAL, S, 38 Beattville Gdns, Ilford.....	(020) 8551 4924	SAHLI, I, 91 Mount Pleasant Road, London.....	(020) 3536 5751
ROLLINGS, S.K, 239 St. John's Road, E17.....	(020) 3527 0208	RUSAKOVAS, Mr L, 100 Seventh Avenue, London.....	(020) 8514 4026	SAHOTA, R, 14 Cambrian Avenue, Ilford.....	(020) 8599 3816
ROLLINGSON, Vallerie, 18 Park Road, E10.....	(020) 8784 7195	RUSHMOOR, B, Flat 8 Mallard Court 1 Stockfield Road, E17.....	(020) 8503 6787	S, T, 42 Courtland Drive, Chigwell.....	(020) 8500 6033
ROMAN, I, Furrow House Flat 12, 29, Hickman Avenue, London.....	(020) 3720 3663	RUSLING, G, 3 Brandesbury Square, Woodford Green.....	(020) 8500 9085	SAID, K, Flat 12 John Walsh Tower Montague Road, Leytonstone.....	(020) 8558 7484
0049		RUSSELL, A, Ground Floor 115 Carr Road, London.....	(020) 8531 5175	S, Zeinab, 24 Thornhill Gardens, E10.....	(020) 8529 1275
R, K, First Floor Flat 178 Shernhall Street, E17.....	(020) 8509 2465	R, A, 8 Jacks Farm Way, E4.....	(020) 8523 5993	SAINDANE, M, 29 Oakland Place, Buckhurst Hill.....	(020) 3669 4987
ROMANIUK, S, 118 Ley Street, Ilford.....	(020) 8514 8286	R, A, 2A Stradbroke Grove, Buckhurst Hill.....	(020) 8506 1467	SAINI, J, 43 Vernon Road, Ilford.....	(020) 3722 6749
ROMERO, P, 75 Queens Road, E11.....	(020) 8556 8712	R, A, 56 Whitehall Gardens, London.....	(020) 3623 0097	SAINT	
ROMIN, N, 99 Little Ilford Lane, London.....	(020) 3732 3850	R, Mr Barry, 29 Time Road, Chigwell.....	(020) 8500 4514	See also Saints listed after St.	
RONES, J.L, 1 Barton Meadows, Ilford.....	(020) 8550 2967	R, B.B, 54 Ranelagh Gardens, Ilford.....	(020) 8554 9076	ST. QUINTIN, P, 2 Maida Avenue, E4.....	(020) 8529 4029
RONEY, S, 302 Old Church Road, E4.....	(020) 8529 5996	R, C, 91 Markmanor Avenue, London.....	(020) 8556 0441	SAINTS	
ROOK, J.A, 58 Sunnyside Road, E10.....	(020) 8556 7546	R, D.A, 191 Larshall Road, E4.....	(020) 8529 4998	See also Saint listed before St.	
ROOKE, M, 11 Pretoria Road, E4.....	(020) 8524 5173	R, D.I, 51 Perth Road, E10.....	(020) 8539 0794	SAID, M, 9 Poplars Road, London.....	(020) 8062 1268
ROOME, P, 13 Orchard Close, Chingford.....	(020) 3770 1429	R, G, 84 The Lindens, Loughton.....	(020) 8508 3686	SAIJAL, P, 130 Falmouth Gardens, Ilford.....	(020) 8550 0928
ROONEY, Mr P, 30 Lee Grove, Chigwell.....	(020) 8500 2015	R, I, 88 Forest Glade, E4.....	(020) 8527 0502	SAIKALUSAKS, Mr G, 41 Grosvenor Rd, London.....	(020) 3132 3737
ROOS O'DONOGHUE, E, 32 Osprey Close, Leytonstone.....	(020) 8989 8386	R, J, 62 Bawdsey Av, Ilford.....	(020) 8597 4745	SAKELDIEN, T, 228 Stockfield Rd, E17.....	(020) 8503 6380
ROPELATO, O, 33 Draycot Road, E11.....	(020) 8989 5722	R, J, 61 Harward Drive, Loughton.....	(020) 8508 0073	SALAH LAOUAR, H, 18 White House Mews, London.....	(020) 3605 8901
ROPLIN, F, 100 Highbury Gardens, Ilford.....	(020) 8599 3140	R, J, 167 Westwood Road, Ilford.....	(020) 8599 2473	SALAHEDDIN, M, 17 Coronation Close, Ilford.....	(020) 8550 6383
ROSAMUND, J.J, 5 Meriden Clo, Ilford.....	(020) 8500 2300	R, J.R, Flat 7 Skinner Court 1 Yunus Khan Close, E17.....	(020) 8521 6045	SALAM, Mr M, 277 Chigell Rd, Essex.....	(020) 8141 2855
ROSANO, Rosa, 36 Newbury Road, Ilford.....	(020) 8599 6328	R, K, 57 The Square, Loughton.....	(020) 8508 5345	SALAMI, P, 219 Brockley Way, CHIGWELL.....	(020) 3663 6542
ROSARIO, L, 22 York Road, Ilford.....	(020) 8514 1722	R, L, 25 Verulam Avenue, London.....	(020) 8556 5785	SALASNIK, J, 8 The Lindens Prospect Hill, E17.....	(020) 8520 1759
R, Mr 21 Marine Crescent, Ilford.....	(020) 3957 8202	R, O, 24 Tennyson Avenue, E11.....	(020) 8989 8242	S, Y.R.S, 1 The Lindens Prospect Hill, E17.....	(020) 8520 3531
ROSE, A, 21 Hedgeley Woodford Avenue, Ilford.....	(020) 8550 3506	R, P, 45 Frances Road, London.....	(020) 8925 4194	SALAZAR, F, Flat 4 Parker Court 106a South Birkbeck Road, London.....	(020) 3663 2293
R, F, 81 Canfield Road, WOODFORD GREEN.....	(020) 8491 6365	R, S, 160 Fullwell Avenue, Ilford.....	(020) 8505 5335	SALEEM, A, 606 Green Lane, Ilford.....	(020) 3092 8561
R, J, 78 Cowley Road, Ilford.....	(020) 8554 2232	R, T, 30 Spratt Hall Road, E11.....	(020) 8530 4030	S, A, 606 Green Lane, Ilford.....	(020) 3620 6597
R, J, 26 Cranbourne Avenue, E11.....	(020) 8989 3186	RUSSELLFAWCEIT, Lynda, 48 Wesley Road, E10.....	(020) 8524 8774	S, Mr F, 65 Lavender Pl, Ilford.....	(020) 3132 4000
R, J, 27 Markmanor Avenue, LONDON.....	(020) 8988 9709	RUTH WARD, K, 10 Hurst Close, London.....	(020) 8506 1447	S, F, 2 Regent Gardens, Ilford.....	(020) 4568 2616
R, J.W, 8 Woodlands Avenue, E11.....	(020) 8530 2812	RUTLEY, M, 111 West Grove, Woodford Green.....	(020) 8524 2707	S, Ibrar, 27 Eastfield Road, E17.....	(020) 8521 8005
R, M, 14 Forest Edge, Buckhurst Hill.....	(020) 8505 9140	RUTTER, I, 44 Kimberley Road, E4.....	(020) 8506 2059	S, Mr I, 4 Berthons Gdn Wood St, London.....	(020) 8521 1337
R, Miss M, 49 Lavender Place, Ilford.....	(020) 3132 8194	R, P, Flat 7 The Watergarden Elington Road, Woodford Green.....	(020) 8470 5756	S, M, 66 Fairview Dy, Chigwell.....	(020) 8502 6902
R, M, 103 Liston Way, Woodford Green.....	(020) 8504 6133	RWAHERU, A, 251 High Street North, London.....	(020) 8141 5896	S, Mr M, 36 Madras Rd, Ilford.....	(020) 8514 1426
R, M, 55 Middleton Gardens, Ilford.....	(020) 8554 4713	RWEIKIZA, Miss G, 102 Rodding Lane South, Ilford.....	(020) 8141 5896	S, M, 61 St. James's Street, E17.....	(020) 8521 5075
R, P, 25 Oak Hill, Woodford Green.....	(020) 8504 6316	RYALL, D, The Main Lodge Barnardos Tanners Lane, Barkingside.....	(020) 8551 3870	S, Mr M, 93 Somers Road, London.....	(020) 8177 5442
R, R.N, 306 Horns Road, Ilford.....	(020) 8550 0916	R, P, 67 Normanton Park, E4.....	(020) 8524 2353	S, S, 4 Malford Grove, E18.....	(020) 8989 0221
ROSEN, G, 103 Cadogan Gardens, London.....	(020) 8989 1191	RYAN, A, 8 King Henry Lodge 51 Hall Lane, E4.....	(020) 8520 5601	SALEEMI, H, 21 Cockerell Road, E17.....	(020) 8503 6784
R, R, 52 Broadwalk, London.....	(020) 8989 3380	R, Mrs A, 27 Violet Road, London.....	(020) 8989 2817	S, M, St. Patricks Court 121 Bridle Path, WOODFORD GREEN.....	(020) 8527 2951
ROSENBERG, D.S, Flat 21 Carlton House Algers Road, Loughton.....	(020) 8550 4168	R, H, 21 Shakespear Road, E17.....	(020) 8527 2442	S, T, 2 Cheltenham Road, London.....	(020) 8529 1461
R, I, Flat 5 Walbrook Woodford Road, E18.....	(020) 3524 9904	R, I, Flat 17 P17, Pineview Court 3 The Ridgeway, LONDON.....	(020) 8529 2924	SALEEN, Mr S, 80 Cann Hall Rd, London.....	(020) 8177 1735
ROSENBLUM, P, 17 Lansdowne Road, E17.....	(020) 8521 7618	R, J.M, 54 Bedford Road, E17.....	(020) 8531 2649	SALEH, A, 384 Lea Bridge Road, London.....	(020) 3609 5299
R, S, 37 Greenleaf Drive, Ilford.....	(020) 8551 5171	R, K, 54 Beacontree Avenue, London.....	(020) 8531 7470	S, J, 163 Chester Road, Ilford.....	(020) 8599 4261
ROSENFIELD, Mr Alfred, 33 Elmfield Road, London.....	(020) 8529 8160	R, Loraine, 55 Empress Avenue, Woodford Green.....	(020) 8505 5237	S, S, 53 Redwood Gdns, E4.....	(020) 8524 7295
R, D, 29/189 High Rd, E18.....	(020) 8498 9843	R, M, 68 Chelmsford Road, E18.....	(020) 8504 7104	S, Mr Zahriuddin, 157 Hampton Road, Ilford.....	(020) 8553 2521
R, M, 1 Couchmore Avenue, ILFORD.....	(020) 8550 3326	R, M, 2 Kinross Terrace, London.....	(020) 8117 7814	SALEM, M, 45 Ramskill Drive, Ilford.....	(020) 8590 9490
R, M, 4 Robinia Close, Ilford.....	(020) 8220 1020	R, Robert, 48 Stonards Hill, Loughton.....	(020) 8502 1893	SALES, Dr K, 6 Mayfield Avenue, Woodford Green.....	(020) 8505 0748
ROSENFIELD, A.D, 36 Roll Gardens, Ilford.....	(020) 8551 7842	R, T, Flat 3, Struan House High Street Wanstead, London.....	(020) 8001 8170	SALIH, J, 49 Cleveland Road, LONDON.....	(020) 3524 8493
ROSIER, L, 36 Lynnwood Road, Walthamstow, London.....	(020) 8521 3978	RYATT, B, 13 Elmstead Road, Ilford.....	(020) 3737 3001	SALIM, J, 4 Clarence Road, Manor Park.....	(020) 8478 6524
ROSS, Mr E, 10 Norfolk Rd, Ilford.....	(020) 8141 7790	RYBAKOVA, Mrs G, 8 Forest View Road, London.....	(020) 8141 6813	S, M, 68 Kenwood Gdns, Ilford.....	(020) 8551 3846
R, Mr G, 46b Kingswood Rd, Ilford.....	(020) 3132 8111	RYDER, A, 10 Whitehall Gardens, Chingford.....	(020) 8529 5127	S, S, Flat 28 Blakesley House Grantham Road, E12.....	(020) 8478 4626
R, I, 81 Blythwood Road, Ilford.....	(020) 8590 6443	R, F, 6 Hampton Road, London.....	(020) 8926 4973	SALMON, A, 4 Shaftesbury, Loughton.....	(020) 8508 7951
R, M, 76 Normanshire Drive, E4.....	(020) 8529 0453	RYKALA, G, 183 Tiptree Crescent, Ilford.....	(020) 8551 7037	S, D, 29 Silverthorn Gardens, London.....	(020) 8524 2508
R, Marian, 27 Stapleford Av, Newbury Park.....	(020) 8597 4316	RYMELL, S, 71 Grosvenor Park Road, London.....	(020) 8529 3547	S, Ms J, M, 17 Kingsley Road, Loughton.....	(020) 3536 5360
ROSSDALE, P, 119 Headley Drive, Ilford.....	(020) 8525 0343	RYTON, R, 74 Withy Mead, LONDON.....	(020) 8558 6905	S, J, 9 ELBURY COURT Vicarage Road, Woodford Green.....	(020) 8559 1884
ROSSER, R.G, 32 St. Johns Road, Loughton.....	(020) 8508 9627	RZEPA, P, Flat 26 Rayner Towers 2 Albany Road, London.....	(020) 8558 6905	S, P, 18 Perkins Road, Ilford.....	(020) 8554 2073
ROSSHANDLER, J, 82 Manor Road, Chigwell.....	(020) 8501 3538	S, S, ACCIDENT REPAIRS, Sewardstone Hall Farm Sewardstone Road, Chingford.....	(020) 8524 5660	SALTER, B, 2 Nursery Close, Woodford Green.....	(020) 8504 0669
ROSSI, C, 251 Chester Road, Loughton.....	(020) 8508 1885	S, S, Flat 3 1 York Place, Ilford.....	(020) 8014 6983	SALUJA, A, 43 York Road, Ilford.....	(020) 3731 0157
R, C.T, 60A Connaught Avenue, E4.....	(020) 8529 6812	SAAD, A, 13 Hurst Road, E17.....	(020) 8520 7621	SALVI, D, 72 Belmont Park Road, London.....	(020) 8926 8878
ROSSITER, A, 19 Clifton Avenue, Walthamstow.....	(020) 8531 4595	SAADI, Mr F, 104 Mayfair Avenue, Ilford.....	(020) 7165 6010	SAM, A, 15 Duke Road, Ilford.....	(020) 3754 6933
ROSTAS, M, 45 St. Albans Road, Ilford.....	(020) 3665 8377	SAAQIB, Mr F, 52 Shakesphere Crescent, London.....	(020) 8177 8330	S, A, P, 15 Duke Road, Ilford.....	(020) 3318 8508
ROTARI, I, Memorial Heights Flat 153 Monarch Way, Ilford.....	(020) 3720 6191	SABARANTAM, P, Flat 27 Stonehill Court Herent Drive, Ilford.....	(020) 8551 3823	SAMAD, Z, 24 Markmanor Avenue, Walthamstow.....	(020) 8558 2313
ROTARU, M, Flat 1 196 High Road Leyton, London.....	(020) 3720 6191	SABAU, G, 73A High Street, Barkingside.....	(020) 8505 2468	SAMAMI, M, Flat 1 2a Folkestone Road, E17.....	(020) 8509 0843
ROTE, J, 12 Waltham Road Woodford Green, Essex.....	(020) 8505 0678	SABER, Brahim, Flat 12 Stonydown House Blackhorse Road, E17.....	(020) 8521 3948	SAMAANTA, S, 27 Charteris Road, Woodford Green.....	(020) 8504 6718
ROTH, D, 9 Gange Crescent, Chigwell.....	(020) 8500 2383	SABEY, Nicole, 17 Hadleigh Lodge Snakes Lane, Woodford Green.....	(020) 8506 1592	SAMAROVA, K, 29 Salop Road, London.....	(020) 3732 3055
R, P, 40 Grosvenor Park Road, London.....	(020) 8503 6370	SABHARWAL, A, 239 Sherrard Road, London.....	(020) 3152 3200	SAMBEER, P, 53 Longcroft Rise, Loughton.....	(020) 3082 5450
ROTHERA, H, 113 Prospect Road, WOODFORD GREEN.....	(020) 8505 3600	SABIR, Mohammad, 4 Dundell Road, E17.....	(020) 8520 1295	SAMI, A, Flat 1 Smarts Lane Mews Smarts Lane, Loughton.....	(020) 3013 4299
ROTHFARB, R, 20 Glenham Drive, Ilford.....	(020) 8554 1708	SABOO WALLA, A, 123 The Avenue, London.....	(020) 3648 5280	S, A, 3 Vernon Road, London.....	(020) 8508 7934
ROTHWELL, B, 51 Belvedere Road, London.....	(020) 8556 2156	SABU, J, 77 Cranley Drive, Ilford.....	(020) 8518 6431	SAMPATHKUMAR, S, G, Mallard Court 54A Morris Avenue, London.....	(020) 7998 3183
R, J, 2 Wittenham Way, London.....	(020) 8524 0203	SACH, K, 86 Royston Avenue, London.....	(020) 3729 6515	SAMPSON, M, 43 Beattville Gardens, Ilford.....	(020) 8220 6738
ROTONDARO, A, 158 Coventry Road, Ilford.....	(020) 8220 8508	S, S, 32 Horace Road, Ilford Essex.....	(020) 8550 9018	S, M, Mobile, 30 Rowden Park Gardens, Chingford.....	(07957) 922883
ROUF, Mr A, 31 Carlyle Rd, E12.....	(020) 8514 4421	S, T, 25 Rowden Road, London.....	(020) 8531 9050	SAMS MINI MARKET, 149 High Street, Ilford.....	(020) 3632 7026
ROUGH, R, 84 South Park Terrace, Ilford.....	(020) 8599 4797	SACHDEVA, H, 3 Tyne Close, CHIGWELL.....	(020) 8502 6670	SAMUEL, J, 16 Stanway Close, Chigwell.....	(020) 3723 7238
ROUGHAN, C, 51 Salisbury Road, E12.....	(020) 8553 5232	SACHITHANANTHAN, J, 5 Sandyhill Road, Ilford.....	(020) 8514 6369	S, Miss 55 Essex Close, Walthamstow, London.....	(020) 8109 5647
ROUBAH, A, 73 Hollybush Hill, E11.....	(020) 8530 8684	SACK, B, 1 Wallers Hoppet, Loughton.....	(020) 8502 2739	S, Mrs R, Mrs 75 Forest Drive West, London.....	(020) 8925 0647
ROUTLEDGE, Derek, 17 Falmouth Avenue, E4.....	(020) 8527 3644	SACKEY, B, Flat E, 137 Whippys Cross Road, London.....	(020) 3581 0503	SAMUELS, A, 38 Highstone Avenue, London.....	(020) 8281 2777
R, S, 76 Auckland Road, Ilford.....	(020) 8518 0699	SACREE, M, 52 Charnwood Drive, E18.....	(020) 8530 2713	S, A, Matthews Memorial Methodist Ch Penrhyn Crescent, London.....	(020) 8503 2316
ROWAN, C, 10 Colombo Road, Ilford.....	(020) 8262 6343	SADDIQUE, M, 77 Durham Road, Manor Park.....	(020) 8514 6397	S, R, 11 Eighth Av, E12.....	(020) 8553 4707
ROWBURY, A, 61 Ainslie Wood Gardens, Chingford.....	(020) 8				

S, J, 1 Maxwell Court, Sunnymede, CHIGWELL	(020) 8501 3753	S, J, 50 Belle Vue Road, London	(020) 8523 1931	SELLAMUTHU, O, 126 Walpole Road, E18	(020) 8498 0588
S, V, 67 Tamar Square, Woodford Green	(020) 8505 7467	S, J.H.A, 27 Wanstead Place, E11	(020) 8989 9217	SELLER, A, 35 Hainault Road, Chigwell	(020) 8500 7820
SANDERSON, C, 146 45 Charlbury House Grantham Road, E12	(020) 8553 3574	S, M.J, 9 Wimborne Close, Buckhurst Hill	(020) 8505 1624	SELLERS, D, 69 Byron Road, E17	(020) 8509 0372
SANDFORD, M, 18 Beehive Lane, Ilford	(020) 8550 6797	SAXTON, Dr E, 130 Ashville Road, London	(020) 8558 3360	S, J.G, 45 Sandringham Road, E10	(020) 8539 5042
SANDHU, S, 3 Gladstone Avenue, London	(020) 8548 1992	SAVEED, M, Mobile, 40 Greenleaf Drive, Ilford	(07931) 780904	SELICK, L.C, 161 Marmion Avenue, E4	(020) 8529 3829
S, N, 35 Atherton Road, Ilford	(020) 3536 4797	SAVERS, G.C, 581 Eastern Avenue, Ilford	(020) 8554 4655	SELLS, Mr 24 Sylvan Road, London	(020) 8532 9693
SANDIFORD, M, 8 Matcham Road, Leytonstone	(020) 3875 9147	S, Mr Noel, Flat 17, Helwys Court, 107 Selwyn Avenue, London	(020) 8531 0751	SELLWOOD, J.E, 9 Sunnymede Drive, Ilford	(020) 8550 6812
SANDOM, D.J, 11 Deacon Wy Manor Rd, Woodford Gn	(020) 8505 8624	SAVID, Mr A, 56 Aldriche Way, London	(020) 8531 4110	SELVAJENATHAS, Mr Stonehill Court Markfield Gardens, Chingford	(020) 3952 3319
SANDS, P, 86 Chamberlain Place, Walthamstow	(020) 8523 3792	S, A, Flat 23, Beehive Court Beehive Lane, Ilford	(020) 8127 1875	SELVAPPACKIAM, T, Flat 16 Kelvedon Lodge 284 Clayhall Avenue, Ilford	(020) 8550 7934
SANDULACHE, I, 1490 Lea Bridge Road, London	(020) 3726 3600	SCAHLI, M, 57a Sackville Gardens, Ilford	(020) 8554 3341	SELVARAJAHMANOGARAN, S, 29 Springfield Drive, Ilford	(020) 8518 3145
SANDUTA, A, 7 Elbury Court Vicarage Road, Woodford Green	(020) 8793 9226	SCAMMELL, P, 110 High Road, Buckhurst Hill	(020) 8504 3401	SELVARATNAM, P, 40 Queenborough Gardens, Ilford	(020) 8551 0365
SANDWELL, J, 12 Faversham Close, Chigwell	(020) 8500 7790	SCANDRETT, J.R, 1 Pembroke Road, E17	(020) 8520 6069	SEMAM, Mrs S, Flat 1 Hadleigh Court 4 Crescent Road, London	(020) 8524 8444
SANFORD, W, 24 Clendon Road, Ilford	(020) 8597 3985	SCANTLEBURY, F, 31 Woodlands Road, E17	(020) 8520 5958	SEMBHI, Mr G, 22 Carriage Mews, Ilford	(020) 8553 9919
SANGAR, A, 14 Shaw Square, London	(020) 3539 2713	SCARBROW, J, 81 Underwood Road, E4	(020) 8531 3787	SENBKI, Mr H, 50A Balfour Road, Ilford	(020) 8141 7468
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SANGER, C, 39 Belvedere Avenue, Ilford	(020) 8496 9565	SCEK, N.M, 108 Mortlake Rd, Ilford	(020) 8478 8215	SENATORE, N, Claire House Flat 11, 164 Ilford Lane, Ilford	(020) 3722 5539
S, M, 32 Sutherland Road, E17	(020) 8523 1114	SCERRI, A.J, 92 Cavendish Road, E4	(020) 8527 6922	SENDALL, D, 1003 Forest Road, Walthamstow	(020) 8531 7050
SANGHA, Daljit, 14 Berica Court Mossford Green, Barking	(020) 8550 5403	SCHAEDEL, J, 11 Oak Hall Road, E11	(020) 8281 9479	SENDHU, M.A, 126 First Av, Manor Park	(020) 3727 5716
SANGHERA, S, 5 Cleveland Park Crescent, London	(020) 8520 1781	SCHAFFER, A, 61 Limewood Court Beehive Lane, Beehive Lane	(020) 8554 4060	SENGUPTA, D, 11 Grosvenor Road, London	(020) 3686 7210
SANKARAGURUKKAL, Mr K, 90, Manor Park, Newham Church Road, London	(020) 3326 9434	S, H, 16 Carlton Court Craven Gardens, Ilford	(020) 8550 4481	S, S, 73 Water La, Ilford	(020) 3132 8098
SANNEH, Mr B, 17 St. Winefrides Av, E12	(020) 8553 9461	S, M, 113 Clinton Crescent, Ilford	(020) 8924 1444	S, S, 73 Water La, Ilford	(020) 8957 9904
SANTAMARIA, J, 303 Waltham Park Road, Ilford	(020) 8518 3877	SCHARF, Lindsey, 249 Harrow Road, London	(020) 8555 0748	SENIOR, K, 99 Valley Side, LONDON	(020) 8529 7259
SANTAMAS, O, 53 Osprey Close, E11	(020) 8530 3840	SCHASTLITSEV, O, 9 Colwall Gardens, Woodford Green	(020) 8616 9441	S, O, 100A Lansdowne Road, Ilford	(020) 8590 5560
SANTHAROOBAN, Ks, 143 Fenman Gardens, Ilford	(020) 8597 8700	SCHAUB, J, Hedgeley 9 Woodford Avenue, ILFORD	(020) 3663 1987	SENKARDES, I, Flat 16 Clay Court 84 Waverley Road, E17	(020) 8503 6145
SANTHIRAKUMAR, T, 30 Byron Avenue, London	(020) 8548 9691	SCHAUBERIEN, Admiral K, 5 Ketts Place, Chigwell	(020) 4539 3869	SENKOVIS, M, Flat 11 Brook Court 2a Harrow Road, E11	(020) 8539 8813
SANTHOSHAM, N, First Floor Flat 6 Kensington Avenue, E12	(020) 8471 6507	SCHILLING, J, 15 The Vale, Woodford Green	(020) 8505 8927	SENTHILRAJAH, T, 39 Inglehurst Gardens, Ilford	(020) 8550 9627
SANTIANO, S, Mobile, 46 Coventry Road, Ilford	(07949) 322892	SCHINDLAR, C, 2 Wianas Gardens Palmerston Road, London	(020) 8520 4797	SENTHILSELVAN, A, 100 Gardner Clo, E11	(020) 8518 8888
SANTIS, S, 17a Tavistock Road, London	(020) 8989 8387	SCHLAZER, S, 57 Heybridge Drive, ILFORD	(020) 8551 3684	SENTHISELVAN, A, 406 Lea Edge Rd, E10	(020) 8518 7777
SANTO, C, 1010 Eastern Avenue, Ilford	(020) 3638 7545	SCHLEIFER, Mirra, Flat 5 Lords Buses Court 700 High Road, Buckhurst Hill	(020) 8504 1077	SEPNANIAN, A, 53 Rivington Avenue, Woodford Green	(020) 3623 5285
S, Jorge, 1 Clock House Wood Street, Walthamstow London	(020) 8521 1005	SCHMID, A, 67 Malcom Way, E11	(020) 8530 6524	SEPTON, T, 29 Melville Road, London	(020) 8521 4225
SANTOS, A, Flat 69 City Gate House 399-25 Eastern Avenue, Ilford	(020) 8554 6214	SCHNEIDER, M, 1 Hurstcombe Whitehall Lane, Buckhurst Hill	(020) 8498 9050	SEPPINGS, R.G, 12 Wyatts Lane, E17	(020) 8521 9724
S, L, 69 Dryden Close, Ilford	(020) 3583 3843	SCHOFIELD, D, 1 Beech Hall Crescent, London	(020) 8923 1320	SEQUEIRA, S, 35 Buttsbury Road, Ilford	(020) 8514 2822
SANVAL, Admiral B, Flat 8 Ash Court 171 Maybank Road, South Woodford	(020) 4619 3309	S, M, 3 St Marys Close, LOUGHTON	(020) 8502 4161	SERAJ, Feraz, 1 Goldsmith Av, London	(020) 8471 5911
SAPATHARAN, N, 67 Cranley Drive, Ilford	(020) 8554 5833	SCHULLER, R, 42 Fairmeads, Loughton	(020) 8502 4722	SERBANESCU, E, 5 Glenwood Gardens, Ilford	(020) 8551 7449
SAPSFORD, J, 22 Kings Head Hill, London	(020) 8524 4635	SCHWARTZ, L, 25 Amberley Road, BUCKHURST HILL	(020) 8506 9629	SERCOMBE, J.V, 23 Murtwell Drive, Chigwell	(020) 8500 4027
SAR, T, 558 High Road Leytonstone, E11	(020) 8556 7452	S, N, 24 Lee Grove, Chigwell	(020) 8501 0409	SERGEANT, A, 35 High Beech Road, Loughton	(020) 8508 3071
SARAFIN, F.M, 26 Greenhays Drive, E18	(020) 8530 4972	SCHWARZ, R.H, 28 Haroldstone Road, E17	(020) 8521 3374	S, K, 8 Castle Drive, Ilford	(020) 8554 7238
SARANGAN, J, 172 Roding Lane South, Ilford	(020) 3875 8292	SCITTIENE, J, 109 Nelson Road, Chingford	(020) 8531 6067	SERGHEVICI, S, 7 Stanmore Road, London	(020) 7285 7289
SARATHEE, N, 179B Francis Road, E10	(020) 8556 6038	SCOFFIELD, A, 133 Fyfield Road, London	(020) 3565 7382	SERGIU, A, 37 Wadley Road, E11	(020) 8558 8066
SARAVANANUDHU, S, 13 Cecil Road, Walthamstow	(020) 8527 2344	SCOLLAN, Mrs 39 Wordsworth Avenue, London, South Woodford	(020) 8989 1895	SERIEUX, L, 4 Wanti Terrace Yellowpine Way, Chigwell	(020) 3652 1910
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S, J, 54 Ferndale Road, E11	(020) 8926 6455	SCOOLES, A, 49 Lower Queens Road, Buckhurst Hill	(020) 8506 0389	SERRELL, C, 35 Bodiam Court 8 Thornbury Way, E17	(020) 3851 5690
SARBULAND, Gulrasi, Flat Above 318 Higham Hill Road, E17	(020) 8523 1566	S, I.B, 1 Warren Pond Road, E4	(020) 8524 4161	SERVICE, J, 79 Byron Road, LONDON	(020) 8507 3979
SARDAR BEGUM, A, 29 New Mossford Way, Ilford	(020) 3612 5314	SCOTCHMER, M, 142 Kings Avenue, Woodford Green	(020) 8504 7497	SERVIS, C, 9 Church Close, Loughton	(020) 8508 5776
SARDAR, T, 42 Morris Av, Manor Park	(020) 3675 5150	SCOTT, A, 55 Abbots Park Road, London	(020) 8539 2316	SESAY, Mr A, 25 Goldsmith Rd, London	(020) 3132 7127
SARENDEN, L, Flat 25, Runcie Court New Mossford Way, Barking	(020) 8550 4189	S, A, 37 Buckingham Road, London	(020) 8262 2738	S, S, 235 Wood Street, London	(020) 3669 7172
SARGEANT, T, 31 High View Road, LONDON	(020) 8989 4957	S, Miss A, 21 Tulip Gdns, Ilford	(020) 3132 7340	SETCHFIELD, C.E, 69 Normanshire Drive, E4	(020) 8524 8729
SARGENT, N, 23 Kinfauns Road, ILFORD	(020) 8590 9309	S, D, Flat 4 Betty Brooks House 31 Langthorne Road, E11	(020) 8539 7492	S, P.E, 85 York Road, E4	(020) 8524 4386
S, J, 148 Englands Lane, Loughton	(020) 8508 2829	S, D.T, 24 Trafford Close, Ilford	(020) 8501 1003	SETHI, A, 280 Henley Road, Ilford	(020) 8514 0949
S, Dr J, 146 Wanstead Park Avenue, London	(020) 8281 0942	S, E, 50 Basilton Avenue, Ilford	(020) 8550 9159	S, N, 22 Brancaster Road, London	(020) 8514 5649
S, Mr Nigel, St. Aubyns Daws Hill, London	(020) 3489 3064	S, E, 15 Jades Court Vicarage Road, Woodford Green	(020) 8505 7779	SETTERFIELD, S, 16 Holly Drive, London	(020) 8529 4963
S, T.H, 190 Hampton Road, Ilford	(020) 8514 3458	S, E, 112 Winchester Road, E4	(020) 8531 3021	SEVERN, R, 362 Limes Av, Chigwell	(020) 8502 6181
SARGINSON, J.C, 40 Wellington Avenue, E4	(020) 8529 0947	S, G, 49 Royston Avenue, Chingford	(020) 8523 1369	SEWARD, P.A, 31 Woodman Path, Ilford	(020) 8501 2384
SARKER, M, 197 Blackthorn Road, Ilford	(020) 8109 3471	S, J.M, 31 Bedford Road, E17	(020) 8527 4111	SEWELL, G, Flat 7 Essex Mansions 1 Essex Road South, London	(020) 3689 2739
S, Subrata, 30-32 Sutherland Road, E17	(020) 8531 2835	S, L, 28 Highwood Lane, Loughton	(020) 8214 5366	S, Mr S, 91 Bluebell Avenue, London	(020) 8141 2173
SARNA, D, 27 The Risings, London	(020) 8521 0501	S, P, 3 Canterbury Road, E10	(020) 8539 2166	SEXCIUS, N, 1001b Romford Road, London	(020) 8417 2015
SARODI, V, 25 Northbrook Road, Ilford	(020) 8514 2790	S, P, 13 Ranelagh Gardens, Ilford	(020) 8554 0976	SEYMOUR, L, 74 Warner Road, Walthamstow	(020) 8509 1698
SARPONG, I, Flat 24 Westside Apartments 69 Roden Street, Ilford	(020) 8478 5049	S, R, 844 Eastern Avenue, Ilford	(020) 8554 1463	SEZEN, J, 11 Rowan Avenue, London	(020) 8523 5855
S, James, 233 Sheringham Avenue, E12	(020) 8514 4827	S, R, 23 Tryfan Close, Ilford	(020) 8551 3669	SGEFANOVA, I, 125, The Gables, Flat 6 Harrow Road, London	(020) 8555 8431
S, K, 8 Hall Lane, London	(020) 8529 1989	S, S, 52 Ravensbourne Gardens, ILFORD	(020) 3015 0810	SHABBI, M, 77 Mansfield Hill, London	(020) 3759 4657
S, S, 14 Dryton Avenue, Loughton	(020) 8923 2839	SCOTTING, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	SHABEEL, H, 47 First Floor Flat, First Floor Flat Ingleby Road, Ilford	(020) 3686 1711
SARRIS, J, 17 St. Barnabas Road, Woodford Green	(020) 8504 6858	SCOTTIER, Dvd W, 238 Chestpost Crescent, Ilford	(020) 8597 3085	SHABUZ, A, 3 Azalea Close, Ilford	(020) 8013 2047
SARTORETTI, S, 10 Horace Road, Ilford	(020) 8550 1118	SCRIVENER, G.J, 38 Westmorland Close, E12	(020) 8530 4197	SHAD, A, 10 Estate Way, Leyton, London, London	(020) 7018 0729
SARTORI, Mrs Maria, 61 Mansfield Hill, London	(020) 8529 3863	S, J, 24 Millwell Crescent, Chigwell	(020) 8500 6193	SHAFFER, David, 31 Barten Meadows, Barking	(020) 8550 1992
SARVAJYA, A, 73 Aldborough Road South, Ilford	(020) 8590 2767	SCRIVENS, C, 84 Twickenham Road, Leytonstone	(020) 8988 4007	SHAFFI, S, 160 Twickenham Road, London	(020) 8558 0874
SARWAR, G, 32 Elmstead Rd, Ilford	(020) 8822 1608	SCRUBY, T, 18 Honeycroft, Loughton	(020) 8281 2045	SHAFI, Mr A, 75a Balfour Rd, Ilford	(020) 3132 8192
S, Muhammadusman, Flat 9 Chancery Court 34 Fifth Avenue, E12	(020) 8514 4784	SCULL, W, 12 Amberley Road, Buckhurst Hill	(020) 8504 9116	S, N, 63 Essex Road, E10	(020) 8539 7930
S, R, 230 Dawlish Drive, Ilford	(020) 8014 6885	S, P, 13 Ranelagh Gardens, Ilford	(020) 8554 0976	SHAFIEI, N, Flat 10 15a LondonEastfield Road, Ilford	(020) 8924 0261
SASHEV, I, 167 Wadham Road, London	(020) 3539 7971	S, R, 844 Eastern Avenue, Ilford	(020) 8554 1463	SHAFIQ / MUHEMMAD SALEEN RANA, Mr A, 147 Millais Rd, London	(020) 3132 0094
SASIKUMAR, M, Flat A, 4 Morris Avenue, London	(020) 3774 5998	S, R, 23 Tryfan Close, Ilford	(020) 8551 3669	SHAH, A, 120 Buntingbridge Road, Ilford	(020) 8518 4802
SASSA, S, 23 Belgrave Road, Walthamstow	(020) 8521 4464	S, S, 52 Ravensbourne Gardens, ILFORD	(020) 3015 0810	S, A, 41 Burford Close, Ilford Essex	(020) 8550 8733
SATGUNANATHAN, V, 10 Woodford Avenue, Ilford	(020) 3774 6452	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, A, 99 Express Drive, Ilford	(020) 3952 4516
SATHEESKUMAR, Mr S, 4 Southdown Crescent, Ilford	(020) 8597 3265	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, A, 62 Ranelagh Gardens, Ilford	(020) 8518 1713
SATHYABALAN, P, 23 Glenham Drive 23 Glenham Drive Glenham Drive, ILFORD	(020) 8554 5919	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, A, 17 Seymour Gardens, Ilford	(020) 8491 7937
SATHYANARAYANA, A, 82 Fenman Gardens, Ilford	(020) 8586 1325	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Ashid, 17 Seymour Gardens, Ilford	(020) 8518 6998
SATKUNARAKAH, T, 68 King Edward Road, London	(020) 8527 3250	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, D, 37 Benton Road, Ilford	(020) 8554 8742
SATTANI, N, 110 Woodford Avenue, Ilford	(020) 8551 8948	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, D.W, 100 Meads La, Ilford	(020) 8590 3734
SATTAR, M, 132 Otley Drive, Ilford	(020) 8518 5734	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, H, 112 The Drive, Ilford	(020) 8518 6633
S, M, 7 The Green, London	(020) 8279 8280	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, I, 17 Sunderland Way, London	(020) 3731 4100
SATTIQUJI, A, 369 Aldborough Rd Sth, Ilford	(020) 8597 5295	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, J, 62 Highlands Gardens, Ilford	(020) 8554 8147
SATHYANARAYANA, S, 129 High Road, London	(020) 4501 1754	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Nalin, 46 Breamore Rd, Ilford	(020) 8599 9481
SAUNTALLY, Mrs F, 157 Sixth Avenue, Essex	(020) 8141 1320	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mrs N, 88 North Birkbeck Rd, Ilford	(020) 3132 7290
SAUNDERS, C, 1 Woolston Manor Cottages Abridge Road, Chigwell	(020) 8501 0387	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, R, 50C Eastwood Rd, Ilford	(020) 8510 1631
S, C, 7 Oak Lodge Avenue, Chigwell	(020) 8500 9879	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr R, 47 Selby Rd, London	(020) 8127 5909
S, C, 7 Oak Lodge Avenue, Chigwell	(020) 8501 0853	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr R, Flat 1 (Downstair Flat) Sheringham Avenue, London	(020) 8141 3017
S, K, 65 Chestnut Avenue, Buckhurst Hill	(020) 8504 1172	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr S, 168 Green La, Ilford	(020) 8141 1327
S, L, 6 Wentworth Court Albert Road, Buckhurst Hill	(020) 8117 4324	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr S, 168 Green Ln, IG1 1YG	(020) 8141 0091
S, M, 119 Auckland Road, Ilford	(020) 8220 5373	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr S, 235A High Street, London	(020) 8509 1876
S, M, 7 Cascade Close, Buckhurst Hill	(020) 8506 1646	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, S, 111 Levett Gardens, Ilford	(020) 8252 6442
S, W, 44 Heathcote Grove, LONDON	(020) 8529 6616	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, S, 5, 57 Manford Way, Chigwell	(020) 8270 0260
SAVAGE, K.B, 15 Holcombe Road, Ilford	(020) 8554 4680	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, T, 23A Stanhope Gardens, ILFORD	(020) 3659 6568
S, M.J, Flat 48 Cassis Court Chigwell Lane, Loughton	(020) 8508 2194	SCOTTIER, P, Flat 17 Woodford House Woodford Road, E18	(020) 8989 3487	S, Mr W, 86 Blackhorse Lane, London	(020) 3132 0307
S, P, 3 Grange Avenue, Woodford Green					

S, H, 5 The Shrubberies, Chigwell	(020) 3601 1462	S, Miss Wendy, 56 Ashley Avenue, Ilford	(020) 8551 2554	SILVERSTON, S.H, 7 Rosslyn Avenue, E4	(020) 8529 6884
SHAIRF, S, 83 Ingleby Road, Ilford	(020) 8518 6931	SHER, Mr F, 19 Rigby Mews, Ilford	(020) 8141 0443	SILVESTER, Miss C, 11 Pownsett Terrace Alder Walk, Ilford	(020) 8177 7434
SHAMIM, R, Mobile, 170 Wards Road, Ilford	(07956) 439345	SHER, Mr M, 132 Park Rd, Ilford	(020) 3132 9179	SILWIZYA, Mr 257 Murchison Road, Leyton, London	(020) 3581 3931
SHAMPLIN, B.J, 60 Sunnymede Dr, Ilford	(020) 8550 4589	SHERAFI, B, 5 Bloomsbury Mews, Woodford Green	(020) 8504 1835	SIMAKHA, B, 6a Melford Road, Ilford	(020) 8177 1471
SHANAHAN, N, 4 Bradford Road, Ilford	(020) 8599 2763	SHERIDAN, E, 33a Caernarvon Drive, Ilford	(020) 8523 1670	SIMANAVICIUS, Mr V, Flat 8 492 Lea Bridge Rd, London	(020) 8177 8678
SHANKS, D, Flat 30 Boothby Court 15 Ashingdon Close, E4	(020) 8524 5155	S, Pauline, 31 Inverness, Ilford	(020) 8500 6450	SIMAO, L, 44 Daines Close, E12	(020) 8553 4391
SHANNMUGALINGAM, S, 5 Brendon Gardens, Ilford	(020) 8599 1542	SHERIFAJ, R, 5 Bloomsbury Mews, Woodford Green	(020) 8504 1835	SIMCOX, Mrs Margaret, 40 Huxley Road, London	(020) 8556 8453
SHANNMUGAM, Mr M, 41 Gladstone Av, London	(020) 8141 7700	SHERINGHAM, P, 23 Valance Avenue, London	(020) 8923 1526	SIMEON, Mr O, Flat 55 John Cornwell V C House Grantham Rd, London	(020) 3132 3838
SHANNMUGANTHAN, A, 2 Kirkland Avenue, Ilford	(020) 8551 9911	SHERMAN, Alec, 24 Sandringham Road, E10	(020) 8539 4872	SIMEONOVA, L, Flat 4 Milliners Court The Croft, Loughton	(020) 8508 4626
SHANNON, J, 207 Edward Road, E17	(020) 8520 9432	S, A, 195 Stradbroke Grove, ILFORD	(020) 8551 7798	SIMKUS, K, Flat 7 Thomas Court New Mossford Way, Barkingside	(020) 8551 0501
S, K.J, 1 Thorpe Hall Road, E17	(020) 8527 8379	S, G.J, 11 The Avenue, Loughton	(020) 8508 6656	SIMMONDS, E, 13 Priory Avenue, London	(020) 8529 7718
SHANTHAKAMAR, I, 108 The Drive, Ilford	(020) 8554 5644	SHERSING, B, V C A Furniture Ltd, Unit 2A-3 Uplands Business Park, Blackhorse Lane, London	(020) 3305 6314	S, E.L, 254 Limes Avenue, Chigwell	(020) 8500 7724
SHAPIRO, R, Flat 8 Half Acre 67-69 Woodford Road, E18	(020) 8530 3451	SHERWOOD, C, 6 Coney Burrows, E4	(020) 8524 4829	S, R, 42 New Jubilee Court Grange Avenue, Woodford Green	(020) 8500 7724
SHARE, J, 37 Palmerston Road, Buckhurst Hill	(020) 8559 1949	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, V, 65 Bulwer Road, E11	(020) 8556 9463
SHARIF, A, Flat 3 St. Luke's Court 5 Campson Road, E10	(020) 8539 1267	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMMONS, C, Mobile, 6 New Barns Way,	(07940) 481593
S, Leila, 4 Sherwood Close, London	(020) 8531 3599	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, C, 46 Thaxted Road, Buckhurst Hill	(020) 8505 1676
S, M, 130 Eton Road, Ilford	(020) 8553 9214	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 429 Forest Road, London	(020) 8523 7202
S, N, 10 Warwick Road, London	(020) 8616 8295	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr J, 62 Simmons Lane, London	(020) 8529 0430
S, R, 78 Edinburgh Road, E17	(020) 8521 9061	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, K, Flat 1 Stag Heights 2 Stag Lane, Buckhurst Hill	(020) 8504 9516
S, S, 69 High Street, London	(020) 3754 3914	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, P, 29 Highland Avenue, Loughton	(020) 8508 7046
S, T, 2 Westmorland Road, London	(020) 3685 7212	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, R, 33B Derby Road, E18	(020) 8505 2810
S, Zaynah, Flat 9 Ayerst Court 162 Beaumont Road, E10	(020) 8556 9896	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMMS, Miss T, 58 Pittman Gdns, Ilford	(020) 3132 2934
SHARIF, N, Rosewood Court Flat 32 4, Victoria Road, London	(020) 3091 5044	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMON, L, Flat 43 Gear Court 4 Langthorne Road, Leytonstone	(020) 8502 2309
SHARIFI, Mr Cannock Court, 3 Hawker Place, London	(020) 3952 5109	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONDS, F, 8 Beech Grove, Ilford	(020) 8262 3242
SHARIF, M, M.T. Mobile, 57 Malmesbury Road, London	(07956) 438587	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONE, Mr P, 61 Flat B East Avenue, London	(020) 8141 5388
SHARMA, A, 20 Cleves Walk, Ilford	(020) 8500 3387	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONE, G, 41 Caterham Avenue, Ilford	(020) 8508 7978
S, A, 9 Exeter Gardens, ILFORD	(020) 8117 8761	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONOVITCH, F, 96 Avondale Drive, Loughton	(020) 8551 5335
S, A, 127 Windsor Road, Ilford	(020) 8553 0293	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONS, B, 28 Gearsville Gardens, Ilford	(020) 8550 5136
S, Mr A, 74 Norman Road, London	(020) 3375 6808	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, M, Flat 18 Milne Court 14 Churchfields, LONDON	(020) 3294 1901
S, D, 43 Aintree Crescent, Ilford	(020) 8550 9611	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMONSON, A, Mobile, 8 Edward Road,	(07961) 870214
S, D, 42 Charter Avenue, Ilford	(020) 8270 1202	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMPSON, A, 39 Blackhorse Road, E17	(020) 8520 2992
S, D, 92 Levett Gardens, Ilford	(020) 8599 9473	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr A, 55 Dawlish Road, London	(020) 8177 4982
S, J, 26 GLEBELANDS AVENUE, ILFORD	(020) 8518 0631	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, D, 6 Harpenden Road, London	(020) 8989 1051
S, Mr R, 38 Coleridge Rd, London	(020) 8520 6076	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, D, 63 Kings Road, London	(020) 8556 3686
S, Mr R, 230 Cranbrook Road, Ilford	(020) 8554 4996	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, D.P, 63 Kings Road, E11	(020) 8539 5866
S, Mr R, 94a Felbridge Road, Ilford	(020) 3370 2979	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, E, 64 Pasquier Road, London	(020) 8527 5931
S, R, 41 Jefferson Close, ILFORD	(020) 3715 3379	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Judith, 15 The Croft Friday Hill, E4	(020) 8529 5293
S, Mr R, 725 Romford Rd, London	(020) 3132 0829	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J.S, 37 Gaywood Road, E17	(020) 8521 9554
S, R, 2 Rose Court, Loughton	(020) 4531 3065	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, L.J, Flat 19 Wellington Mansions 183 Church Road, E10	(020) 8539 6334
S, Mr S, 104 Beehive La, Ilford	(020) 8551 8715	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, M, 109 Waltham Way, E4	(020) 8524 2581
S, T, 27 Milverton Gardens, Ilford	(020) 8990 3008	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, N, 550 New North Road, Ilford	(020) 8500 4397
S, U, 153 Gainsborough Avenue, London	(020) 8911 0630	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, P, 14 Merton Road, London	(020) 8521 5359
SHARMAN, E, Flat 4 Pineview Court 3 The Ridgeway, London	(020) 8529 9554	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SIMS, G.M & P, 33 Empress Avenue, Woodford Green	(020) 8502 9529
S, S, 4 Regents Pl, Loughton	(020) 8418 0476	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, R, 3 Exeter Road, London	(020) 8521 0708
SHARP, B, 22 Cornwallis Road, London	(020) 8616 4792	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINCLAIR, A, 33 Roll Gardens, Ilford	(020) 8523 0397
S, D, 3 Tewkesbury Close, Loughton	(020) 3590 1580	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, FLAT 30 NAPIER COURT 521 Green Lane, Ilford	(020) 8599 0410
S, T, 60 Copthorne Avenue, Ilford	(020) 8262 7267	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, K.J, 85 Burrow Road, Chigwell	(020) 8500 7586
S, T, Flat 1 107 Oak Hill, Woodford Green	(020) 8527 9253	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, L, 72 Addison Road, E11	(020) 8530 4093
SHARPE, J, 20 Ashley Avenue, Ilford	(020) 8550 3231	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, M, 32a The Broadway, Woodford Green	(020) 8505 0768
S, L, 21A Pembroke Road, LONDON	(020) 3669 3366	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, R, 5 Carlyle Road, Manor Park	(020) 8478 8323
SHARPLEY, A, 54 Selby Rd, E11	(020) 8555 2268	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, S, 97 Orange Grove, LONDON	(020) 8558 0832
SHARPSTONE, A, Copper Beech Grove Lane, Chigwell	(020) 8500 8260	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, S, 55 Park Road, Ilford	(020) 8553 3773
SHARROCK, S, 13 Fremantle Road, Ilford	(020) 8505 6629	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, S, 164B Sinclair Rd, E4	(020) 8529 1103
SHASEETHARAN, V, Mobile, Flat 52, Hastingwood Court Youngs Road, Ilford	(07903) 490969	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINDHU, Mr R, 9 B Westwood Rd, Ilford	(020) 8141 7801
SHATFORD, D, 11 Clacton Road, E17	(020) 8509 3145	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINFIELD, K, Mobile, 94 Corbett Road,	(07931) 874169
SHAUKAT, F, Mobile, 33 Goodall Road, London	(07939) 716272	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, K, 94 Corbett Road, London	(020) 8509 8157
SHAVES, J.W, 47 Broadmead Road, Woodford Green	(020) 8504 5819	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, P.J, 13 Ardmore Lane, Buckhurst Hill	(020) 8504 7783
SHAW, B, 22 Oak Hill Crescent, Woodford Green	(020) 8527 7787	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SING, Ms A, 28 Granleigh Road, London	(020) 8141 1833
S, D, 11 The Retreat Brook Road, Buckhurst Hill	(020) 8505 0829	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINGER, Yaakov, 2 Regency Close, Chigwell	(020) 8502 6622
S, D, 18A Eileen Acree Rise, Loughton	(020) 8532 0331	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINGH, A, 193 Cambridge Road, ILFORD	(020) 8599 2453
S, D, Mobile, 213 Westward Road, London	(07957) 766043	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr A, 42 Mayfield Rd, London	(020) 8523 2938
S, F, 34 Oakfield Lodge, Albert Road, Ilford	(020) 8531 5623	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, A, 24 Roman Road, Ilford	(020) 8262 9469
S, G, 8 Well Cottage Close, London	(020) 8550 5490	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, A, 19 Thornwood Close, London	(020) 3724 2988
S, J, 7 Gantshill Cres, Ilford	(020) 8551 0166	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, B, 189 Goodmayes Lane, Ilford	(020) 8470 7738
S, Mr John, 128 Perth Road, Ilford	(020) 8554 6018	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, B, 28 Lechmere Avenue, Chigwell	(020) 4541 6373
S, J, 1 Trentbridge Close, Ilford	(020) 8252 6329	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, B, 74 Meads Lane, Ilford	(020) 8262 1503
S, K, 17 St. Andrews Road, E17	(020) 3132 5305	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, B, 33 Pelham Road, Ilford	(020) 8514 5561
S, L, 81 The Bowls, Chigwell	(020) 8500 9335	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Bhaga, 249 Railway Arches Joseph Ray Road, E11	(020) 8558 6893
S, M, Flat 8 Greenhill High Road, Buckhurst Hill	(020) 4541 6236	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr B, 10 Suffolk Road, Ilford	(020) 3132 8107
S, M, 20 Lancing Road, Ilford	(020) 8518 5900	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, C, 46 Blythswood Road, Ilford	(020) 8983 8797
S, R, 2 Chingford Avenue, E4	(020) 8529 3555	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, C, 22 Rowden Road, London	(020) 8531 0125
S, S, 21 Lancaster Drive, Loughton	(020) 8502 4183	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr D, 54 Spencer Road, London	(020) 8141 5936
SHAWYER, C, 89 Ardmore Lane, Buckhurst Hill	(020) 8504 6251	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, E, 37 Vernon Road, Ilford	(020) 8220 3032
S, P, 26 Mayfield Road, London	(020) 8524 1693	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, G, 92 Bracken Drive, Chigwell	(020) 8501 0559
SHAZAD, Amir, Unit 60 Cromwell Industrial Estate Staffa Road, E10	(020) 8558 6927	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, G, 7 Cranbrook Road, Ilford	(020) 3686 2846
SHEACH, J, 28 Rusden Gardens, Ilford	(020) 8550 1259	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr G, 480 Green Lane, Ilford	(020) 3132 8095
SHEAR, J, 24 Rosebury Square, Woodford Green	(020) 8501 2987	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, G, 24A Kensington Drive, WOODFORD GREEN	(020) 3380 6584
SHEARING, R.R.T, 110 Brocket Way, Chigwell	(020) 8500 6642	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, G, 42 Nutfield Gardens, Ilford	(020) 8599 3012
S, S, 15 Longacre Road, London	(020) 8925 7036	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, G, 6 St. Thomas Gardens, Ilford	(020) 8478 5472
SHEARMAN, H, 4 Belgrave Terrace, Woodford Green	(020) 8505 2902	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, 18 Chester Road, Ilford	(020) 3663 5369
S, W, 19 Woodcote Road, E11	(020) 8989 7805	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, 2D London Gladding Road,	(07931) 874169
SHEEHAN, M.W, 48 Birbeck Road, Ilford	(020) 8554 5346	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, Mobile, 11 Goldsmith Avenue, London	(07958) 123567
SHEEHY, Ms J, 45 Northcote Rd, E17	(020) 8223 0886	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, Flat 110 Enterprise House 112 Kings Head Hill, E4	(020) 8524 4931
S, M, Ambresbury Clays Lane, Loughton	(020) 8508 9960	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, Plot 5 Northfields, Nursery Rd	(020) 8508 4036
SHEEKH, A, 205 St. Johns Rd, E17	(020) 8531 0905	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, H, 99 Rosebery Avenue, E12	(020) 8470 7313
SHEEPWASH, R, 87 Norman Road, London	(020) 8558 5077	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINGH HOTHI, P, 70 Argyle Road, Ilford	(020) 8518 5069
SHEHU, D, 29 Merlin Close, Ilford	(020) 8500 4630	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	SINGH, J, 10 Albemarle Gardens, Ilford	(020) 8554 0365
S, S, Flat 8 Sippets Court Ley Street, Ilford	(020) 8553 3941	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 175 Beehive Lane, Ilford	(020) 8551 3730
SHEIK DAWOOD, Mr R.A, 41 Goldsmith Av, London	(020) 3138 3973	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 2 Benton Rd, Ilford	(020) 8554 2018
SHEIKH, A, 101 Meads Lane, Ilford	(020) 8586 1338	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 128 Courtney Towers Glebelands Avenue, Ilford	(020) 8518 3302
S, B, 47 Belmont Park Road, E10	(020) 8539 6774	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr J, 476 Green Lane, Ilford	(020) 3132 8103
SHEIKH DAWOOD, Mr M, 41 Goldsmith Avenue, London	(020) 8141 1425	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 68 Ripley Road, Ilford	(020) 8279 1463
SHEIKH, M, 56 St. Helens Place, E10	(020) 3643 3298	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 22 Roundaway Road, Ilford	(020) 8550 9068
S, T, 98 High Road, Chigwell	(020) 8501 1853	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, J, 94 Wainstead Lane, Ilford	(020) 8262 0479
S, W, Mobile, 37 South Park Road, Ilford, Essex	(07949) 038869	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, K, 29 Brockenhurst Gardens, Ilford	(020) 3623 7321
SHELLDON, A.B, 18 Leigh Av, Ilford	(020) 8550 5842	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, K, Flat 4 40 Eastwood Road, Ilford	(020) 3648 8796
SHELLARD, C, 3 Andrews Close, Buckhurst Hill	(020) 8505 5006	S, Rev M, 17 Rochester Gardens, Ilford	(020) 8554 5559	S, Mr K, 181a Francis Rd, London	(020) 3132 4934
SHELLEY, V, Mobile, 13 Higham Street, London	(0795				

Table with multiple columns listing residential properties, including names, addresses, and phone numbers. The table is organized into several columns, with the first column containing the majority of the listings. Some listings are split across multiple lines. The table includes a wide variety of property types and locations, such as 'SINGH PAUL, A, 13 Aberdour Road, Ilford' and 'S, C, 1 Mountbatten Court, Buckhurst Hill'.

"ST"

The abbreviation "St" is listed after "Saint"

STACEY, R, 62 Bakers Avenue, London.....	(020) 8558 4976	S, Mr P, 91 Kettlebaston Rd, London.....	(020) 3132 7279	SUHARAN, S, 8 BEECH COURT Albert Road, Buckhurst Hill.....	(020) 8504 7249
STADHART, C, 21 Hereford Road, London.....	(020) 8530 3528	S, S, 9 Algernon Mead, Loughton.....	(020) 3091 8029	SUKHDIN, Mr S, 150d Church Road, London.....	(020) 8177 1478
STAFFORD, A, 2 St. Anthonys Avenue, Woodford Green.....	(020) 8504 5410	S, Miss Sharon, Flat B 16 Woodlands Road, London.....	(020) 3556 8913	SUKI, W, 6 Valley Side Parade, E4.....	(020) 8529 8607
S, P, 1 Rose Tree Mews, Woodford Green.....	(020) 8505 3062	S, V, Flat 14 Collins Court Lower Park Road, Loughton.....	(020) 8418 0918	SULKOWSKI, Mr B, 47 Kitchener Rd, London.....	(020) 3132 8955
STAGGS, R.W, 20 Larkshall Road, E4.....	(020) 8524 6649	STIMPSON, O, Hallingbury Court Flat 9 644, Forest Road, London.....	(020) 3663 1228	SULLEN, C, 74 Cornwallis Road, E17.....	(020) 8520 5911
STAINES, L, Flat 7 Ogrady House The Drive, London.....	(020) 8923 5567	STOCK, J.F, 68 Cranbourne Avenue, E11.....	(020) 8989 2374	SULLIVAN, A, 17 Alexandra Road, London.....	(020) 8521 8938
STALLARD, Mr Fenton, 3 Kestrel Close, Ilford.....	(020) 8500 2089	S, R.W, 21 Larkshall Crescent, E4.....	(020) 8524 3687	S, B, 31 Goddards Way, Ilford.....	(020) 8177 8554
STALLWOOD, D, 7 Richmond Road, London.....	(020) 8529 9958	S, T.G, 45 Selby Road, E11.....	(020) 8534 0667	S, D, Flat 7 High Oaks Lodge 90 The Drive, E18.....	(020) 8989 0066
STAN, C, 777A High Road Leyton, E10.....	(020) 8558 4151	STOCKER, P.W, 3 Arabia Close, E4.....	(020) 8524 1841	S, E, Flat 5 Roebuck Heights North End, Buckhurst Hill.....	(020) 8559 1171
S, L, 777A High Road, Ilford.....	(020) 3654 2897	STOCKINGS, G, 14 High Terrace, Woodford Green.....	(020) 3172 7805	S, K, 34 Roy Gardens, Ilford.....	(020) 8599 8342
STANBURY, J, 12 Wanstead Park Avenue, London.....	(020) 8539 5741	S, C.J, 12 Broadstrod, Loughton.....	(020) 8502 3922	S, M, 20 Manor Farm Drive, London.....	(020) 8524 0075
S, K.E, 69 Hazeldene Road, Ilford.....	(020) 8590 3976	STOCKS, E, Flat 15 Plaza Heights 12 Maud Road, E10.....	(020) 8556 3552	S, P, 319 New North Road, Ilford.....	(020) 8500 9605
STANDEN, R.A, 10 Barclay Road, E11.....	(020) 8556 3925	S, R, 90 Buckingham Road, London.....	(020) 8505 1726	S, R, 11 Northumberland Avenue, London.....	(020) 8989 7052
S, S, 10 Worcester Crescent, Woodford Green.....	(020) 8504 6631	STOCKWELL, A.R, Flat 603 Enterprise House 112 Kings Head Hill, E4.....	(020) 8524 3465	S, S, 86 Brook Crescent, London.....	(020) 8524 8233
STANDING, Brian, 41 Pretoria Crescent, E4.....	(020) 8524 6911	S, D, 71 Snowhill Road, London.....	(020) 8478 5213	S, T, 17 Tavistock Gardens, Ilford.....	(020) 8262 1432
S, C, 37A Eastwood Rd, Ilford.....	(020) 8983 8873	S, J, 7 Glenthorne Gardens, Ilford.....	(020) 8550 1246	S, T.J, 2A Grove Road, E17.....	(020) 8520 8181
S, H, 31 Heriot Avenue, E4.....	(020) 8529 4835	S, J, 7 Glenthorne Gardens, Ilford.....	(020) 8550 1246	SULTAN, Mrs K, 39 Saunders Clo, Ilford.....	(020) 3132 2196
S, J.H, 84 Bressley Grove, E18.....	(020) 8989 4546	STOICA, Mr 314 Halley Road, London.....	(020) 8552 4672	S, Mr M, 17 Liden Close, London.....	(020) 7165 7231
STANFORD, M, 9 Arundel Gardens, Ilford.....	(020) 8262 0680	STOINA, S, 4 Blackberry Court Queen Mary Avenue, South Woodford.....	(020) 7524 3444	SULTANA, A, 19 Lansdowne Court Claybury Broadway, Ilford.....	(020) 3663 4500
STANFORD, M, 67 Cowslip Road, E18.....	(020) 8989 6907	STOKES, L, 52 Malcolm Way, London.....	(020) 3509 4908	S, N, Valebrook 6b 2, Park Avenue, Ilford.....	(020) 3529 6673
STANISLAUS, L, Flat 7, John Chadwick House 32A Cameron Road, Ilford.....	(020) 3674 1904	S, R.L, 61 Ravensbourne Gardens, Ilford.....	(020) 8550 0448	S, N, 1 Gantshill Crescent, Ilford.....	(020) 3556 8097
STANKVIC, Mrs Z, Mrs Flat 3, 165A High Street, London.....	(020) 3732 4029	S, S.E, 65 Herongate Road, E12.....	(020) 8989 9213	S, N, 3 GREENWAY COURT 1 Valentines Road, Ilford.....	(020) 8518 1297
STANKOV, Asen, 430B Hoe Street, E17.....	(020) 8509 8374	S, T, 2 Elbury Court Vicarage Road, Woodford Green.....	(020) 8506 0484	S, P, 161 Howard Road, London.....	(020) 8520 2991
STANLEY, J, 32 Northumberland Avenue, E12.....	(020) 8989 7497	STOLL, D, 27 Chestpost Crescent, Ilford.....	(020) 8590 3968	SUMA, S, 114 Hampton Road, Ilford.....	(020) 8514 7031
STANNARD, A, 19 Avon Road, E17.....	(020) 8521 4400	S, J, 123 Collinwood Gardens, Ilford.....	(020) 8220 8994	SUMAL, K, 16 Dalkeith Road, Ilford.....	(020) 8478 1180
S, A.L, 1 Voluntary Place, E11.....	(020) 8989 4847	STONE, A, 54 Alderton Hall Lane, Loughton.....	(020) 8532 0917	SUMI, H, 37 Foremark Close, Ilford.....	(020) 8014 6543
STANNETT, M, 30 St Johns Court Gladstone Road, Buckhurst Hill, Essex.....	(020) 3662 5908	S, A, 33 Cadogan Gardens, E18.....	(020) 8530 3745	SUMMERBELL, J, 19 Trafford Avenue, Ilford.....	(020) 8550 4969
STANSFIELD, Darren, 32 Wilton Place, E4.....	(020) 8523 3061	S, B, 10 Bellestanes Pleasance, E4.....	(020) 8524 3139	SUMMERFIELD, J, 74 Wellesley Rd, E17.....	(020) 8521 3421
STANTON, J, 43 Woodlands Road, E11.....	(020) 8444 7078	S, D, 24 River Way, Loughton.....	(020) 8508 9441	SUMMERS, C, 9 Union Close, London.....	(020) 3662 7427
S, L.M, 65 St. Peters Close, Ilford.....	(020) 8597 2486	S, G, 666 Eastern Avenue, Ilford.....	(020) 8554 3834	S, H, 8 Anworth Close, Woodford Green.....	(020) 8505 5535
S, P, 39 St. Peters Close, Ilford.....	(020) 8590 8154	SUNG, K, 31 Paley Gardens, Loughton.....	(020) 8508 7974	S, S, 26 Monkams Drive, Woodford Green.....	(020) 8504 7117
S, P, 4 The Lindens, Loughton.....	(020) 8508 8082	S, Liam, Flat 1 58 Heron Hill, E11.....	(020) 8530 4714	SUNMOONDUR, R, 174 Lawrence Avenue, E12.....	(020) 8514 2006
S, R, 316 Copperfield, Chigwell.....	(020) 8923 5461	S, M, 5 Bute Road, Ilford.....	(020) 8554 6555	SUNGA, M, Mobile, 82 Aberdour Road, Ilford, Essex.....	(07931) 811822
S, T.A, 18 The Summit, Loughton.....	(020) 8502 0803	S, S, 12 Cheltenham Gardens, Loughton.....	(020) 3016 5842	SUNGUR, N, 55 Icknield Drive, Ilford.....	(020) 8554 8012
STAPLETON, D, 212 Fullwell Avenue, Ilford.....	(020) 8550 2421	S, S, 19 Lake House Road, E11.....	(020) 8989 2528	SUNGO, E, Flat 14 Abraham Fisher House 258 Grantham Road, London.....	(020) 3638 9597
S, F.F, 28 Lyndhurst Rise, Chigwell.....	(020) 8501 2740	S, Stanley, 94 Queenborough Gardens, Ilford.....	(020) 8551 2010	SUNTHARARAJAH, Satkunarajah, 35 Boardman Avenue, E4.....	(020) 8523 7352
S, M.J, 15 Brandingbury Square, Woodford Green.....	(020) 8559 8095	S, T, 29 Lister Road, London.....	(020) 8558 6260	SURA, B, 48 Kensington Drive, WOODFORD GREEN.....	(020) 8551 3371
S, S, 5 1 Roding Heights Station Way, Buckhurst Hill.....	(020) 8014 3401	STONEHAM, C, 71 Colvin Gardens, Ilford.....	(020) 8270 5742	S, J, 42 St. Johns Road, Ilford.....	(020) 8598 2482
STAR, K, 48 Edgar Ho Blake Hall Rd, E11.....	(020) 8989 7839	STOREY M, 100 Westbury Road, Ilford.....	(020) 8478 7823	SURAJ, Fashatu, Flat 7 7yh House 260 Chingford Road, E17.....	(020) 8531 7239
STARKEY, Calvin, Room 3 1 Chapel Road, Ilford.....	(020) 8514 8550	STORIE, P, 28 Jerningham Avenue, Ilford.....	(020) 8252 3620	SURENDRARAJ, R, 88 Ramskill Drive, Ilford.....	(020) 8220 7574
S, E, 122 Hermon Hill, E18.....	(020) 8530 2052	STOSKUTE, Miss A, 35 Avenue Court, Claybury Broadway Ilford.....	(020) 8177 3830	SURESHKUMAR, M, 228 Monega road, London.....	(020) 3617 4598
STARR, Stephen, 17 Lynton Crescent, Ilford.....	(020) 8554 6975	STOTT, M, 39 Woodcote Road, Leytonstone.....	(020) 8530 3244	SURTESS, Mr Terence, 25, 271941319 Upper Park, Loughton.....	(020) 8502 2108
STAS, P, 23 Malvern Drive, Woodford Green.....	(020) 8504 6252	STOUT, M, 13 Dale Gardens, Woodford Green.....	(020) 8506 0195	SUTCLIFFE, J, 11 Dalefield Roebuck Lane, Buckhurst Hill.....	(020) 8505 2185
STASZEWSKA, B, 281 Sansom Road, London.....	(020) 3489 6897	STOWE, L, 15 Brook Crescent, E4.....	(020) 8524 5434	SUTHARSAJ, B, 142 New North Road, Ilford.....	(020) 8500 0453
STAUNTON, L, 120 Winchester Road, Chingford.....	(020) 3243 0088	STOYANOVA, V, 15a St. Andrew's Road, London.....	(020) 8109 2088	SUTHERLAND, J, 86 Inglehurst Gardens, ILFORD.....	(020) 8551 5722
STAVROPOULOS, M, 13 Antlers Hill, E4.....	(020) 3556 9860	STPIERRE, Mr Brian, 86 The Ridgeway, London.....	(020) 8529 8566	S, R, 2 Haroldstone Road, London.....	(020) 8521 8253
STEADMAN, A, 21 Greenville Road, E17.....	(020) 8521 6154	STRACEY, G, 66 Goldings Road, Loughton.....	(020) 8502 1969	SUTTON, A, 49 Bulwer Road, London.....	(020) 8539 9088
S, W, 115 Auckland Road, Ilford.....	(020) 8220 5623	STRACHIN, A.D.A, Flat 36 Burrell Towers 1 Albany Road, E10.....	(020) 8539 2654	S, G, 30 Somers Road, E17.....	(020) 8520 0171
STEAR, S, 66 Dangan Road, London.....	(020) 8989 6567	STRACHIN, E, Flat 7 Heron Court Morland Road, Ilford.....	(020) 8514 8454	S, Jessica, 88 Northcote Road, E17.....	(020) 8509 8672
STEARN, Mr 19 Aubrey Road, London.....	(020) 8521 1450	STRANDERS, D, 56 Belgrave Road, E11.....	(020) 8989 6571	SVAICAS, Mr V, 235 Monega Rd, London.....	(020) 8177 8363
STEARN, P, 38 Stradbroke Grove, Buckhurst Hill.....	(020) 8504 0724	STRANGE, D, 106 Tomswood Hill, Ilford.....	(020) 8500 9684	SVENSSON, B, 205 Enterprise House 112 Kings Head Hill, Chingford.....	(020) 3686 2961
STEDALL, L, 272 Brocket Way, Chigwell.....	(020) 8501 3899	S, L, 1 Monkchester Close, Loughton.....	(020) 8532 2067	SVIDRUK, V, 13 Academy Way, Loughton.....	(020) 8214 7020
STEDMAN, D, 46 Willow Street, E4.....	(020) 8529 3318	S, P, Flat 11 Kingswood Court 175 Chingford Mount Road, E4.....	(020) 8501 7523	SVOBIENE, A, Flat 13, Welcome Court, 21 Saxon Close, London.....	(020) 7285 6414
STEEL, Elwira, 100 Douglas Avenue, E17.....	(020) 8527 5977	S, Patricia, 69 Grosvenor Park Rd, London.....	(020) 8521 3863	SWABY, C.W, 230 Winns Avenue, E17.....	(020) 8527 7843
S, P, 28 Abbey Road, Ilford.....	(020) 8554 2734	STRANGLEMAN, R.L, 8 Greenstead Avenue, Woodford Green.....	(020) 8505 5090	S, L, 6 Wynn Bridge Close, Woodford Green.....	(020) 8504 3666
S, W.R, 5 Sunnyside Rd, Ilford.....	(020) 8478 7906	STRATFORD, M, 36 Fullers Road, E18.....	(020) 8504 6278	SWAIN, B, 32 De Vere Gardens, Ilford.....	(020) 8523 1591
STEELE, A, 34 Kimberley Road, E17.....	(020) 8527 0327	S, Mr Robert, 12 South View Drive, South Woodford, London.....	(020) 8532 9385	S, D, 80 Hollywood Way, Woodford Green.....	(020) 8527 6282
S, A, 28 Roding Gardens, Loughton.....	(020) 8508 4618	STRATH, M, 75 Cavendish Road, E4.....	(020) 8527 1334	SWAIN, Rev K, 82 Coolgardie Avenue, E4.....	(020) 8531 9954
S, E, 38 Five Oaks Lane, Chigwell.....	(020) 3669 9772	STRATILA, E, 28 Longcroft Rise, Loughton.....	(020) 8925 1734	SWALEH, L, Springate House Flat 18 117, Walton Road, London.....	(020) 3729 6058
S, P, 16 Walpole Road, Ilford.....	(020) 3539 1496	STRATTON, S, Flat 31 Larkswood Court The Avenue, London.....	(020) 8527 9590	SWAN, Thomas, 72 72 Ropers Ave, Chingford.....	(020) 8527 3883
STEENBERGEN, G, M, 269A Fullwell Avenue, Ilford.....	(020) 8551 5896	S, Mr Victor, 4 Ford End, Woodford Green.....	(020) 7998 1654	SWANSON, S, 3 Rutland Road, London.....	(020) 8530 3568
STEERS, Mark, "Caretakers Flat" Breamore Cour Goodmayes La, Ilford.....	(020) 8497 4552	STRAUGHN, M, 41 Leedale Avenue, London.....	(020) 8529 8377	SWANSTON, J.K, 20 Centreway, Ilford.....	(020) 8514 1461
STEPANOVA, Miss G, 26a Elsenham Road, London.....	(020) 8478 5821	STRAUSS, Rev S, 4 Broadway Kings Gdns Av, Woodford Gn.....	(020) 8506 0885	SWATI, M, 35 Regent Gardens, Ilford.....	(020) 3089 9569
STEPANOVA, F, Flat 17 Stonehill Court Markfield Gardens, Chingford.....	(020) 8529 8423	STREADER, A, 18 Tupoel Road, Leyton, London.....	(020) 3581 0118	SWAYNE, J.T, 3 Gardenia Way, Woodford Green.....	(020) 8505 7477
STEINER, G.W, 75 Forest Glade, Highams Park.....	(020) 8527 6637	STREET, C, 2 Drysdale Avenue, E4.....	(020) 8524 2268	SWEDEN, R.C, 61 Greenville Road, E17.....	(020) 8520 4746
STEMPINSKI, Mr R, 109 Seventh Avenue, E12.....	(020) 8141 0438	S, C, 2 Drysdale Avenue, London.....	(020) 8523 8694	SWEENEY, B, 25 Beechwood Park, E18.....	(020) 8062 7973
STENING, D, 30 Russell Road, London.....	(020) 8524 7563	S, C.J, 8 Hanson Green, Loughton.....	(020) 8508 6707	SWEENEY CLEMENTS, A, 291 Brocket Way, Chigwell.....	(020) 3894 5736
STEPHENS, C, 35 Grove End, E18.....	(020) 8532 2610	S, D.R, 13 Tyndall Road, London.....	(020) 8923 4710	SWEENEY, E, 348 Henley Road, Ilford.....	(020) 8514 8309
S, J, 2a Richmond Avenue, E4.....	(020) 4529 7030	S, L, 1d Victoria Road, London.....	(020) 8524 5470	S, R, 34 Newlands Road, Woodford Green.....	(020) 8504 2255
S, N.D, 96 Herongate Road, E12.....	(020) 8989 8489	STREETER, K.C, 68 Mansfield Road, Ilford.....	(020) 8514 1761	S, S, 20 Kestrel Close, Ilford.....	(020) 8500 2949
S, V, 151 Old Church Road, E4.....	(020) 8529 3453	STRETCH, Dr B, 5a The Square, Woodford Green.....	(020) 4568 6432	SWEENEY, R, 34 Newlands Road, Woodford Green.....	(020) 8504 1161
STEPHENSON, JohnPhillip, 83A St. Johns Road, E17.....	(020) 8523 3612	STRIDE, C, 142 Sewardstone Road, Chingford.....	(020) 8524 1914	SWEET, R, 31 Elmfield Road, London.....	(020) 8520 6498
S, J.E, 92 Malford Grove, E18.....	(020) 8989 4146	STRINGER, S, 124 Gardiner Close, E11.....	(020) 8530 2225	SWEETING, J.A, 244 Ashurst Drive, Ilford.....	(020) 8551 3309
S, J.K, 109 Bradwell Lane, Ilford.....	(020) 8551 3177	STRIPPE, R.H, 10 Montrose Close, Woodford Green.....	(020) 8504 3687	SWIATEK, P, 64A Green Lane, Ilford.....	(020) 8262 3866
STERLAND, J, 12 Davies Lane, E11.....	(020) 8539 6141	STROBL, I, 41 Broadwell Close, London.....	(020) 7294 6981	SWICK, B, 43 Eagle Court Hermon Hill, Leytonstone.....	(020) 8530 8010
STERLING, G, 469 Eastern Avenue, Ilford.....	(020) 3732 5821	STROICA, A, 200A Francis Road, London.....	(020) 3532 1210	SWIFT, R, 11 Makinen House, 49 Palmerston Road, Buckhurst Hill.....	(020) 8252 3607
S, J, 39 Ramskill Drive, Ilford.....	(020) 8220 7172	STRONACH, E, 29 Arlington Road, Woodford Green.....	(020) 8504 0569	SWINDEL, A.H, 39 Tiptree Crescent, Ilford.....	(020) 8551 3474
STERN, B.M, 167 Peterborough Road, E10.....	(020) 8539 0971	STRONG, J, 38 Hollywood Way, Woodford Green.....	(020) 8527 3259	SWINDELE, V, 11 Radnor Crescent, Ilford.....	(020) 3601 2390
STETCU, C, 32 Penrhyn Avenue, LONDON.....	(020) 3592 4419	STROUD, P, 20 Addison Road, London.....	(020) 8509 9847	SYED, A, 50 Arkley Road, E17.....	(020) 8520 8533
STETS, J, 69 Osprey Close, London.....	(020) 3538 4617	STRUDWICK, Michael, 88 Bressley Gro, South Woodford.....	(020) 8530 5195	S, H, 770A Romford Rd, E12.....	(020) 8553 4070
STEVENS, Claire, 80 Kensington Gardens, Ilford.....	(020) 8554 0746	STRUTTS, J, 37 Birkbeck Road, Ilford.....	(020) 8554 0449	S, R, 16 Union Road, Walthamstow.....	(020) 8509 2672
S, Mr D, 1120 Eastern Av, Ilford.....	(020) 8599 2653	STUART, C, 50 Roding Lane North, Woodford Green.....	(020) 8504 6543	S, Z, 27 Peterborough Road, London.....	(020) 8123 6574
S, G, 10 Morley Avenue, E4.....	(020) 8503 2179	S, J, 5 Arlington Gardens, Ilford.....	(020) 8554 2496	S, L, Mrs Z, 76 Sixth Avenue, London.....	(020) 3138 1932
S, Henry A, 14 Vista Dr, Redbridge.....	(020) 8550 4058	S, M.J, 388 Forest Drive West, E11.....	(020) 8558 1224	SYEDMOHAMMED, J, 87 Southern Drive Loughton, Essex.....	(020) 8508 8756
S, K, 134 Blackhorse Road, E17.....	(020) 8509 3982	S, P, 93 Northbank Road, E17.....	(020) 8531 4545	SYKES, J, 39 Lambourne Road, Chigwell.....	(020) 8281 0691
S, K, 35 Mapleton Road, London.....	(020) 8524 5184	S, Sandra, 16 Pear Road, E11.....	(020) 8509 7992	SYLVESTER, F, 8 College Gardens, E4.....	(020) 8529 3714
S, K, 31 Preston Avenue, London.....	(020) 8527 0062	S, T.S, 193 Eton Rd, Ilford.....	(020) 8553 0273	SYMNIHAKOU, S, 15 Williams Avenue, Walthamstow.....	(020) 8521 3777
S, L, St Pauls Church Cross Road, Woodford Green.....	(020) 8504 5465	STUBBS, P.A, 67 Coolgardie Avenue, E4.....	(020) 8527 8784	SYMMONS, J.M.L, 34 Roebuck Lane, Buckhurst Hill.....	(020) 8504 9797
S, M, 5 Wroths Path, Loughton.....	(020) 8508 3610	STUCHFIELD, B.M, 195 Huntsman Road, Ilford.....	(020) 8500 5473	SYMONS, C, 100 Burrow Road, Chigwell.....	(020) 8501 5215
S, M.T, 44 The Lindens, Loughton.....	(020) 8502 2038	S, J, 25 Stanmore Way, Loughton.....	(020) 8508 4970	SYRETT, K, 124 Woodlands Avenue, London.....	(020) 8518 8356
S, P, 101 Hamilton Avenue, Ilford.....	(020) 8554 7977	STUMBKE, W, 39 Grantock Road, London.....	(020) 8527 1605	YSKA, P, 19 Fenepiece Road, Ilford.....	(020) 4568 1730
S, R, 1 Silverthorn Gardens, London.....	(020) 4537 0411	S, W, 39 Grantock Road, London.....	(020) 8531 5245	SZABLOWSKI, P, 110 Coppermill Lane, E17.....	(020) 8521 6115
S, R.J, 57 Oak Hill, Woodford Green.....	(020) 8527 0771	STUMP, G.C, 8 Stanford Close, Woodford Green.....	(020) 8559 2251	SZABO, S, 131 Roll Gardens, Ilford.....	(020) 8550 5383
S, T, 86 Aldersbrook Rd, E12.....	(020) 8989 8557	STURGE, L, 3 Brodie Road, E4.....	(020) 8529 5047	SZAFRANSKI-FRAN, J.V, 179 Englands Lane, Loughton.....	(020) 8508 8460
S, T, 34 Seymour Road, London.....	(020) 8529 7991	STURTI, A, 40 Morningside Road, London.....	(020) 8529 4732	SZCZEPANSKI, Mr A, 60A Leyton Park Rd, London.....	(020) 3132 7481
S, T, 15 Woodside, Buckhurst Hill.....	(020) 8504 0875	STYLIANOOU, C, 162 Twickenham Road, E11.....	(020) 8556 6309	SZE, H, 7 Inglehurst Gardens, Ilford.....	(020) 8550 7280
S, W, 230 New North Road, Ilford.....	(020) 8501 2122	SUAZRE, William, 57 South View Drive, E18.....	(020) 8989 7288	SZEBIN, N, 43 Flaggate Road, E11.....	(020) 8989 6826
STEVENSON, Mr G, 88 Chesterford Road, London.....	(020) 8141 7831	SUBASKARAN, P, 69 Manor			

TAHER, A, Oldham House 3a Flat 12 Grantham Road, London	(020) 3662 5200	T, P, 28 Morland Road, London	(020) 8923 8875	T, H, 57 Clavering Road, E12	(020) 8530 4113
T, J, 16 Church Road, Ilford	(020) 8599 2782	T, P, 156 Roding Road, Loughton	(020) 8508 5049	T, H, 18 Radlix Road, London	(020) 8556 7696
TAHIR, F, 53 Fairfield Road, Ilford	(020) 3720 9995	T, Richard, 9 Hoppett Road, Chingford	(020) 8529 0757	T, H.M., 54 Malcolm Way, E11	(020) 8518 8878
T, Mr Moshin, 5 Poplars Road, London	(020) 8503 7776	T, S, 78b Grosvenor Park Road, London	(020) 8503 6938	T, J, 27 Parkland Road, Woodford Green	(020) 8520 7772
TAHIRIQBAL, Mr R, 335 Stone Road, E12	(020) 8141 8863	T, Steven, 64 Hom Lane, Woodford Green	(020) 8504 8404	T, J, 66 Alexandra Road, London	(020) 8925 8123
TAHLIL, M, 122 Pittman Gardens, Ilford	(020) 3490 2763	T, S, 8 Warwick Road, E11	(020) 8257 6743	T, J, 289 Copperfield, Chigwell	(020) 8500 9371
TAI, J, 36 Barclay Rd, E11	(07956) 919030	T, S, 25 Williams Avenue, London	(020) 3718 5644	T, J, 35 Raymond Road, Ilford	(020) 8554 3190
TAILLEFER, Marc, 2 Chersie Close, E17	(020) 8527 4685	TAVO, M, 44 Russell Road, E17	(020) 8521 6815	T, Mr Michael, 57a Billet Road, Walthamstow	(020) 8527 9069
TALAT, A, 6 Fenman Gardens, Ilford	(020) 8599 0065	TEA, A, J, 27 The Lowe, Chigwell	(020) 8559 8748	T, M, 7 Mortlake Road, Ilford	(020) 8478 1512
T, A, 120 Levett Gardens, Ilford	(020) 8597 3378	TECA, M, 97 Baddow Close, Woodford Green	(020) 8091 6142	T, M, 30 Newnham Close, Loughton	(020) 8502 4594
T, 208 Manor Park Church Road,		TEHRANI, M, 34 The Glade, Woodford Green	(020) 8505 5169	T, M, 28 Sandyhill Road, Ilford	(020) 8553 1401
TALBOT, J, 78 Elsenham Road, E12	(020) 8553 5187	TEJANI, S.S., 107 Cadogan Gardens, E18	(020) 8989 7974	T, N, 67 Norman Road, Leytonstone	(020) 4541 8708
T, M, 6 Byron Road, E17	(020) 8521 2262	TELEISA, T, 45 St. Albans Road, Woodford Green	(020) 8504 5870	T, O, 153 Queens Road, London	(020) 8521 7316
TALL, A, 11 Fairview Gardens, WOODFORD GREEN	(020) 3844 0660	TELEVANTOU, Ms B, Ms 108 Burnham Road, London	(020) 3532 4572	T, P, 179 Forest Road, E17	(020) 8527 1867
T, Hannah, Flat 28 Ingrebourne Court Chingford Avenue, E4.	(020) 8524 8404	TELI, J, 29 Ramsgill Drive, Ilford	(020) 8590 8669	T, P, William Morris Community Centre 6-8 Greenleaf Road, London	(020) 8520 5021
TALLON, M, 81 Warren Road, London	(020) 8257 3198	Woodford Green	(020) 8500 9032	T, P, 67 Sandhurst Drive, Ilford	(020) 8590 9673
TALWAR, S, 2 Clayhall Avenue, Ilford	(020) 8252 5012	T, S, Flat 15 Embassy Court Woodford Road, London	(020) 8530 2803	T, P, 21 Westerham Road, London	(020) 8923 7696
TAMASAREDEGETT, J, 207A Harrow Road, Leytonstone	(020) 7671 8750	TELMOUNE, B, 60 Cherrylawn Avenue, E4.	(020) 8529 1166	T, Mr Russell, Flat 5, Cherrylade Court, 165 Forest Road, London	(020) 3151 0895
TAMASAUSKAS, A, Flat 3 577a High Road Leytonstone, Leytonstone	(020) 3016 2998	TEMPLEMAN, J, 6 The Green, WOODFORD GREEN	(020) 3726 1162	T, Rose, 71 Richmond Road, E11	(020) 8558 4104
TAMBRA, M, 390A Hoe St, E17	(020) 8503 7311	TEMPLER, C, 76 Woodlands Avenue, London	(020) 8989 0961	T, S, Flat 9 Choice View Centreway Apartments Place, Ilford	(020) 8553 1795
TAN, Mr B, 10 Washington Av, London	(020) 8141 6995	TENIC, R, Flat 9 Claymore Court 244 Billet Road, Walthamstow	(020) 8531 4226	T, Miss S, Miss 11 Lisbon Close, London	(020) 8527 3237
T, Z, 3 Percy Rd, E11	(020) 8532 8024	TENJO, J, 1b Greenleaf Road, London	(020) 8520 7753	T, T, 24 Netley Road, Ilford	(020) 8554 4762
TANALEGA, M, Flat 4 279 Forest Road, LONDON	(020) 8539 8459	TENNANT, A, 120 Northcote Road, E17	(020) 8520 5386	T, Tracey, 8 Orchard Close, E4	(020) 8523 7887
TANCER, J, 9 Grosvenor Gardens, Woodford Green	(020) 8498 0439	T, C, 132 High Road, Chigwell	(020) 8500 3017	T, V, 32 Chelmsford Gardens, Ilford	(020) 8554 4706
TANDY, G, 76 Bedford Road, E17	(020) 8531 8424	T, J, 14 Stag Lane, Buckhurst Hill	(020) 8505 7577	T, W, 6 Plantain Gardens Hollydown Way, E11	(020) 8558 1906
TANEJA, H, 87 Craven Gardens, Ilford	(020) 8550 2836	TEOTIA, P, Flat 9, Leinster Court, 484-94 New North Road, Ilford	(020) 7671 2511	THOMPSON, A, Buxton Court Flat 4 2, Hanbury Drive, London	(020) 3686 7001
TANENBAUM, E, Flat 35, Homecherry House, 86 High Road, Loughton	(020) 8399 1160	TERPLOWSKI, R, 21 Leicester Gardens, Ilford	(020) 8220 1614	T, A, 29 Dominion Apartments Mission Grove, Walthamstow	(020) 3524 6190
TANK, S, 8 Mornington Avenue, Ilford	(020) 8554 4854	TERRY, W, 56 St. Barnabas Road, E17	(020) 8521 3613	T, Miss A, Flat 22, Boyden House Shernhall Street, London	(020) 8520 6050
TANNA, N, 2 GATEKEEPERS HOUSE Queen Mary Avenue, London	(020) 3648 1341	TERRY, R.B, 52 Whitehall Gardens, E4	(020) 8529 3261	T, C, 23 Poets Place 11 Alderton Hill, Loughton	(020) 8502 1311
TANNER, A, 80 Queens Road, LONDON	(020) 3561 5285	TERVET, Ms A, Ms 38 Monkham Drive, Woodford Green	(020) 8504 3299	T, C, 113 Avondale Drive, Loughton	(020) 8502 0809
TANSLEY, G, Flat 72 Regency Court 89-111 High Road, E18	(020) 8989 7875	TERZYNSKA, A.P, 3 Amanda Close, Chigwell	(020) 3742 5027	T, C, 95 Henrys Walk, Ilford	(020) 3719 8607
TANSWELL, L, 50 Hillside Gardens, London	(020) 8520 2734	TESTER, A.M, 14 Linden Crescent, Woodford Green	(020) 8504 5035	T, D, Claymore Court Flat 11 244, Billet Road, London	(020) 3612 7225
TANT, J, 9 Clare Road, London	(020) 8539 2576	TESTLER, E, 158 Thorold Road, ILFORD	(020) 8514 0060	T, E, 58 Airthrie Rd, Ilford	(020) 8252 4255
TANVEER, M, 59 Belmont Park Road, Leyton	(020) 8279 0268	TETLOW, A, 27 Ingatstone Road, E12	(020) 8989 1032	T, E, 32 Woodend Road, London	(020) 8923 1645
TANVI, S, 13 Arkley Road, London	(020) 8521 8530	TETTE, Mr F, 37 Windsor Road, Ilford	(020) 8127 7436	T, F, 40A Russell Road, London	(020) 8521 5992
TAPUNJ, S, Flat 1 61 Fladgate Road, Leytonstone	(020) 8013 2608	TEWARI, V, 41 The Drive, ILFORD	(020) 8554 1768	T, G.K, Uppor Floor Flat 24 Redbridge Lane West, E11	(020) 8989 3323
TAPP, R.D, 2 Rampton Close, E4	(020) 8529 0194	THABTI, M, B, 119 Ruskin Avenue, London	(020) 8141 7102	T, J, 59 Perth Road, London	(020) 8558 2566
TAPPER, M, 83 Pentire Road, London	(020) 8925 1577	THACKRAY, P, 39 Gordon Road, London	(020) 8989 4846	T, Juliette, 78 Beresford Rd, London	(020) 8524 8642
TAPPIN, J, 73 Measley Road, London	(020) 8553 0324	THACKWY, C.M, 6 Penhurst Road, Ilford	(020) 8501 2189	T, J, 42 Colebrook Lane, Loughton	(020) 8508 8090
TAQI, S, 18 Calderon Rd, E11	(020) 8539 6530	THAKAR, J, 67 Brook Road, Ilford	(020) 8597 0363	T, J, A 27 Felbridge Road, Ilford	(020) 8597 7038
TARAKHAD SIVASUBRAMANIAN, N, City View Flat 82 Axon Place, Ilford	(020) 3016 7897	THAKAR, J, 7 Wray Avenue, Ilford	(020) 8262 5928	T, J, 61 Peel Road, London	(020) 3638 9074
TARAR, Admiral M, 55 Kensington Drive, Woodford Green	(020) 4541 9929	T, N, 12 Sunnyside Road, ILFORD	(020) 8514 0294	T, J, 88 Selwyn Avenue, London	(020) 8109 0364
TARASHANOVA, E, 198 Northcote Road, Walthamstow	(020) 8503 6427	THAKUR, A, 68 Belgrave Rd, E17	(020) 8521 2747	T, K, 5 Queens Grove Road, London	(020) 3592 6764
TARGET, L, 163 Howard Road, E17	(020) 8521 7680	T, K, Suite 20 1st Floor, 98-102 Cranbrook Road, London	(020) 3843 4702	T, L, 67 Clarence Road, Walthamstow	(020) 8531 6769
TARGETT, D, Ground Floor Flat 29 Airie Gardens, Ilford	(020) 8554 0885	T, R.N, 11 Talisman Clo, Ilford	(020) 8599 6972	T, Mr M, 79 Exeter Rd, London	(020) 3132 0349
TARGRETT, K, 65 Withy Mead, London	(020) 8524 8790	THAM, I, 51 Bressy Grove, London	(020) 8989 0820	T, M, 79 Exeter Road, E17	(020) 3132 2649
TARIM, E, 15 Timberdene Avenue, Ilford	(020) 8551 3124	T, R, 40 Harvey Road, Ilford	(020) 8924 7079	T, M, 85 George Lane, E18	(020) 8989 9976
TARIQ ALEEM, M, 63 Breamore Road, Ilford	(020) 8597 8148	THAMARAKULAM, A, 161A Fullwell Avenue, Ilford	(020) 3686 8797	T, M, 247 Sherrard Road, E12	(020) 8470 1973
TARIQ HALAL MEAT SHOP, Tariq Halal Meat Shop, 123 Belgrave Road, Ilford	(020) 8554 1759	THAMBIRAJAH, Pubirajah, 780 Romford Road, E12	(020) 8478 8734	T, P, 7 Hardy Road, E4	(020) 8531 3897
TARIQ, M, Flat 2 14 Hickling Road, Ilford	(020) 8220 4153	THAMBITHURAI, Prabahara, 208 Cambridge Road, Ilford	(020) 8590 3162	T, P.A, 12 Forest Edge, Buckhurst Hill	(020) 8504 0876
TARIO, M, 31 Westbury Rd, E17	(020) 8509 0708	THAMBOO-FELL, J.K, 19 Seagry Road, E11	(020) 8530 4630	T, P.M, 113 Woodlands Av, E11	(020) 8989 5663
T, Nafees, 7 Market Parade Forest Road, E17	(020) 8527 2050	THAN, K, 55 Claude Road, London	(020) 3514 1140	T, S, 81 St. Patricks Court Bridle Path, Woodford Green	(020) 8531 0994
T, S, 2 Stainforth Road, London	(020) 8509 1271	THANABALASINGAM, Admiral T, 112 Lambourne Road, Chigwell	(020) 4568 5439	T, S, Flat A, 21 Wallwood Road, London	(020) 8925 8061
TARIQUE, M, 20 Elgin Road, Ilford	(020) 8141 8040	THANABASKARAN, T, 2 St. Mark's House Evelyn Road, LONDON	(020) 8520 6798	T, T, 42 Colebrook Lane, Loughton	(020) 8508 5968
TARKOVICS, Lajos, 25 Roll Gardens, Ilford	(020) 8551 2313	THANGAM, V, 17 Gladstone Avenue, E12	(020) 3132 0533	T, T, Flat 2 116 Windsor Road, E10	(020) 8556 0277
TARLEA, C, 6 Whitehall Lodge Bentley Way, Woodford Green	(020) 8504 7090	THANGARAJAH, Mr G, 334 High Street North, London	(020) 8141 0112	T, Tina, 1a Yeomen Wy, Ilford	(020) 8501 5384
TARLETON, G, 98A Stanley Road, LONDON	(020) 3590 7921	THANINDRA, Mr Y, Flat A/109 Balfour Rd, Ilford	(020) 7165 4494	THOMAS, A, 7 Selsdon Road, E11	(020) 8530 6460
TARLING, K, 174 Empress Avenue, London	(020) 8530 7672	THANKESHARAN, S, 228 Monoga Road, London	(01923) 605722	T, G, 219A Francis Road, E10	(020) 8556 8060
TARPLETT, P, 171 Larkhall Road, London	(020) 8529 8322	T, S, 228 Monoga Road, London	(01923) 605723	THONE, M, 28 Woodlands Road, London	(020) 8988 0723
TARRAN, A, 1 Broadway Close, Woodford Green	(020) 8505 0625	T, S, 228 Monoga Road, London	(01923) 605724	THORNBURY, Mrs M, 37 Redbridge Lane West, London	(020) 8530 5267
TARRANT, L, 14 Dovecote Avenue, Ilford	(020) 8550 0514	T, S, 228 Monoga Road, London	(01923) 605725	THORNE, A.G, 43 Morningson Rd, E4	(020) 8559 4880
TARRING, P, 29 Grosvenor Gardens, Woodford Green	(020) 8504 4310	T, S, 228 Monoga Road, London	(01923) 605726	T, Elizabeth, Flat 18 Reginald Sorenson House Wallwood Road, E11	(020) 8556 1554
TASKER, D, 9 Hawbridge Road, London	(020) 8556 2643	T, S, 228 Monoga Road, London	(01923) 605727	T, Mrs P, 10 Beaconsfield Road, London	(020) 8521 0948
TASNEEM, Miss Q, 21 Rochdale Rd, London	(020) 8177 4152	T, S, 228 Monoga Road, London	(01923) 605728	THORNETT, D.B, 56 Clavering Road, E12	(020) 8989 8932
TATAM, D.A, 44 Empress Avenue, E4	(020) 8527 0556	T, S, 228 Monoga Road, London	(01923) 605729	THORNTON, A, 22 Mapleleaf Gardens, Ilford	(020) 8550 6653
TATE, C, 64 Chestnut Avenue, Buckhurst Hill	(020) 8504 8737	T, S, 228 Monoga Road, London	(01923) 605730	THORP, R.L, 19 Ainslie Wood Ave, London	(020) 8529 0073
T, M, 25 Hawsted, Buckhurst Hill	(020) 8505 7643	T, S, 228 Monoga Road, London	(01923) 605731	THORPE, G, 47 Mossford Lane, Ilford	(020) 8550 6681
TATMIAN, D, 46A Cameron Road, Ilford	(020) 8983 8871	T, S, 228 Monoga Road, London	(01923) 605732	T, H, 16 Murchison Road, E10	(020) 8539 5310
TATTERSDILL, V, 19 Chapel Court 4 Rosedene Terrace, London	(020) 8558 7899	T, S, 228 Monoga Road, London	(01923) 605733	T, J, 2 Colebrook Path, Loughton	(020) 8508 1971
TAUSEEF, I, Flat 3 18 Eastwood Road, Ilford	(020) 8597 4992	THARUMA, A, 358 Manor Park High Street North, London	(020) 3005 8645	THOTAPILLY, M, 26 Cheshire Close, London	(020) 8523 4227
TAVERNER, J, 16 Sheredan Road, E4	(020) 8527 5720	THARUNATHURAI, T, 88 Gantkiss Crescent, Ilford	(020) 8503 8028	THREADGILL, J, 122A High Road, Chigwell	(020) 8500 2066
TAVALOR, A, 3 Dale Gardens, Woodford Green	(020) 8505 1868	THATCHER, V, 22 Wingfield Road, E17	(020) 8503 6074	THROWER, G.J, Flat 26, Manor Court Lodge, 175 High Road, London	(020) 3759 1399
T, A, 18 Greenstead Avenue, Woodford Green	(020) 8505 0371	THAVARAJ, R, Flat 11 Carlton Court Craven Gardens, Ilford	(020) 3602 5351	T, L, 49 Bradwell Close, London	(020) 8989 7870
T, A, 72 Greenway Avenue, London	(020) 8520 6479	THAXTON, N, 39 Willingale Road, Loughton	(020) 3732 3657	THURAIRAJAH, K, 1 Yosley Approach, Ilford	(020) 4568 5733
T, A, 69 Somersset Road, London	(020) 8925 8339	THAYALAN, S, 82 Lynn Road, Ilford	(020) 8518 3585	THURAIRATHNAM, M, Flat 25 30, Catherine Court Springfield Drive, London	(020) 3623 1617
T, A, 67 The Drive, Loughton	(020) 8508 1314	THAWAPARAN, K, 90 Netley Road, Ilford	(020) 8554 5848	THURGOOD, P, 5 Richmond Crescent, Chingford	(020) 8523 0134
T, A, 4 Valley Close, Loughton	(020) 3737 4543	T, Admiral R, 10 Dellow Close, Ilford	(020) 3336 2081	THURLEY, J.R, 16 Grove Hill, E18	(020) 8989 0623
T, B, 29 Hawkdene, London	(020) 8524 1075	THEBO, I, 40 Sylvan Road, E11	(020) 8923 7017	THURPATI, V, First Floor Flat 20 Lyndhurst Drive, E10 Leyton, London	(020) 8556 4747
T, B, 236 Horns Road, Ilford	(020) 8518 6174	T, Z, 82 Victory Road, E11	(020) 8989 0800	THURSTON, Mr Charles, 1 Ely Gardens, Ilford	(020) 8554 1796
T, B.A, 22 Fairmead Gardens, Ilford	(020) 8550 5303	THEIN, Maung, 9 Garden Way, Loughton	(020) 8508 6134	T, Martin, 37 Turpins Lane, Woodford Green	(020) 8505 0739
T, C, 26 Byron Avenue, London	(020) 8925 4885	THEOBALDS, A, 25 Brisbane Road, Ilford	(020) 8252 4964	T, R, 14 Thistle Close, Chigwell	(020) 8500 7987
T, C, 28 Nevin Drive, E4	(020) 8524 1832	T, S, Mobile, 25 Brisbane Road, Ilford	(07956) 525307	THYER, J.L, 11 View Close, Chigwell	(020) 8501 1916
T, Miss C, 124 Pearcecroft Road, London	(020) 8177 8402	THEOCHAROU, K, 42 Frith Road, E11	(020) 8556 9640	TIBBER, H, 47 Queenborough Gardens, Ilford	(020) 8554 5758
T, C.J, 41 Hornbeam Road, Buckhurst Hill	(020) 8505 8848	THEODOROU, T, 74 Wansford Road, Woodford Green	(020) 8504 7133	TIBBUJ, Miss A, 86 Church Rd, London	(020) 3132 7488
T, C.M, Flat 4 Park Court 97 The Ridgeway, E4	(020) 8524 7199	THEODOSIOU, A, 195 Chingford Mount Road, E4	(020) 8529 2860	TICKONOVAS, V, 61 Ruskin Avenue, E12	(020) 8177 3923
T, D, 124 Beech Hall Road,		THEODOULOU, T, 100 Hartington Road, London	(020) 3565 3901	TICKTON, G, 8 Chester Path, LOUGHTON	(020) 8508 8568
	(020) 8527 7543	THEORI, P, 45 Dale View Crescent, London	(020) 8281 6909	TIERNAN, T, 19 Hawkwood Crescent, E4	(020) 8529 8130
TAYLOR DENTON, S, 20 Highview Court High Road, Loughton	(020) 8508 6568	THERON, H, 56 Adelaide Road, E10	(020) 8539 9998	TIERNAY, B, 19 Mayfield Avenue, Woodford Green	(020) 8504 6327
TAYLOR, E, 25 Park View Chigwell	(020) 8500 2814	THETHI, R, 414 Thorold Road, Ilford	(020) 8220 8276	T, T, 60 Ainslie Wd Gdns, E4	(020) 8529 7651
T, E, 65 Peterborough Road, E10	(020) 8556 4362	THEVDURALI, S, 4 Ramsgill Drive, Ilford	(020) 8599 4543	TIGHE, A, 10 Jaffe Road, Ilford	(020) 8478 3387
T, F, Cedarwood 28b Monkham Drive, Woodford Green	(020) 8504 8075	THEVARASA, B, 32 Aldrich Way, E4	(020) 8527 9242	T, G, 16 Arrowsmith Close, Chigwell	(020) 8500 5872
T, F, Flat 1 Half Acre 67-69 Woodford Road, E18	(020) 8989 4460	THIARA, Mr A, 128 Pembroke Rd, Ilford	(020) 8177 9657	TIHONOVA, Jelena, 92 Browning Rd, E12	(020) 8586 2940
T, H, 4 Twentynine Close, Woodford Green	(020) 8504 8901	THIBERT, G, 12 Grosvenor Drive, Loughton	(020) 8925 4424	TILBURY, A, The Beehive Harvester Staff Accommodation Beehive Lane, Ilford	(020) 3729 4845
T, J, 11 Alexandra Road, E18 South Woodford, London	(020) 8530 4150	THICK, Mr J, 12 Mount Echo Drive, London	(020) 8524 7636	T, P, 35 Hillcrest Road, Walthamstow	(020) 8531 4528
T, J, 1 Fairview Close, London	(020) 8523 1500	THILEPKUMAR, Mr T, 10 Saxon Road, Ilford	(020) 3376 9397	TILBY, G.E, 93 Uplands Road, Woodford Green	(

TINGEY, G, 18 Woodbury Road, London.....	(020) 8520 6417	TRUSSLER, G, 20 Lena Kennedy Close, London.....	(020) 8091 8435	U, N, 13 Hathaway Crescent, E12, Manor Park.....	(020) 3732 7637
TINKLER, Margaret, 37 Richmond Rd, Chingford.....	(020) 8529 6622	TRUST, J, 118 Dawlish Drive, Ilford.....	(020) 8590 6418	U, N, 160 Lawrence Avenue, Manor Park.....	(020) 8514 6627
TINSLEY, J.V, 51A Peartree Road, E11.....	(020) 8556 9740	TSANG CHEUNG, W.F, 5 Alexandra Road, E18.....	(020) 8989 8119	U, N, 54C North Birkbeck Road, Leytonstone.....	(020) 3727 3622
TIPTON, Mr R, 2 Fairview Villas Chingford Rd, London.....	(020) 8531 1679	TSAPAO, A, 182 Limes Avenue, Chigwell.....	(020) 8501 1551	U, Mr R, 16 Ash Grove Road, Ilford.....	(020) 8586 1152
TIRCOMINCIOIU, M, 30A Gaysham Avenue, Ilford.....	(020) 8793 5047	TSEU, H, 21 Goldsmith Rd, E17.....	(020) 8523 4760	U, R, 20 Jersey Road, Ilford.....	(020) 8478 3537
TIRRUNMIALAN, N, 18 Hickling Road, Ilford.....	(020) 8924 9237	TSHEN, K, 12 Lord Avenue, Ilford.....	(020) 8270 8169	U, Shafique, 603 Green Lane, Ilford.....	(020) 8597 3375
TISCH, C, 2 Clayburn Hall Regents Drive, WOODFORD GREEN.....	(020) 8501 6844	TSETSO, E, Flat 17, Stonehill Court Markfield Gardens, London.....	(020) 3354 8380	U, S, Flat 2 440-442 High Road Leyton, Leyton.....	(020) 3524 4135
TISI, Ferdinand, 8 Brook Rd, Loughton.....	(020) 8508 7512	TSHIEVUIA, G, 89 Millfield Avenue, London.....	(020) 3524 5967	U, S, 69 Wellwood Rd, Goodmayes, Ilford.....	(07956) 592586
TISMAN, H, Flat 11 227 Goodmayes Lane, Ilford.....	(020) 8586 1862	TSHIKETA, B, 19 Maldon Walk, Woodford Green.....	(020) 3732 3743	U, M, W, 59 Hathaway Crescent, London.....	(020) 8472 9322
TISSHAM, S, 74 Woodman Path, Ilford.....	(020) 8502 7371	TSHINENA, B, 28 Colchester Road, E17 London.....	(020) 3417 7285	U, Z, 69 Wellwood Road, Ilford.....	(020) 8590 3095
TITAFEH, Miss Cannon Court, 1 Greenleaf Road, London.....	(020) 3105 1348	TSVETANOV, Mr Yully, Flat 5 86A Brunner Road, London.....	(020) 3105 2471	UFEL, Mr M, 184 Sixth Avenue, London.....	(020) 8553 7639
TITEL, N, 4 Greystone Gardens, Ilford.....	(020) 3152 5664	TUBUJUZE, I, 29 Long Green, Chigwell.....	(020) 8062 3086	UGBOMAH, Mr M, Flat 5 Providence Ho 134 Orford Rd, London.....	(020) 3132 6136
TITHERIDGE, D, 21 Kingspark Court, E18.....	(020) 8989 6971	TUCK, T, 43 Richmond Crescent, London.....	(020) 3663 6067	UL HAQUE, H, 61 Kimberley Avenue, Ilford.....	(020) 3581 5307
TITTLE, K.M, 59 Cranbourne Avenue, London.....	(020) 8989 4375	TUCKER, B, 46 St. Georges Road, Ilford.....	(020) 8554 0203	UL-HAQ, A, 258 Strone Road, London.....	(020) 8522 7975
TITRE, R, 148 Hathaway Cres, Manor Pk.....	(07956) 564559	T, C, Flat 17 Plaza Heights 12 Maud Road, E10.....	(020) 8556 6908	U, Anwar, 33 Sunnyside Road, Ilford.....	(020) 3417 2769
TOBIAS, Dr A, 19 Roll Gardens, Ilford.....	(020) 8491 7853	T, G, 157 Rosebery Avenue, E12.....	(020) 8471 9772	U, M, 102 Richmond Road, Ilford.....	(020) 3759 3184
TODD, C, Apartment 26 Quant Building 6 Church Hill, E17.....	(020) 8509 8798	T, L, J, 71 Hazeldene Rd, Ilford.....	(020) 8590 3570	ULLAH, Mr A, 24 Alexandra Rd, London.....	(020) 3138 0915
T, G, 2 North Birkbeck Road, E11.....	(020) 8988 9924	T, M, J, 127 Fyfield Road, E17.....	(020) 8509 9779	U, N, 97 St. Mary's Road, London.....	(020) 8281 4690
TODOROVA, Miss Rurnyana, 63 Greenstead Road, Loughton.....	(020) 3754 2237	TODUCKY, D, Flat 5, 1 Nation Way, London.....	(020) 8524 3022	U, R, 43 Eighth Avenue, London.....	(020) 3715 5191
TOE, Q, 6A Montal Road, Woodford Green.....	(020) 3294 0899	TUDUWAGE, P, 80 Burnside Avenue, London.....	(020) 3722 5969	ULLYART, K, 38 Bromley Rd, E17.....	(020) 8928 1096
TOKAR, Mr E, Northwood Marlowe Road, London.....	(020) 8141 0013	TUFAL, M, Flat 47 Hainault Court Forest Rise, London.....	(020) 4541 7330	ULOZAS, Mrs Z, 66 Daffodil Gardens, Ilford.....	(020) 8177 9480
TOKKALLON, C, 2 Gosford Gardens, Ilford.....	(020) 8550 9761	TUFFOUR, Daniel, 19 Union Close, E11.....	(020) 8539 4343	ULTIMATE AV, Ta, 100 Luxborough Lane, Chigwell.....	(020) 8504 6273
TOLAIN, P, 37 Wanstead Park Avenue, E12.....	(020) 8988 8815	TUITT, J, 11 De La Warr Court 21 Church Avenue, E4 London.....	(020) 8527 9198	ULUS, H, 80 Priory Avenue, London.....	(020) 3561 0700
TOLANUR, S, Flat 307, Raphael House, 250 High Road, Ilford.....	(020) 8001 3930	T, J.E, 9 Chertsey Road, E11.....	(020) 8539 6561	UMAPATHY, U, 61 Torquay Gardens, Ilford.....	(020) 3417 9482
TOLLEY, M.J, 5 Capel Gardens, Ilford.....	(020) 8599 6256	TULETT, E, 42 Station Road, Loughton.....	(020) 8508 6730	UMARIJ, Mr M, 118 High St, London.....	(020) 3132 6134
TOLLOW, S.C, 113 Burney Drive, Loughton.....	(020) 8508 5458	T, R, 24 Avondale Drive, Loughton.....	(020) 8508 8123	UMESALUGO, S, Woodford House Flat 12 Woodford Road, London.....	(020) 3731 5855
TOMA, M, 81A Wood Street, London.....	(020) 3718 8720	TULL, E, 5 Starling Close, Buckhurst Hill.....	(020) 8504 7907	UMEH, J, 12 Tudor Road, London.....	(020) 3380 6622
TOMIA MARIAN, C, 83A Wood Street, London.....	(020) 3729 2009	TULUFI, M, R, Flat C 4 Ivy Rd, London.....	(020) 8177 8666	UMUNNA, R, 39 Edinburgh Road, E17.....	(020) 8521 7002
TOMIASIEW, I, 325 Rodley Lane North, Woodford Green.....	(020) 8551 5866	TUMBA, B, Vector Point 1-5 Apartment 15 Hainault Street, Ilford.....	(020) 3624 8691	UNADKAT, N, 15 Glencoe Avenue, Ilford.....	(020) 8599 2391
TOMLIN, A.J, 88 Dale View Crescent, E4.....	(020) 8524 1752	TUMBER, M, 16 Barnaby Way, Chigwell.....	(020) 8500 5691	UNAL, R, 11 Whites Avenue, Ilford.....	(020) 8548 3888
T, Fredk, 43 Palmerston Road, Buckhurst Hill.....	(020) 8504 6975	TUNE, J, 45 Dover Road, London.....	(020) 8925 3285	UNDERHILL, Chris, 11 Hurstwood Avenue, E18.....	(020) 8989 6857
T, F.D, 1 Jessie Cottages Low Hall Lane, E17.....	(020) 8521 1377	TUNMER, K, 63 Peregrine Road, Ilford.....	(020) 8500 1026	U, S, 26 Balliol Avenue, E4.....	(020) 8524 5468
T, F.J, 92 Dale View Crescent, E4.....	(020) 8529 5027	TUOHY, Mrs D, 7, Allanson Ct Leyton Grange Estate, E17.....	(020) 3132 2689	UNDERWOOD, J, 27 Woodville Road, E17.....	(020) 8520 4091
T, P, 109 Elmcroft Avenue, London.....	(020) 8491 0103	TUPLIN, J, 38 New Jubilee Court Grange Avenue, Woodford Green.....	(020) 8504 4647	UNDRE, N, 53 Lansdowne Road, London.....	(020) 8925 7924
TOMLINSON, E, 57 Boleyn Court, Buckhurst Hill.....	(020) 8505 6527	TURAY-CLARKE, C.S.A, Flat 22 St. Nicholas Court 121 Aldridge Way, London.....	(020) 8531 1375	UNDUSU, P, 60 Grantock Road, Walthamstow.....	(020) 8527 4913
T, Jazeel, Flat 21 Powell Court Prospect Hill, E17.....	(020) 7018 7684	TURLAND, C, 16 Longshaw Road, E4.....	(020) 8524 2282	UNGUREANU, B, 158 High Street, E17.....	(020) 8521 3076
T, L, 19 Brunel Road, Woodford Green.....	(020) 8505 8084	TURLEY, T, 9 High Meadows, Chigwell.....	(020) 8500 6371	UNIT 6, 95 Ilford Lane, Ilford.....	(020) 3602 1032
T, L, 5 Chiltern Way, Woodford Green.....	(020) 8506 2111	TURNBULL, J, 39 Federica Road, London.....	(020) 8524 2788	UNTLA, M, 19 Albert Road, London.....	(020) 3308 7615
T, L, 21 Greenstead Gardens, Woodford Green.....	(020) 8505 7600	TURNER, A, 10 Camelia Close, London.....	(020) 8539 4127	UNWIN, B, 22 Dale View Crescent, London.....	(020) 8529 4907
T, P, 202 Brockley Way, Chigwell.....	(020) 8500 8154	T, A, 32 Park Road, London.....	(020) 8989 9355	U, T, 76 Richmond Road, London.....	(020) 8923 6135
TOMPKINS, T, 63 Buttsbury Road, Ilford.....	(020) 8478 0446	T, A, FLAT 9 MADELEINE COURT Robinia Close, Ilford.....	(020) 8501 4963	UPSON, D, 34 Kirkland Avenue, Ilford.....	(020) 8551 5423
TOMIS, C, 19 Mortlake Road, Ilford.....	(020) 8478 8548	T, A, 43 Voluntary Place, London.....	(020) 3737 1073	URBONAS, M, 38 Stow Crescent, London.....	(020) 8527 6760
TOMSETT, B, 8 Audley Gardens, Loughton.....	(020) 8281 7352	T, A, P, 5 Elstree Gardens, Ilford.....	(020) 8478 7193	URRAHMAN, S, 42 Wanstead Park Road, Ilford.....	(020) 3532 2326
TOMUSANGE, Mr N, 3 Twelve Acre House Grantham Road, E12.....	(020) 8553 9509	T, C, 1 Holt Way, Chigwell.....	(020) 8924 5472	URREHMAN, Eu, 36 Seagry Road, E11.....	(020) 8530 4931
TONGE, C, 86 Hecham Close, London.....	(020) 8531 3466	T, C, 5 Woodcote Road, London.....	(020) 8530 5524	USHER, Dr E.C, 57 Kingsdown Road, E11.....	(020) 8555 5256
TONGUE, D, 52 Manford Cross, Chigwell.....	(020) 8924 5741	T, C.F, 63 Underwood Rd, Chingford.....	(07956) 319634	USIOBAIO, Osaretin, 88 Fenepiece Road, Ilford.....	(020) 8500 1955
TONKIN, L.A, 46 Dale Vw Cres, E4.....	(020) 8529 6687	T, D, 46 Warren Road, London.....	(020) 8529 9898	USMANI, Shahnaz, 101 Aveling Park Rd, Walthamstow.....	(020) 8527 3755
TOOFANEERAM, Y, 65 St. Mary's Rd, E10.....	(07956) 926767	T, E, Flat 26 Lucida Court 1 Papermill Place, E17.....	(020) 8531 3700	U, U.K, 32 Elgin Road, Ilford.....	(020) 8597 1366
TOOK, J, 36 Abbots Crescent, E4.....	(020) 8531 6963	T, H, 14 Castleview Gardens, Ilford.....	(020) 3659 2365	UTHAYAKUMAR, S, 37 Wisteria Close, Ilford.....	(020) 3305 6342
TOOLE, J, 177 Blackhorse Road, London.....	(020) 7355 9824	T, J.E, Flat 3/ 86 Aldborough Road South, Ilford.....	(020) 8141 4431	UTHAYAMOORTHY, Ms K, 55 Buttsbury Rd, Ilford.....	(020) 8270 3309
TOOMEY, M.B, 145A Fullwell Avenue, Ilford.....	(020) 8500 2811	T, J.F, 3 Betty Brooks House 31 Langthorne Road, E11.....	(020) 8558 0191	UTTAM, T, Flat 5 47 Westrow Gardens, Ilford.....	(020) 8979 4384
TOPPING, X, 21 Warwick Road, E11.....	(020) 8989 2605	T, L, 74A Pyrites Lane, Loughton.....	(020) 3561 9807	UTTING, S, 8 Hillfields, Loughton.....	(020) 8508 7657
TORO ZAPATA, Mr D, 29 Dunedin Rd, London.....	(020) 8556 7948	T, L.P, 65 Cairo Road, E17.....	(020) 8521 1545	UTTON, R, 43 Alpha Road, London.....	(020) 8926 2431
TORRIE, I, 37 Cavendish, E4.....	(020) 8524 2310	T, M, 6 Appleton Road, LUGHTON.....	(020) 8418 7838	UTWAL, Hemlata, 32 Brisbane Road, Ilford.....	(020) 8518 5530
TOSKO, J, 70 Heathfield Road, London.....	(020) 8531 3998	T, M, 13 Goldsmith Rd, E10.....	(020) 8539 7403	UWADIAE, Mitty, Flat 17 Old Mill Court Chigwell Road, E18.....	(020) 8518 8240
TOUNSI, N, 34 Peach Grove, E11.....	(020) 8988 1024	T, M, 28A Meadowway, Ilford.....	(020) 8597 0717	UWEGBA, A, Apartment 13 Paul Skelton House 39 Trinity Close, London.....	(020) 8539 3183
TOURE, Therese, 12 Bradwell Close, London London.....	(020) 8518 8115	T, M, 65 Woodville Road, E17.....	(020) 8520 0461	UWINS, J.T, 16 Meadow Way, Chigwell.....	(020) 8559 9078
TOUSSAINT, M, 69B Erskine Road, London.....	(020) 3842 7419	T, N, 20 Eastwood Road, London.....	(020) 8491 0974	UYAR, C, 10 Ravenock Way, Chigwell.....	(020) 8501 1625
TOWAH, Mrs 300 Broadmead Road, Woodford Green.....	(020) 3659 6294	T, P, 67 Manor Road, CHIGWELL.....	(020) 8500 5226	UYINMWIN, M, 795 Lea Bridge Road, E17.....	(020) 8509 1187
TOWERS, K.A, Flat 26 Hermitage Court Woodford Road, E18.....	(020) 8530 2901	T, Robin, 52 Cromwell Hill Road, Woodford Green.....	(020) 8504 5706	UZICE, J, 42, St Patricks Court The Bridle Path, Woodford Green.....	(020) 8523 4958
TOWNSDROW, B, 94 Farman Avenue, London.....	(020) 3016 6208	T, S, 6 Amwell View New North Road, Ilford.....	(020) 8500 7009	UZONG, Marilyn, Flat 1 Helwys Court 107 Selwyn Avenue, E4.....	(020) 8531 2194
TOWNSEND, Jacqueline, Flat 106 Nicholson Court 32 Forest Road, E17.....	(020) 8521 0254	T, S, 30 Dacre Gardens, Chigwell.....	(020) 8279 5308	VADAPALAS, K, 57 Wansford Road, Woodford Green.....	(020) 8505 3580
T, M, 123 Ainslie Wood Road, E4.....	(020) 8529 5738	T, T, 28a Devon Close, Buckhurst Hill.....	(020) 8504 1841	VADGAMA, Pankaj, 16 Wellfields, Loughton.....	(020) 8508 4886
T, P, Flat 12 Walsingham House 27 Forest View, London.....	(020) 8523 7014	TURONE, P, 175 Old Church Road, LONDON.....	(020) 3524 1864	VADHER, V, 54 Capel Gardens, Ilford.....	(020) 8590 4564
TOWPLAWI, F, 66A Gaysham Avenue, Ilford.....	(020) 3612 1039	TURPIN, P.H, 24 Harts Grove, Woodford Green.....	(020) 8504 8429	VAGHASIYA, S, 475C Cranbrook Road, Ilford.....	(020) 3654 9894
TOYE, W, 32 Neville Close, LONDON.....	(020) 3718 9640	T, S, 62 King Edward Road, E17.....	(020) 8531 3749	VAGHELA, Harish, 215 Church Rd, London.....	(020) 8478 7940
TOYNE, S, 44 Fldgate Road, E11.....	(020) 8989 5422	TURRELL, C, 480 Chigwell Road, Woodford Green.....	(020) 8504 3026	VAIRAMATHU, R, 23 Woodville Rd, E17.....	(020) 8521 6140
TOZER, J, 48 Colson Road, Loughton.....	(020) 8502 1107	TURTON, J, Flat First Floor 62 Chigwell Road, London.....	(020) 3573 0498	VAISVILAITE, Miss J, 79 Chertester Road, London.....	(020) 8478 5884
TRAFTFORD, S, A, 29 Cornwallis Road, E17.....	(020) 8509 2528	T, J, 22 Ickworth Park Road, London.....	(020) 8521 2162	VAITHEESWARAN, N, Churchill Court Flat 18 Albert Road, Ilford.....	(020) 3718 7308
TRAILL, S, 8 Orchard Street, E17.....	(020) 8521 4085	T, James N, 53 Warren Road, E10.....	(020) 8556 9102	VAITYANADEN, Mr Hindujaan, 184 Oaks Lane, Ilford.....	(020) 3583 1892
TRAIN, P, 5 Monkchester Close, Loughton.....	(020) 8508 2937	TUSGUL, Mr A, 246 Carr Rd, London.....	(020) 8177 7506	VAIVATA, M, 206 Monega Road, E12.....	(020) 8470 9635
TRAINAVICIENE, G, 302 High Road Leyton, E10.....	(020) 8556 2930	TUSHAN, N, 49 Conington Crescent, London.....	(020) 3726 2686	VALAM, Miss M, 32 Mayfield Road, Ilford.....	(020) 8177 9499
TRAN, L, Flat 7 Cruise Court 6 Robinson Close, E11.....	(020) 8555 6995	TUSIIME, R, 42 Daffodil Gardens, Ilford.....	(020) 3654 9393	VALANCIUNNIENE, A, Flat 2 14-15 Church Lane, London.....	(020) 3730 5715
TRANTRER, 23 Evesham Way, Ilford.....	(020) 8551 1168	TUTORING CENTRE, Get Smart, 57a High Street, Barkingside.....	(020) 8503 9272	VALASKOVA, Miss R, 304 Stocksfield Rd, London.....	(020) 8521 4570
TRAQUIAR, Mrs Brenda, 36 Rose Avenue, London.....	(020) 8530 3432	TUTTY, Mr Barry, 25 Connaught Avenue, London.....	(020) 8559 4911	VALAVAN, K, S Longwood Gardens, Ilford.....	(020) 8551 7389
TRAYVERS, E, 142 Newport Road, Leyton.....	(020) 8558 8228	TUVEY, B, 9 Arbor Road, E4.....	(020) 8524 8400	VALDES, J, 23 Marten Rd, E17.....	(020) 8523 0508
TRAYVSS, Mrs C, 9 Eastleigh Rd, London.....	(020) 3132 7271	TWAITES, H, 7 Albany View, Buckhurst Hill.....	(020) 8504 8334	VALDEZ, E.J, 9 Carlton Road, E11.....	(020) 8558 2626
TRAYHERN, Alan F, 161 Princes Road, Buckhurst Hill.....	(020) 8504 6294	TWINN, C, 11 Henrys Avenue, Woodford Green.....	(020) 8504 0568	VALE, D, 3 Larch Rd, E10.....	(07939) 844568
TRAYNER, S, 79 Monkams Avenue, Woodford Green.....	(020) 8522 3621	T, M, 15 Clacton Road, London.....	(020) 8521 7715	V, Miss 105 Dover Road, London.....	(020) 3609 2338
TREACHER, S, Greenview 154 High Road, Chigwell.....	(020) 8500 3735	T, R, 21 Antlers Hill, E4.....	(020) 8524 5606	VALENTINE, C.J, 80 Alderton Hall Lane, Loughton.....	(020) 8508 9517
TREADWAY, D, 256 Tiptree Crescent, Ilford.....	(020) 8551 1836	TWIST, W, 52 Northumberland Avenue, London.....	(020) 8925 5819	V, L.A, 67 Longshaw Road, E4.....	(020) 8524 0997
TREAGUI, K, 108 Goldingham Avenue, Loughton.....	(020) 3592 7861	TWYIYBOAH, O, 10 Denehurst Gardens, Woodford Green.....	(020) 8504 5718	VALBOYINA, H, 100A High Street, Ilford.....	(020) 3718 8356
TREBLE, J, 17 Scotland Road, Buckhurst Hill.....	(020) 8559 2508	TWOMEY, C, 7 Elmcroft Close, E11.....	(020) 8518 8546	VALISHITA, A, 5 Hillcroft, Loughton.....	(020) 3536 3038
TREGLOHAN, J, 1 Beverley Crescent, Woodford Green.....	(020) 8626 7616	TWYFORD, J.E, 88 Kenwood Gardens, Ilford.....	(020) 8550 3770	VALKS, C, 60 Wyemead Crescent, London.....	(020) 8524 2040
T, P.M, 78 Uplands Rd, Woodford Green.....	(07956) 253390	T, D, 133 Farmer Road, London.....	(020) 8539 8449	VALLI, M, 18 Charlbury Gardens, Ilford.....	(020) 8590 8108
TRELOAR, David, 152 Ashurst Drive, Ilford.....	(020) 8550 1358	TYLER, J, 12 Clavering Road, London.....	(020) 8923 1545	VALLIANE, S, 10 Rowan Close, Ilford.....	(020) 3624 6263
TREVELLYAN, B, 97 Chestnut Avenue, Buckhurst Hill.....	(020) 8504 1769	TYLOR, Mrs R, 60 Blackthorn Road, Ilford.....	(020) 8127 9498	VALSAN, N, 55 Newmans Lane, Loughton.....	(020) 8508 7816
TREVETT - PRITCHARD, J, 44 Bateman Road, LONDON.....	(020) 8531 4293	TYRRE, G, 34 Scarborough Road, London.....	(020) 8539 0518	VAN DER MESCHT, Mr P, 52 Dersingham Ave, London.....	(020) 8509 7342
TREW, J, 4 Browns Road, E17.....	(020) 8520 2045	TYRRELL, N, 110 Grange Road, Ilford.....	(020) 8514 3850	VAN DER NERWE, Mr B, 31 Warren Rd, London.....	(020) 8141 1829
TRIGG, A, Flat 23 Dominion Apartments, Mission Grove, London.....	(020) 3138 5873	TYSER, R, 68 Snows Hill Road, Manor Park.....	(020) 8553 1278	VAN KRADENBURGH, K, 1A Cairn Road, LONDON.....	(020) 3648 5809
T, R, 16 Forest Side, London.....	(020) 8926 8225	TUTUYUNNYK, P, 117A Coppermill La, E17.....	(020) 8521 4426	VANAM, G, Ground Floor Suite 3 Clements Court, Clements Lane.....	(020) 8478 8782
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TRILL, P.R, 257 Manford Way, Chigwell.....	(020) 8501 1042	TZUJIOU, I, 20 Nottingham Road, E10.....	(020) 8556 2283	VAN-DER HEIDEN, G, 6 Bancroft Avenue, Buckhurst Hill.....	(020) 8505 3451
TRIMAKAITE, D, Evergreen Apartments 253-269 High Road, WOODFORD GREEN.....	(020) 3843 7590	TZVETKOV, Mr Tzezar, 47b Granville Road, London.....	(020) 8279 4261	VANEZIS, A, 97 Kings Avenue, WOODFORD GREEN.....	(020) 3737 3038
TRIMITHIOTIS, N, 65 Beech Hall Road, E4.....	(020) 8527 1695	UBHI, J, 92 Rosebery Avenue, LONDON.....	(020) 8471 3660	VANLINT, N, 12 Derby Road, London.....	(020) 8252 5134
TRINH, T, 12 Maybury Close, Loughton.....	(020) 8109 3118	UCAR, H, 23 Medway Close, Ilford.....	(020) 8270 2885	VQAQAS, S, 62 Cobham Road, Ilford.....	(020) 3132 1196
TRIONFO, P, 20 Farmilo Road, E17.....	(020) 8556 0804	UDALL, J, 4 Hurst Road, E17.....	(020) 852		

V, V, 54 Courtenay Road, London	(020) 8521 4360	WAGHORN, M, 51 Jersey Road, Ilford	(020) 8553 1734	W, G, D, 23 Broadstrod, Loughton	(020) 8508 5649
VASSELL, C, 231 Larkshall Road, E4	(020) 8529 1457	WAGNER, J, 16 Elmstead Road, Ilford	(020) 8509 5819	W, H, 67 Queenborough Gardens, Ilford	(020) 8550 0583
VASSILOU, Solom, 3 Vicarage La, Ilford	(020) 8553 4424	W, J, M, Flat 19 Riverside Court 1 Chelwood Close, E4	(020) 8529 7290	W, J, 43 Northumberland Avenue, London	(020) 4501 0199
VAUSSOU, T, 15 Holly Drive, London	(020) 8524 4057	W, M, T, Flat 3 Tavistock House Rosebury Square, Woodford Green	(020) 8502 6818	W, L, 48 Sunset Avenue, E4	(020) 8529 4271
VASU, J, 3 East Avenue, E12	(020) 8552 7242	WAGSTAFF, D, 36 South View Drive, E18	(020) 8530 6224	W, M, Flat C 421 Lea Bridge Road, Leyton	(020) 3628 2538
VASUDEVAN, N, 249 Stradbroke Grove, Ilford	(020) 8551 6200	WAHAB, H, 52 Fernways, Ilford	(020) 3560 1926	W, N, 32 Abbess Terrace, LOUGHTON	(020) 8418 9619
VATAMAN, Mr V, 55 Lower Queens Rd, Buckhurst Hill	(020) 8504 7029	WAHEED, A, 43 Forest App, Woodford Gn	(020) 8504 5336	W, P, 13 Hatch Lane, E4, London	(020) 7041 6982
VAUDEAU, N, 3 Elphinstone Road, London	(020) 8527 7365	W, A, 375 High Road, Leytonstone, E11	(020) 3132 5315	W, R, 28 Charnwood Road, E18	(020) 8530 4085
VAUGHAN, B, 104 Antlers Hill, E4	(020) 8524 3441	W, Mr 24 Hoe Street, London	(020) 8509 1866	W, R, 6 Clarendon Road, London	(020) 8556 0674
V, J, 53 Tower Hamlets Road, E17	(020) 8509 3657	WAHEED, F, 19 Montfort Gardens, Ilford	(020) 8502 7813	W, Mr R, Mr Marian Lawson Court 168-174, 9 Manford Way, Chigwell	(020) 8502 7245
V, T, 21 Colwall Gardens, Woodford Green	(020) 8498 0061	WAHID, A, 323 Cranbrook Road, Ilford	(020) 8554 8225	W, S, 231 Maybank Road, E18	(020) 8505 2252
VAWDA, A, 4 Monarch Way, Ilford	(020) 8554 1235	W, Razia, 43 Seven Kings Road, Ilford	(020) 8597 8809	W, Scott, Flat 18 Maybrook Court 43 St. Gabriel's Close, E11	(020) 8530 4049
V, I, 80 Cranbrook Rise, Ilford	(020) 8117 5433	WALDSON, C, 24 RODING LODGE Royston Gardens, Ilford	(020) 8518 2612	W, T, C, 28 Hills Road, Buckhurst Hill	(020) 8505 5120
VAZ E. COLONIA, C, First Floor Flat 283 Church Road, London	(020) 3172 6803	W, L, 96 Gaysam Avenue, Ilford	(020) 8550 8770	WARDLELL, G, 44 Woodside Gardens, London	(020) 8527 5993
VEAZEY, B, 183 Willingale Road, Loughton	(020) 8508 7347	WAIN, E, 41 Manor Way, E4	(020) 8529 4982	WARDERE, H, 14 Hatherley House, 30 Westbury Road, London	(020) 8923 5059
VECCCHIONE, A, 124 Henley Road, Ilford	(020) 3489 9607	WAINAINA, P, Mobile, Flat 2, 27 Argyle Road, Ilford	(07984) 425686	WARDLEY, L, 138 Kensington Avenue, E12	(020) 8470 1086
VEDEIKIS, V, 181 Queens Road, London	(020) 8520 9156	WAINWRIGHT, C, A, 31 Queens Road, E11	(020) 8556 8129	WARE, A, 115 Diana Road, London	(020) 8503 2379
VELASCO, M, Flat 2 148 Windsor Road, Ilford	(020) 3015 4558	W, J, L, 242 Fullwell Av, Ilford	(020) 8551 4974	WARNING, S, 4 Barfields Park, Loughton	(020) 8281 1883
VELASQUEZ, Y, 14 Wragby Road, E11	(020) 8555 5228	WAITES, M, 10 Regency Lodge, Buckhurst Hill	(020) 8505 2457	WARNE, P, F, 75 The Ridgeway, E4	(020) 8524 2006
VELAUTHAM, S, 2c Manor Park Road, Manor Park, London	(020) 3583 0285	WATTHE, C, Kestrel Court Flat 30 14, Woolston Close, London	(020) 3304 7495	WARNER, C, 89 Ainslie Wood Road, Chingford	(020) 8529 6279
VELUCHOV, F, 93 Grove Park Road, London	(020) 3590 6826	W, M, 415 Ley Street, Ilford	(020) 8554 7912	W, I, 55 Broadwalk, E18	(020) 8989 8968
VENABLES, K, W, 5 Hempstead Close, Buckhurst Hill	(020) 8504 1264	W, S, 79 Henley Road, Ilford	(020) 8478 7875	W, T, 41 Salsbury Road, E4	(020) 8524 1875
VENEGAS, M, 19 Crossbow Road, Chigwell	(020) 8500 3061	WAIJTH, Mr A, 42 Tennyson Avenue, London	(020) 3004 0679	W, W, 16 Portman Drive, Woodford Green	(020) 8550 7411
VENIAMINOVA, M, Flat 17 Berica Court Mossford Green, Barkingside	(020) 8551 2790	WAKELING, P, 8 Willingale Close, Loughton	(020) 8502 1888	WARREN, C, 33 Eastwood Road, London	(020) 8989 2880
VENKATA PHANEENDRA, B, 35 Park Avenue, Ilford	(020) 3294 7092	WALDEN, V, Flat A 3 Westerham Road, E10	(020) 8558 6485	W, G, 87 Blyth Road, E17	(020) 8556 7578
VENKATACHALAM, Mr K, 78 Church Road, London	(020) 3375 6784	WALDRON, G, S, 86 Stradbroke Grove, Ilford	(020) 8550 5316	W, I, 139 Onslow Gardens, London	(020) 8530 2987
VENKATASAMY, R, 33 Ethelbert Gardens, ILFORD	(020) 8505 2546	W, P, 4 Appleby Close, E4	(020) 8531 3921	W, J, 28 Carrick Drive, Ilford	(020) 8491 8262
VENKATESAN, A, Aztec House Flat 8 461, High Road, Ilford	(020) 3539 8437	WALENTOWICZ, A, 573 High Road, WOODFORD GREEN	(020) 8506 0227	W, M, 8 Baldwins Hill, Loughton	(020) 8502 4655
VENNER JONES, A, 126 Richmond Road, London	(020) 8558 6377	WALEY, A, 87 Tycehurst Hill, Loughton	(020) 8523 0801	W, Ray, 4 Greenstead Avenue, Woodford Green	(020) 8504 7544
VENTER, A, 68 Ruckholt Road, E10	(020) 8177 6401	WALESA, M, 21 Trafford Close, Ilford	(020) 3565 6450	W, T, H, 34 Danbury Way, Woodford Green	(020) 8504 9993
VERARD, R, 119a Fencpeace Road, Ilford	(020) 8500 6427	WALESKA, Mrs K, 9 Selwyn Av, London	(020) 3132 7270	WARWICK, F, 27 Starling Close, Buckhurst Hill	(020) 8504 0938
VERDANT, E, 28 Rayleigh Road, Woodford Green	(020) 8505 3844	WALFORD-GRANT, M, 31 Cheyne Avenue, London	(020) 8530 3393	WASHER, E, A, 29 Pembur Avenue, E17	(020) 8531 7361
VERGONI, Mr O, 21 Douglas Rd, Ilford	(020) 8590 7545	WALKER, A, 25 Church Road, E10	(020) 8558 4058	WASMIUTZ, S, 5 Trinity Garden South View Drive, London	(020) 8530 6976
VERIGA, S, 50 George Road, London	(020) 8257 0460	W, A, 43 Prospect Road, Woodford Green	(020) 8504 5749	WASZKIEWICZ, P, Flat 11 Oakhurst Court Woodford New Road, London	(020) 3654 5539
VERITY, J, P, 79 Ashurst Drive, Ilford	(020) 8550 9402	W, A, 82A Roding Lane North, Woodford Green	(020) 8491 6545	WATERHOUSE, J, 5 Clementine Walk, WOODFORD GREEN	(020) 8559 0731
VERLKNAM, Mr K, 60 Vernon Road, E11	(020) 8141 2482	W, A, 2 St. Stephens Avenue, E17	(020) 8521 3696	WATERS, P, 92A Goodmayes Lane, Ilford	(020) 8599 1171
VERMA, K, K, 6/786 High Rd, Ilford	(020) 8586 1665	W, B, Flat 12 Albert Hse 3 Victoria Road, London	(020) 8520 7668	W, Raymond, 1 Lime Street, London	(020) 8520 2679
VERNEGE, Mr A, 108 Brookscroft Road, E17	(020) 8141 7333	W, Charlie, Flat 1 21 Blake Hall Road, E11	(020) 8989 1754	WATKINS, A, 40 Danbury Way, Woodford Green	(020) 8505 7914
VERNON, F, 35 Vienna Close, Ilford	(020) 8551 9950	W, D, 9 Salway House Thornhill Road, Ilford	(07957) 308841	W, A, Ground Floor Flat, 198 Warner Road, London	(020) 8503 6440
VERONIQUE, A, 28 Hastings Avenue, Ilford	(020) 8550 4012	W, D, 6 Woodland Road, London	(020) 8793 9296	W, G, 63 Deyncourt Gardens, E11	(020) 8530 2640
VERRAN, A, 43a Nightingale Lane, London	(020) 8989 9915	W, G, S, Unit B Highview House Gasmere Gdns, Redbridge, Ilford	(07956) 360708	W, S, 34 Bloxhall Road, London	(020) 3925 7478
VERRENT, N, 24 Browning Road, E11	(020) 8989 8146	W, H, 25 Hedgeley Woodford Avenue, Ilford	(020) 8551 5273	W, V, 36 Luton Road, E17	(020) 8503 3231
VETTER, J, Flat Sa 139-41 Hainault Road, E11	(020) 8556 9338	W, J, 69 Burney Drive, Loughton	(020) 8281 4856	WATKINSON, D, 83 Cowslip Road, E18	(020) 8491 6909
VHORA, T, 192A High Street, London	(020) 3091 4166	W, J, 38 Mount Avenue, E4	(020) 8524 4388	W, M, 60 Fullers Road, London	(020) 8505 0177
VICKERS, A, J, 36 Frances Rd, E4	(020) 8531 1461	W, L, 70 Hurst Avenue, London	(020) 8529 0421	WATLING, J, 5 Fairlight Avenue, Woodford Green	(020) 8504 9881
VICTOR, A, 36 Leedale Av, E4	(020) 8559 4544	W, M, 38 Worsley Road, LONDON	(020) 8526 0401	WATSON, Alfd R, 13C Alloa Road, Ilford	(020) 8597 0207
V, H, 14 Gascogne Gardens, Woodford Green	(020) 8281 2682	W, Ms P, Ms 46 Snowhill Road, London	(020) 8514 0587	W, B, H, 31 Albany Road, E12	(020) 8553 1830
V, J, 74 Beattoville Gdns, Ilford	(020) 8551 6948	W, Ronald, 20 Barnes Close, London	(020) 8478 7118	W, C, 46 De Vere Gardens, Ilford	(020) 8518 6405
V, M, 117 Worthy Mead, E4	(020) 3304 1441	W, R, 27 Forest Approach, Woodford Green	(020) 8525 7077	W, D, 22 Nightingale Avenue, E4	(020) 8531 9142
VIDAL, J, 73 Marten Road, London	(020) 8925 7353	W, R, 25 Maypole Crescent, Ilford	(020) 8501 0494	W, D, 3 Horatio Lodge Orford Road, E17	(020) 8509 9568
V, Sharon, 26 Lemna Road, E11	(020) 8558 3899	W, R, J, BSC(EN) 19 Forest Approach, Woodford Green	(020) 8505 1664	W, D, 75 Southern Drive, Loughton	(020) 3592 9282
V, T, 23, Pearl Apartments, 53 Dunton Road, London	(020) 3759 0711	W, S, 10 The Hollow, Woodford Green	(020) 8504 2486	W, Miss E, 60 Blackthorn Road, Ilford	(020) 8127 7442
VIDHYADHARAN, M, 1 Glenside, Chigwell	(020) 8559 9897	W, S, 98 Woodlands Avenue, London	(020) 8530 7836	W, H, 56 Stanley Road, E18	(020) 8505 8041
VIDLER, V, M, 53 Finchfield Avenue, Woodford Green	(020) 8505 8703	W, V, J, mobile, 283B Capworth St, E10	(07960) 674581	W, I, Flat 10, 78 Carisbrooke Road, London	(020) 8925 0550
VIEIRA, Mr Nicholas, 409 High Road Leytonstone, London	(020) 3674 7034	WALKER-ARNOTT, M, 71 Gloucester Road, Ilford	(020) 8531 0023	W, I, R, 60 Cranley Road, Ilford	(020) 8554 0565
VIERU, A, 10 Humphrey Close, Ilford	(020) 8252 1585	WALKER-SMITH, J, 5 Buxton Road, E4	(020) 3225 4089	W, J, 6 Clarence Avenue, Ilford	(020) 8554 0749
VIGLIANTE, G, 140 Grove Green Road, London	(020) 3724 7149	WALL, J, 65 Tufton Rd, E4	(020) 8523 9101	W, J, 98 Herongate Road, London	(020) 8530 8590
VIJAYABARATHY, V, 52 Icknield Drive, Ilford	(020) 8518 3938	WALLACE, A, 96 Stanley Road, Ilford	(020) 8220 6159	W, J, 46 The Bramblings, E4	(020) 8559 3664
VIJAYAKUMAR, S, 29 Staines Rd, Ilford	(07956) 319320	W, E, 7 Waterley Avenue, London	(020) 8524 2270	W, J, W, 14 Merrivale Avenue, Ilford	(020) 8550 3753
VIJAYAN, V, 10 Oaks Lane, Ilford	(020) 8590 6045	W, H, 23A Selsdon Road, E11	(020) 8530 3581	W, M, 12 Queens Grove Road, London	(020) 8524 4472
VIJAYENDRAN, S, 3 Bloomfield Crescent, Ilford	(020) 8252 1053	W, J, 49 Brunswold Road, London	(020) 8281 6680	W, N, 7 St. Mary's Avenue, E11	(020) 8989 5029
VILKA, H, 10 Tunstall Avenue, Ilford	(020) 8501 3388	W, Mrs Linda, 301 Chingford Road, Walthamstow	(020) 3689 0770	W, P, Dunellen Garden Way, Loughton	(020) 8508 2070
VILKS, Mr K, Flat B/74 Boundary Rd, London	(020) 3132 0292	W, M, 35 College Gardens, Chingford	(020) 8524 4840	W, R, 135 Chingford Road, E17	(020) 8531 2534
VILLACCI, E, Flat 4 Catherine Lodge 205 Maybank Road, E18	(020) 8504 8394	W, P, 597 High Road Leyton, London	(020) 8558 6401	W, R, E, 25 Chelmsford Road, E17	(020) 8520 8000
VINCE, T, 63 Gordon Road, South Woodford	(020) 8504 2543	W, P, Mobile, 220 Murchison Road, London	(07956) 434382	W, S, 46 Peel Road, E18	(020) 8559 0522
VINCENT, J, 143 Goodmayes Lane, Ilford	(020) 8590 6843	W, P, 97 Warner Road, E17	(020) 8503 6013	W, S, 9 Regents Place, Loughton	(020) 8508 2201
VINCENT MWNEN, S, 7 Church Lane, London	(020) 8539 0504	W, L, 1 Hazelwood, Loughton	(020) 8926 5020	W, Mr S, 88 Sixth Avenue, E12	(020) 8141 0436
VINCENT, R, 43 Ashburton Avenue, Ilford	(020) 8220 2527	W, B, 227 Old Church Road, E4	(020) 8529 2361	W, S, 14 Trelawney Close, E17	(020) 8509 8791
V, R, J, 114 The Limes Glengall Road, Woodford Green	(020) 8504 0830	W, J, 8 Braintree Avenue, Ilford	(020) 8550 5516	W, S, 92 Rous Road, Buckhurst Hill	(020) 8504 1750
V, R, J, 65 Oak Hill Crescent, Woodford Green	(020) 8925 2235	WALLMAN, D, 62 Doveedale Avenue, ILFORD	(020) 3536 3073	WATT, Y, P, 41 Leslie Road, E11	(020) 8556 0408
V, S, 8 Summit Road, London	(020) 8521 0264	W, S, 3 Bracken Drive, Chigwell	(020) 8500 7760	WATTON, C, 2 Hanover Gardens, ILFORD	(020) 8500 2528
VINE, B, J, 8 Greenway Court 1 Valentines Road, Ilford	(020) 8518 2129	WALMSLEY, G, 3 Stanley Rd, E18	(020) 8504 7742	WATTS, D, 100 Hereward Green, LOUGHTON	(020) 3590 1850
VINES, R, 3 Mossford Court Hatfield Close, Ilford	(020) 8551 2165	W, Mr Robert, 25 Beacontree Avenue, London	(020) 8923 4158	W, K, 238 Buckhurst Way, Buckhurst Hill	(020) 8504 6064
VINVAISKY, B, 12 Coopers Lane, Leyton, London	(020) 8556 4484	WALPOLE, A, 141 Coventry Road, Ilford	(020) 8518 6603	W, Richard, A 11 Fleeming Road, E17	(020) 8523 3352
VIRBAN, M, 26 Abbey Road, Ilford	(020) 8554 2764	WALPOND, J, 19 Kingsdown Road, Leytonstone	(020) 8519 4415	W, Richard, 60 Sandstead Road, E10	(020) 8556 8995
VIRDEE, Mr J, 34 Selborne Rd, Ilford	(020) 3132 1734	WALSH, A, 26 Hollybush Hill, London	(020) 8530 4814	W, Z, 10 The Lawns, E4	(020) 8523 8197
V, K, 67 Devonshire Road, ILFORD	(020) 8013 3381	W, B, 55 Nightingale Lane, LONDON	(020) 3686 2680	WAUCHOPE, M, 26 Brindwood Road, LONDON	(020) 8523 8207
VIRDI, J, 313 Cranbrook Road, Ilford	(020) 8518 2596	W, E, A 33 Auckland Road, Ilford	(020) 8518 5253	WAUER, T, F, 3 Gwynne Park Avenue, Woodford Green	(020) 8504 7356
V, P, 95 Sheridan Road, E12	(020) 8470 4825	W, J, Flat 10 King Court, 25 Capworth Street, London	(020) 8925 4694	WARMAN, I, 83 Monkhamms Av, Woodford Gn	(020) 8504 2889
V, S, S, 16 Clifton Road, Ilford	(020) 8554 0948	W, N, 15 Woodhouse Road, E11	(020) 8519 0813	WEARS, Mrs J, 96 Onslow Gardens, London	(020) 8989 1744
VIRGIN, R, 69 Bakers Avenue, Walthamstow	(020) 8539 0960	WALTER, H, 62 Maple Gate, Loughton	(020) 8502 4727	WEATHERBURN, I, 69 Traps Hill, Loughton	(020) 8508 9050
VIRTANEN, H, 64 Goldsmith Road, LONDON	(020) 8527 5460	W, L, 71 Rokeby Gardens, Woodford Green	(020) 8504 5030	WEAVER, K, 5 Chelmsford Road, E17	(020) 8521 5273
V, Ms M, 49 Clarence Rd, London	(020) 8478 3592	WALTERS, D, 22 Aragon Court Aragon Drive, Ilford	(020) 8500 8878	WEBB, A, 101 Prospect Road, Woodford Green	(020) 8504 3461
VISAKRATNAM, D, 48 Melford Road, E17	(020) 8509 0692	W, D, 42 New Road, Ilford	(020) 8598 8199	W, C, 58 Stow Crescent, Walthamstow	(020) 8527 2292
VISHAL, M, 5 Rabbits Road, London	(020) 8177 1475	W, E, 67 Normanshire Drive, E4	(020) 8524 4171	W, C, 80 Whitehall Gardens, E4	(020) 8529 6505
VISHNURAJAH, N, Flat 9 Vishnu Court 723-33 Cranbrook Road, Ilford	(020) 8551 2455	W, H, D, 11 Rosedene Gardens, Ilford	(020) 8550 7902	W, D, 7 Holly Close, Buckhurst Hill	(020) 8505 0952
VISNEVS, A, 13 St. Barnabas Road, London	(020) 8520 8498	W, Jacqueline, 90 St Barnabas Road, Woodford Green	(020) 8504 5058	W, D, 17 Kelsie Way, Ilford	(020) 8501 2548
VISVALINGAM, Kugan, 44 Cheriton Avenue, Ilford	(020) 8550 1337	W, J, 15 Tallack Road, London	(020) 8925 9074	W, D, 48 Wanstead Park Avenue, E12	(020) 8530 2745
VITHANA, H, 244 Monega Road, London	(020) 8793 4842	W, L, 56 Sewardstone Gardens, London	(020) 3712 8262	W, D, E, 151 Brackley Sq, Woodford Gn	(020) 8505 1617
VITHLANI, P, 148 East Avenue, Manor Park, London	(020) 8552 3740	W, M, 239 Eton Road, Ilford	(020) 8553 2192	W, J, H, 82 Warrior Square, E11	(020) 8553 2710
VIVAD, M, 57 South Park Drive, Ilford	(020) 3843 3575	W, M, 1 Havant Road, E17	(020) 8521 9244	W, M, 3 Badan Drive, Waltham Abbey, Essex	(020) 8529 9667
VIVAS, N, 1 Benina Close, Ilford	(020) 8503 8233	W, T, 30 Azalea Close, Ilford	(020) 8514 3785	W, Ms R, 49 Somers Road, London	(020) 8177 9966
VLASCFANU, D, 2 Wroth Close, Loughton	(020) 3016 5341	W, Mrs V, 110 Auckland Road, Ilford	(020) 8220 5835	W, V, 13 Ibbotson Path, Loughton	(020) 8508 5289
V, M, 8 York Crescent, Loughton	(020) 8418 7805	WALTHAM, M, 151 Larkshall Rd, E4	(0		

WEIST, D, 1 Cleveland Mansions Cleveland Road, London.....	(020) 8270 7383	W, J, 138 Winns Avenue, London.....	(07984) 967351	W, Mrs W, 153 Church Rd, Manor Park, London.....	(020) 8514 6411
WELDON, N, 105 Worcester Crescent, Woodford Green.....	(020) 8504 3289	W, J, 138 Winns Avenue, London.....	(020) 8531 5123	W, W, 105 Roberts Road, Walthamstow, London.....	(020) 8127 6745
WELFARE, J, Flat 7 Howell Court 35 Clyde Place, E10.....	(020) 8558 1329	W, L.O, 56 Frankland Road, E4.....	(020) 8524 5387	W, W.H, 55 Churchfields, E14.....	(020) 8505 9840
WELHAM, J.A, 7 Forest Lane, Chigwell.....	(020) 8504 9324	W, P, 56 Russell Road, Buckhurst Hill.....	(020) 8505 1504	WILLIAMS-EGEMBA, V, 78 Sewardstone Road, Chingford.....	(020) 4568 5092
W, J.A, 7 Forest Lane, Chigwell.....	(020) 8505 1967	W, R, 25c Selborne Road, Ilford.....	(020) 8478 0311	WILLIAMSON, A, Flat 12 Claypole Court 3 Yunus Khan Close, Walthamstow.....	(020) 8520 6214
W, J.A, 7 Forest Lane, Chigwell.....	(020) 8505 4387	WHITEHOUSE, J, 10 Falmouth Way, E17.....	(020) 8520 6867	W, Mr Benjamin, 22 Rolls Park Rd, London.....	(020) 8527 6184
WELLER, Kerstin, 326 Brethenham Road, E17.....	(020) 8531 2523	WHITESIDE, N, 2 Sandringham Gardens, Ilford.....	(020) 8550 2986	W, E, 46 Ashford Road, London.....	(020) 8530 5819
W, P, 75A Gordon Road, London.....	(020) 8270 3691	WHITLOCK, J, 152 New Road, Chingford.....	(020) 8524 4012	W, I, 11 Eagle Lane, Leytonstone.....	(020) 8530 3911
WELLINGTON, B, 25 Fairlop Road, Ilford.....	(020) 8551 2169	WHITTAKER, D, 22 Queens Road, Loughton.....	(020) 8508 8165	W, M.G, 98 The Bramblings, E4.....	(020) 8529 8844
WELLS, Alan, 2 Brancaster Place Church Hill, Loughton.....	(020) 8532 1519	W, R, 18 Ascot Close, Ilford.....	(020) 8500 4398	WILLIAMSON-TAYL, A, 5 Preston Road, London.....	(020) 8989 5521
W, Bryan, 1 North Countess Road, E17.....	(020) 8531 0155	WHITTLE, K, 81 Monkham Avenue, Woodford Green.....	(020) 8505 3958	WILLIS, D, 23 Hart Crescent, Chigwell.....	(020) 8500 8020
W, D, 69 Applegarth Drive, Ilford.....	(020) 8599 8805	WHITTOCK, A, 48 Cowley Road, E11.....	(020) 8989 7289	W, G, 177 Torrington Drive, Loughton.....	(020) 8508 1465
W, N, 45 Draycot Road, London.....	(020) 8530 4689	WHITTON, T, 8 Warren Road, E11.....	(020) 8989 0785	W, N, 50 Corbett Road, E17.....	(020) 8521 2501
W, R.W, 2 Baldwins Hill, Loughton.....	(020) 8508 4602	WHYMAN, C.T, 98 The Lindens, Loughton.....	(020) 8508 0203	W, R, 137 Ching Way, London.....	(020) 8531 9987
W, William, 57 Chestnut Grove, Ilford.....	(020) 3243 2077	WHYTE, K, Flat 1 Millbrook 164 Manor Road, Chigwell.....	(020) 4568 6158	W, Veronica, 13 Grosvenor Road, E10.....	(020) 8926 1844
WELLSTED, J.P, 29 Englands Lane, Loughton.....	(020) 8502 3593	W, Ms Phyllis, 75 Sandford Avenue, Loughton.....	(020) 8502 2087	WILLMONT, D.J, 106 Brading Crescent, E11.....	(020) 8530 2029
WELSH, D, 33 Mount Echo Avenue, LONDON.....	(020) 3673 6390	WICKER, P, 3 Leyspring Road, E11.....	(020) 8989 6078	WILLOCK, J.E, 6 Mayfield Road, E17.....	(020) 8527 0922
W, J, 27 Livingstone Road, E17.....	(020) 8509 1634	WICKERS, A, 39 Barton Meadows, Ilford.....	(020) 3092 1713	W, T, 80 Matlock Road, Chigwell.....	(020) 8558 7097
W, Mr N, 9 Kingsley Mews, Ilford.....	(020) 8141 7624	WICKRAMARATNA, D, 58 Rayleigh Road, Woodford Green.....	(020) 8559 2081	WILLOUGHBY, Helen, 14 Montreal Road, Ilford.....	(020) 8554 3308
W, R, 151 Ley Street, Ilford.....	(020) 8553 3040	WICKREMARATNE, Upecksha, 193 Clayhall Avenue, Ilford.....	(020) 8511 9412	WILLS, J, 27 Albert Avenue, E4.....	(020) 8529 8489
WELTON, L, Flat 20 Ennerdale Court 57 Cambridge Road, E11.....	(020) 8530 4547	WICKS, G, 6 Andrews Close, Buckhurst Hill.....	(020) 8504 6208	W, J, 16A Barclay Oval, Woodford Green.....	(020) 8559 0719
WENDERLISH, Frank B, 29 View Close, Chigwell.....	(020) 8500 8815	WIDECOMBE, G.A, 36-38 Rodney Road, E11.....	(020) 8530 2526	WILLSHER, D.I, 233 Fullwell Avenue, Ilford.....	(020) 8551 1646
WENDT, J, Flat 1 Ley Street House 497-99 Ley Street, Ilford.....	(020) 8554 1596	WIDDOWS, J, 90 Whitehall Road, London.....	(020) 8279 0225	WILLSON-FRASER, Mr C, 92 Staines Road, Ilford.....	(020) 8141 0190
WERNICK, Alan, 7 Anworth Close, Woodford Green.....	(020) 8506 0298	WIDDOWSON, R.J, 59 Whitehills Road, Loughton.....	(020) 8508 5814	WILLY, J.M, 1 Coppice Path, Chigwell.....	(020) 8500 5272
WESCOTT, G, 12 Antiers Hill, London.....	(020) 8524 5724	WIDYARATNA, Kideshini, A, 27 Second Avenue, E17.....	(020) 8520 0175	W, J.M, 21 Oakleaf Gdns, Ilford.....	(07956) 34884
WESOLOWSKI, M, 79 Beechwood Drive, Woodford Green.....	(020) 8504 6230	WIECZOREK, Miss J.J, 38 Chesterford Rd, London.....	(020) 8514 0839	WILSHER, G.E, 47 Coolgarde Av, E4.....	(020) 8523 2743
WESS, D, 53A Camarvon Road, E10.....	(020) 8539 2122	WIESSLER LEAS, H, 48 Lancaster Road, Walthamstow.....	(020) 8527 9851	WILSON, A, 5 Manhattan Apartments 26 Clifford Road, London.....	(020) 8531 4346
WEST, C, 17 Clarence Road, E12.....	(020) 3288 0073	WIGGINS, C.A, 31 Farmilo Road, E17.....	(020) 8556 0666	W, A, 179 Walnut Road, London.....	(020) 8539 8869
W, D, 41 Bunyan Road, London.....	(020) 8925 8641	W, M, 16 Princes Avenue, Woodford Green.....	(020) 8504 1282	W, C, 4 Cavendish Drive, E11.....	(020) 8518 7756
W, D, 107 Burney Drive, Loughton.....	(020) 8281 7172	WIGGS, D, 21 Horace Road, Ilford.....	(020) 8551 2054	W, C, 45 Cherrydown Avenue, LONDON.....	(020) 3686 7699
W, D, 9 Knebworth Avenue, E17.....	(020) 8523 4181	W, J, 83 Kinfans Road, Ilford.....	(020) 8590 2232	W, C, 659 Copperfield, Chigwell.....	(020) 8500 6186
W, Mr Frederick, 53 Chesterfield Road, London.....	(020) 8556 4894	WIGHTMAN, Jacqueline, Flat 15 Honeytree Court Fairmeads, Loughton.....	(020) 8508 4954	W, D, 2 Leyland Gardens, Woodford Green.....	(020) 8505 6752
W, J, 9 Mead Close Loughton, Essex.....	(020) 8508 5369	WIGLEY, J.W, 43 Queenborough Gardens, Ilford.....	(020) 8550 5562	W, D.C, 23 Whitehills Rd, Loughton.....	(020) 8508 5426
W, J.V, 29 Woodlands Road, E17.....	(020) 8520 2456	W, M, 146 Hall La, E4.....	(020) 8529 5592	W, G, 152 Burrow Road, Chigwell.....	(020) 8924 5370
W, M.J, 30 Balliol Avenue, E4.....	(020) 8559 3474	WIGZELL, J, 2 Lester House Hale End Road, Woodford Green.....	(020) 8531 1061	W, G, 9 Rodney Road, London.....	(020) 8989 4516
W, P, Flat 15 Ayerst Court, 162 Beaumont Road, London.....	(020) 8926 3104	WIJAVANANDA, C, 11 Baywood Square, Chigwell.....	(020) 8501 0681	W, G.R, 7 Ollards Grove, Loughton.....	(020) 8502 4670
W, P, 4 Cranfield Court 9 Sunset Avenue, Woodford Green.....	(020) 8504 2930	WIJESOMEGHE, K, Flat 2 857 Lea Bridge Road, London.....	(020) 8520 7563	W, H, 307 Strone Road, E12.....	(020) 8552 5471
W, T.K, 10 Cavenham Gardens, Ilford.....	(020) 8478 1201	WILD, A, 27 Douglas Road, London.....	(020) 8524 0036	W, J, 387 High Road, Woodford Green.....	(020) 8505 7435
W, V, 28 Stonards Hill, Loughton.....	(020) 8508 0530	W, K, 10 Horsley Road, Chingford.....	(020) 8529 9326	W, J, 19 Sackville Gardens, Ilford.....	(020) 8554 4989
WESTALL, J, Roebuck Heights Flat 14 North End, Buckhurst Hill.....	(020) 3648 3261	WILDING, D, 4 Sedley Rise, Loughton.....	(020) 8508 6275	W, K, 135a Ravensbourne Gardens, Ilford.....	(020) 8551 0302
WESTBROOK, M, 49 Crescent Road, South Woodford.....	(020) 8505 4795	W, Mr T, 73 Marconi Rd, London.....	(020) 3138 2147	W, M, 53 Fairlop Road, Ilford.....	(020) 8491 1244
WESTBYRNE, M.J, 32 Coopers Close, Chigwell.....	(020) 8500 0439	WILDREDGE, S, 51 Belgrave Road, London.....	(020) 8556 1964	W, M, 1 Loxford Lane, Ilford.....	(020) 8514 8374
WESTERBY, R.J, 17 Stanhope Road, E17.....	(020) 8521 9464	WILES, K, 27 Percy Road, Ilford.....	(020) 8270 0895	W, M.J, 16 Kingsley Road, Loughton.....	(020) 8508 5691
WESTERN, G, 31 Canning Road, E17.....	(020) 8520 3472	WILEY, R.C, 15 Douglas Road, E4.....	(020) 8529 7115	W, O.A, 28 Blake Hall Road, E11.....	(020) 8989 3525
WESTERNDREW, J, 37 Elphinstone Road, London.....	(020) 8923 6693	WILKINS, A, 3 Warren Hall Manor Road, Loughton.....	(020) 8418 0727	W, P, 11 Middleton Avenue, London.....	(020) 8529 5795
WESTFALL, M, 98 Lechmere Avenue, Chigwell.....	(020) 8279 5231	W, B, 7 Foremark Close, Ilford.....	(020) 8500 2474	W, P.E, 26 Bressley Grove, E18.....	(020) 8530 2740
WESTLEY, C, 33 Marnock Drive, LOUGHTON.....	(020) 3851 9293	W, C, 11 George La, E18.....	(020) 8989 6471	W, R, 18 Algers Close, Loughton.....	(020) 8508 7007
W, Miss Eileen, 27 Granville Road, London.....	(020) 8530 4908	W, D.G, 17 Lynton Road, E4.....	(020) 8529 8161	W, R, 110 Overton Drive, London.....	(020) 8530 7096
W, P, 3 Burnside Avenue, E4.....	(020) 8531 1322	W, J, 35 Renness Road, E17.....	(020) 8531 0809	W, R, J, 200 Burrow Road, Chigwell.....	(020) 8500 7971
W, S, 7 Meadow Rd, Loughton.....	(020) 8508 3365	W, J, 80 Park Grove Road, E11.....	(020) 8558 0110	W, Sonja, Flat 1 68 Eastwood Road, Ilford.....	(020) 8597 6201
WESTON, G, 33 Oakhill Court 81 Oak Hill, Woodford Green.....	(020) 8531 1637	W, J, 28 Willow Close, Buckhurst Hill.....	(020) 8926 3264	W, S, 11 Rover Avenue, Ilford.....	(020) 8501 1134
W, J, 35 Anne Way, Ilford.....	(020) 8501 1585	W, K, Flat 9 Chestnuts Court 2a Havant Road, E17.....	(020) 8521 1454	W, S, 74d Sinclair Road, London.....	(020) 8559 4489
W, M, 87 Marten Road, E17.....	(020) 8527 5896	W, K, 67 Warren Road, London.....	(020) 8926 0309	W, S, Apartment 26 Paul Shekleton House 40 Trinity Close, London.....	(020) 8539 8295
W, R, 220 Lea Bridge Road, London.....	(020) 8539 8104	W, P, 140 Forest Edge, Buckhurst Hill.....	(020) 8504 8383	W, T, 11 Preston Road, London.....	(020) 8527 3445
WESTWOOD, C, 115 Beehive Lane, Ilford.....	(020) 8262 6283	WILKINSON, B, 49 Forest Edge, Buckhurst Hill.....	(020) 8504 8647	W, W, 24 Kings Avenue, Woodford Green.....	(020) 8505 1562
W, Gladys, 2 The Holt, Ilford.....	(020) 8172 0041	W, G.E, 18 Richmond Court High Road, Loughton.....	(020) 8508 1400	WILSONE, S, 12 Borders Lane, Loughton.....	(020) 8502 1138
W, H, 72 Farnan Avenue, E17.....	(020) 8531 2772	W, J.M, 115 Elphinstone Rd, E17.....	(020) 8527 1442	WILTON, R.J, 11 Lancaster Avenue, E18.....	(020) 8989 0555
WETHERELL, A.R, 27 Ladyfields, Loughton.....	(020) 8502 3132	W, L, 50 Garner Road, London.....	(020) 3015 4660	WILTSHIRE, C, 5 Laurel Way, E18.....	(020) 8989 6385
WEYELL, M, 29 Giebelands Avenue, Ilford.....	(020) 8518 2334	W, Mr Roddy, 69 Chichester Road, London.....	(020) 8926 7042	W, J, 39 Palace Gardens, Buckhurst Hill.....	(020) 8281 0381
WHALEY, R, 2 Leader Avenue, E12.....	(020) 8478 5040	W, R, 12 Forest View LONDON.....	(020) 8529 4021	W, K.E, 26 Roundmead Avenue, Loughton.....	(020) 8508 2425
WHAYMAND, P, 13 Hennys Avenue, Woodford Green.....	(020) 8504 3088	W, S, The Cottage Church Hill Road, E17.....	(020) 8520 2290	WINDER, Miss J, 84 Chewton Rd, London.....	(020) 3132 0288
WHEAT, S, 243 Chingford Road, London.....	(020) 8928 1349	WILKS, G, 20 Mayville Road, Ilford.....	(020) 3632 7536	WINDSOR, B, 106 Highfield Road, Woodford Green.....	(020) 8559 2960
WHEATLEY, A.D, 91 Whippys Cross Road, E11.....	(020) 8989 9660	W, G, 20 Mayville Road, Ilford.....	(020) 8553 5933	WINFIELD, J, 27 Madeira Grove, Woodford Green.....	(020) 8989 6668
W, B, 36 Farnham Road, Ilford.....	(020) 8491 7866	W, M, 66 Barclay Road, Walthamstow.....	(020) 8520 3705	WINGROVE, K, 44 Luton Road, E17.....	(020) 8527 6975
W, C, 70 Empress Avenue, London.....	(020) 8989 9678	WILKSHIRE, K, 26 Salisbury Road, E17.....	(020) 8520 8699	WINSKY, M, 13 Lakeside Avenue, Ilford.....	(020) 8550 3721
WHEELER, D, 101 Colvin Gardens, Ilford.....	(020) 8500 0721	WILCOCKS, Brian J, 172 Church Road, E12.....	(020) 8553 5574	W, Mr Z, 21 Bemsted Rd, London.....	(020) 8527 8535
W, D, 56 St. Marys Way, Chigwell.....	(020) 8505 8619	W, M.C, 61 Hampton Road, E4.....	(020) 8524 6929	WINSPEAR, C, Flat 9 Doncel Court 28 Forest View, London.....	(020) 8524 0751
W, E.R, 162 South Birkbeck Road, E11.....	(020) 8539 3819	WILLES, N, Flat 13 Walsingham House 27 Forest View, Chingford.....	(020) 8524 2442	WINSTEAR, M, 28 Horsley Road, London.....	(020) 8524 7311
W, F.M, 191 Buckhurst Way, Buckhurst Hill.....	(020) 8281 0151	W, P, 82 Harold Road, Chingford.....	(020) 8529 3808	WINSTON, L, 139 Farnham Road, LONDON.....	(020) 8926 8388
W, J.E, 68 The Avenue, E4.....	(020) 8531 9655	WILLET, P, 40 Rolls Park Avenue, London.....	(020) 8527 1920	WINTER, B, 36 Trehear Road, Ilford.....	(020) 8501 5108
W, K.G, 33 Duneidin Road, E10.....	(020) 8556 2708	WILLETTS, J, 38 Dyson Road, London.....	(020) 8989 5977	W, J, 23 Hastings Avenue, Ilford.....	(020) 8550 0827
W, M, 34 Malvern Drive, Woodford Green.....	(020) 8505 8871	WILLIAM, M, 107 Bedford Road, E17.....	(020) 8177 7519	W, Miss K, 46 Burford Close, Ilford.....	(020) 3624 0509
W, M, 68 St. Georges Road, Ilford.....	(020) 8554 4045	WILLIAMS, A.R, 42 Spratt Hall Road, E11.....	(020) 8989 4467	W, K.H, 1 Scoter Close, Woodford Green.....	(020) 8505 9128
W, Mr R, 53 Newlands Road, Woodford Green.....	(020) 8504 3658	W, B, 95 Church Rd, E12.....	(07931) 807507	WINTERFORD, A, 11 Wansford Road, Woodford Green.....	(020) 8559 0043
W, W.H, 285 Brockley Way, Chigwell.....	(020) 8500 0443	W, B, 27 Vicarage Lane, Ilford.....	(020) 8505 5547	WINTLE, A, Mobile, 2 The Meadway, Loughton, Essex.....	(07956) 568078
WHELHOUSE, S, 35 Greenstead Gardens, Woodford Green.....	(020) 8504 6136	W, C, 1 Grove Rd, E11.....	(020) 8988 3368	WINTON, D, 16 Lord Avenue, Ilford.....	(020) 8550 1012
WHELAN, K, 129 Kings Avenue, Woodford Green.....	(020) 8924 5883	W, C, 38 Lloyd Road, London.....	(020) 8926 4547	W, J, 22 Coburg Gardens, Ilford.....	(020) 8551 6932
WHELLAMS, R.W, 60 Marten Road, E17.....	(020) 8531 4078	W, C, 11 Starling Close, BUCKHURST HILL.....	(020) 3712 7196	WISBEY, C, 15 Verdron Roe Court 1 Flaxen Road, E4.....	(020) 8524 7683
WHERLY, P, 50 Quebec Road, Ilford.....	(020) 8518 6089	W, D, 25 Durnell Way, Loughton.....	(020) 8502 5766	WISDOM, Hannah, 12 Thurlow Close, London.....	(020) 3490 7391
WHIFFIN, K, 248 Brockley Way, Chigwell.....	(020) 8500 4843	W, D, 155 The Avenue, London.....	(020) 8527 4423	WISE, T, 97 Endlebury Road, Chingford.....	(020) 8529 1645
WHIPP, Z, Flat 4, 49 The Drive, London.....	(020) 3754 5030	W, D.E, 12 Ascot Close, Ilford.....	(020) 8500 3042	WISEMAN, G, 45 Sedley Rise, Loughton.....	(020) 8508 3480
WHITAKER, S, 188 Browning Rd, E12.....	(07956) 378819	W, E.J, 77 Wellington Rd, E11.....	(020) 8989 3859	W, S, 79 Whitehall Road, E4.....	(020) 8529 1876
WHITBREAD, Miss D, 7 Bell Gardens Church Road Leyton, London.....	(020) 8141 3191	W, E.M, 1 Gladstone Road, Buckhurst Hill.....	(020) 8505 7106	WITCHELL, K, 12 Nightingale Avenue, E4.....	(020) 8531 3151
W, D.J, 69 Levett Gardens, Ilford.....	(020) 8597 3499	W, G, 25 Hanover Gardens, Ilford.....	(020) 8500 3744	WITEK, L, 17 Stanford Close, Woodford Green.....	(020) 8505 0927
WHITE, A, 66 Pearcecroft Road, London.....	(020) 8556 1438	W, G, 3 Hawsted, Buckhurst Hill.....	(020) 8505 3226	WITHAM, Mr David, 84 Hanson Drive, Loughton.....	(020) 8509 7278
W, B, 16 Bramley Crescent, Ilford.....	(020) 8554 7379	W, G, 288 Kingston Road, Ilford.....	(020) 8478 8798	WITHERS, J, 120 Queenswood Gardens, E11.....	(020) 8530 1621
W, B, 25 Saltash Road, Ilford.....	(020) 8500 4449	W, G, 9 Trinity Road, Ilford.....	(020) 8924 4401	WITNEY, Dr Katrina, 33 Cone Burrows, Chingford, London.....	(020) 3659 1358
W, C, 40 Brunswick Street, E17.....	(020) 8521 5791	W, J, 106 Blyth Road, Walthamstow.....	(020) 8988 1399	WITTEEN, P, 63 Spencer Road, E17.....	(020) 8523 2025
W, D, 37 Barclay Road, London.....	(020) 8558 3421	W, J, 66 Goodall Road, E11.....	(020) 8558 8155	WITTON-DAURIS, R, 3 Spratt Hall Road, E11.....	(020) 8530 5431
W, Mr D, 41 Kingston Road, Ilford.....	(020) 8141 0435	W, J, 42 Queens Avenue, Woodford Green.....	(020) 8504 3059	WITTS, A.S, 10 Station Road, Loughton.....	(020) 8508 1934
W, D.J, 133 Wensleydale Avenue, Ilford.....	(020) 8550 8434	W, J.F, 57 Tuffen Road, Chigwell.....	(020) 8500 8404	WIXLEY, A.W, 9 The Meadway, Loughton.....	(020) 8508 8364
W, Eva, 9 Claremont Grove, Woodford Green.....	(020) 8505 3882	W, J.H, 3 Great Oaks, Chigwell.....	(020) 8500 6195	W, D, 2 Copper Beech Court Goldings Road, Loughton.....	(020) 8418 9284
W, E, 33 Fairmead Gardens, Ilford.....	(020) 8551 3467	W, J.S, 112 Smarts Lane, Loughton.....	(020) 8502 1963	WOJTYSKI, R, 18 Handsworth Av, E4.....	(020) 8527 5232
W, G.M, 68 Bromley Road, E17.....	(020) 8531 9872	W, K, 11 Gramer Close, London.....	(020) 8926 6659	WOLFINGER, Admiral S, 10 Dolphin Court High Road, Chigwell.....	(020) 3887 9589
W, G.P, 38 Carnanton Road, E17.....	(020) 8527 3416	W, Mr K, 48 Manor Road, E10.....	(020) 8141 3439	WOLLIN, Y, Brendon Wellington Hill, Loughton.....	(020) 8508 7687
W, H, 17 Mayfield Avenue, Woodford Green.....	(020) 8491 6478	W, K, 56 Preston Drive, E11.....	(020) 8530 2888	WOLOSZYNI, M, 36 Lukin Cres, E4.....	(020) 8529 5882
W, J, 69 Colchester Road, E10.....	(020) 8539 8261	W, Mr K, 5 Reynolds Avenue, East London.....	(020) 8478 8885	WOLPERT, M, Flat 14 Embassy Court Woodford Road, E18.....	(020) 8518 8000
W, J, 10 Haigville Gardens, Ilford.....	(020) 8550 2008	W, Mrs Maureen, 70 Barclay Road, London.....			

W, G, 94 High Road, Chigwell.....	(020) 8281 0396	YAPIER, K, 104 Gosport Road, E17.....	(020) 8521 3781	ZEB, F, 106 Clarence Road, Manor Park.....	(020) 7464 7401
W, M, 31 Billiet Road, E17.....	(020) 4568 5255	YAPP, Peter, 166 Belgrave Road, E11.....	(020) 8989 8455	ZECCA, P, 32 Southwest Road, E11.....	(020) 8539 2841
W, Michael, 258 High Road Leyton, E10.....	(020) 8988 1984	YAQOUB, Mr S, 7 Grantham Rd, London.....	(020) 8141 2581	ZEFF, S, 84 Merriam Close, London.....	(020) 3982 0523
W, M, 79 Matcham Rd, E11.....	(020) 8519 1444	YAQUB, Dr A, 18 Malford Grove, E18.....	(020) 8530 4949	ZEGHER, I, 23A Ashville Road, London.....	(020) 8389 3246
W, M.J., 159 Green La, Ilford.....	(07956) 868745	Y, Z, 251 Manford Way, Chigwell.....	(020) 3302 7433	ZEGHLOUL, Y, 15 Sorensen Court Leyton Grange Estate, Leyton.....	(020) 8616 9083
W, R.A., 5 Cranley Road, Ilford.....	(020) 8518 0891	YARNELL, K, 137 Belmont Park Road, London.....	(020) 8529 2239	ZENILLAAH, G, Lambourne Court Flat 208 Navestock Crescent, Woodford Green.....	(020) 3729 9410
W, Mr S, 2 Courtenay Road, London.....	(020) 8509 2191	YARWOOD, M.M., 127 Torrington Drive, Loughton.....	(020) 8508 2057	ZEKAI, S, 26 Azalea Close, Ilford.....	(020) 8514 1732
W, S, 56 Queens Road, Buckhurst Hill.....	(020) 3556 9593	YASIN, M, 21 Melbourne Road, LONDON.....	(020) 8521 8976	Z, Z, Flat 14, Longlands Court, 49 Manor Road, London.....	(020) 5152 5269
W, S.A., 33 Momington Road, Woodford Green.....	(020) 8504 6537	Y, T, 8 Markhouse Road, London.....	(020) 8509 1039	ZENILIAUSKAS, Mr 1c Cowslip Road, South Woodford, London.....	(020) 8530 4961
WOODBERRY, S, 127B Westward Road, London.....	(020) 3665 9560	YASMIN, F, 264 Balfour Road, Ilford.....	(020) 8518 1168	ZEOLLA, A, 219 Fencepiece Road, Chigwell.....	(020) 8502 6576
WOODCOCK, L, 11 Knighton Drive, Woodford Green.....	(020) 8498 0713	Y, Shahana, 20 Auckland Road, Ilford.....	(020) 8518 2139	ZGAVEC REIC, N, 67 Dryden Close, Ilford.....	(020) 3645 6547
WOODCRAFT, M, 13 Tiptree Close Mapleton Road, E4.....	(020) 8529 9631	Y, S, Lorne Court 2a Flat 12 Lorne Road, London.....	(020) 3663 6591	ZHABOTYNSKA, Halyna, 27 Anworth Close, Woodford Green.....	(020) 8502 9446
WOODLAND, R, 2 The Avenue, Loughton.....	(020) 8508 6882	YASSIN, M, 253 Chigwell Rd, Woodford Gn.....	(020) 8559 2073	ZHANG, H, 29 Fieldhouse Close, E18.....	(020) 8504 3874
WOODLIFFE, Owen, 196 Sinclair Road, E4.....	(020) 8529 4454	Y, P, 7 Alveston Square, London.....	(020) 8989 1511	Z, X, 62 Hazelwood Rd, E17.....	(020) 8520 5903
WOODMAN, J, 32 Clinton Crescent, Ilford.....	(020) 8500 2278	YATES, L, 9 Deacon Way, Woodford Green.....	(020) 8505 5033	ZHAO, X, 25 Wren House, 4 Frank Searle Passage, London.....	(020) 3158 0460
W, J.R., 164 Forest Road, Loughton.....	(020) 8502 0785	Y, Stephen, 34 Woodside Rd, Woodford Green.....	(020) 8504 0070	ZHI, D, 317 Aldborough Road South, Ilford.....	(020) 8599 8008
WOODMORE-WALKER, J.K, mobile, 59B Thornhill Rd, London.....	(07960) 661785	YAVNA, Ms O, 317 Sherrard Road, London.....	(020) 8471 6686	ZHONG, Y, 27a Selborne Walk, London.....	(020) 8520 9777
WOODROOF, John A, 7 Heronway, Woodford Green.....	(020) 8505 1897	YAYLA, S, 1 Dahlia Court 1 Outland Rise, E17.....	(020) 8531 6445	ZHU, X, 23 Woodford Avenue, Ilford.....	(020) 3742 7294
WOODROW, Anne, 32 Century Road, E17.....	(020) 8923 6399	YAZGAN, D, Latham House Flat 7 The Drive, London.....	(020) 3172 6972	ZHUK, S, 13 Wolsley Avenue, LONDON.....	(020) 3722 6459
WOODRUFF, Mr I, Flat D 107 Hoe St, London.....	(020) 8177 8310	YEASMIN, T, 41 Henrys Walk, Ilford.....	(020) 3016 7887	ZIBETTI, M, 13A High Road, Chigwell.....	(020) 3729 8117
WOODS, A, 11 Grove Pk, E11.....	(020) 8989 4308	YEATES, A.R, 59 Thurlstone Avenue, Ilford.....	(020) 8590 3406	ZIDAR, S, 11A Yardley Lane, London.....	(020) 3652 9709
W, Mr D, Mr 38 The Bowls, Chigwell.....	(020) 8500 8090	YEOBANH, Mr Alex & Er, Marnie Court, 675 High Road Leytonstone, Leytonstone, London.....	(020) 8558 7347	ZIDZUNIENE, R, 100 Seventh Av, E12.....	(020) 3132 0659
W, J.C., A 1 Woodland Road, Loughton.....	(020) 8508 1764	YERLONH, Mr Alex & Er, Marnie Court, 675 High Road Leytonstone, Leytonstone, London.....	(020) 8558 7347	ZIELINSKI, J, 200 Limes Avenue, Chigwell.....	(020) 8501 4169
W, K, 1 Butlers Drive, Chingford.....	(020) 8529 8878	Y, Mr F, 393 Dersingham Av, London.....	(020) 3138 3049	ZIELINSKI, T, 8 Gladstone Avenue, E12.....	(020) 8471 6253
W, R, 33 Bourne Gardens, E4.....	(020) 8529 9769	Y, N, 10 Park Court Grosvenor Park Road, London.....	(020) 3623 1335	ZIEMANIS, N, 30 Balfour Road, Ilford.....	(020) 3198 6482
W, V.P, 17 Woodland Way, Woodford Green.....	(020) 8505 0376	YECHURI, G.K, 179 Express Dv, Ilford.....	(020) 8597 8413	ZILNICKI, R, 1 The Bowls, Chigwell.....	(020) 8500 0393
WOODVILLE, B, 53 Churchill Lodge Barnardo Drive, Ilford.....	(020) 8227 0251	YEMBE, Mavanga, 16 Church Road, E12.....	(020) 8514 3820	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOODWARD, B, 81 Jewel Road, E17.....	(020) 8509 9616	YERNAGULA, G, City View Flat 158 Axon Place, Ilford.....	(020) 3556 3099	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, C, 4 Hawkwood Crescent, E4.....	(020) 8529 1980	YESE, Mr N, 12 Reigate Rd, Ilford.....	(020) 8141 7905	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Jw, 111 Chewton Road, E17.....	(020) 8520 0939	YESHIN, K, 10 Westminster Close, Ilford.....	(020) 3801 5932	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, J.N, 10 Forest Terrace High Road, Chigwell.....	(020) 8504 5351	YEUNG, Mr T, 110 Beechwood Gardens, Ilford.....	(020) 8551 9860	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, R, 80 Buckingham Rd, E18.....	(020) 8502 9266	YIADOM, V, Flat 50, Old Mill Court Chigwell Road, London.....	(020) 8221 1065	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, V.E, 245 Larkhall Road, E4.....	(020) 8529 8964	YIANNI, A, 58 Ravensbourne Gardens, Ilford.....	(020) 8550 2251	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLCOCK, P, 5A Montalt Road, Woodford Green.....	(020) 8505 7909	YIANNIS, C, 12 Francis Road, E4.....	(020) 8531 8443	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLF, E, 9 Briar Close, Buckhurst Hill.....	(020) 8504 8550	YILDIRM, H, 17 Centenary House Lena Kennedy Close, London.....	(020) 3565 2715	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLLARD, A, 78 The Bramblings, E4.....	(020) 8529 3389	YILDIZ, A, 698 High Road Leytonstone, Leytonstone.....	(020) 8558 3785	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLLEY, R, 2 Rosslyn Avenue, E4.....	(020) 8524 3444	YILDIZHAN, S, 11 Oakum Square, London.....	(020) 3793 5054	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, Flat 14 Ash Court 29 Forest View, E4.....	(020) 8529 5680	YILMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLHAMS, J.G, 74 Glengall Road, Woodford Green.....	(020) 8504 1709	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLNOUTH, J, 63 Oak Hill, Woodford Green.....	(020) 8523 1706	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, 32 Studley Avenue, LONDON.....	(020) 8531 3244	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOLSTON, T, 42 Coopers Close, Chigwell.....	(020) 8501 2747	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOOTHPHOOM, Dr W, 9 Farm Way, Buckhurst Hill, Essex.....	(020) 8505 4452	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORBOYES, J.D.M, 108 Carr Road, E17.....	(020) 8531 1916	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORKMAN, S, 192 Langthorne Road, E11.....	(020) 8556 0271	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORLEGE, C.J, 41 Snakes Lane West, Woodford Green.....	(020) 8504 2294	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORN, R.G, 5 Spring Grove, Loughton.....	(020) 8508 4994	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORSFOLD, R.K, 87 Brackley Square, Woodford Green.....	(020) 8504 2169	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, Flat 16 Walbrook Woodford Road, London.....	(020) 3524 8122	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORTH, Amanda, 46 Heathcote Grove, E4.....	(020) 8529 6322	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, B, 32 Wansford Road, Woodford Green.....	(020) 8141 5739	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, M, 72 Thaxted Road, Buckhurst Hill.....	(020) 8505 1174	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Patricia, 4 Retingham Way, E4.....	(020) 8501 7529	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORTLEY-MILK, R.G, 40 Forest Approach, Woodford Green.....	(020) 8505 9274	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WORTON, J, 12 Hillyfields, LOUGHTON.....	(020) 8508 4431	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, Fairways Hornbeam Lane, E4.....	(020) 8524 9440	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOTTON, G, 109 Tamar Square, Woodford Green.....	(020) 8505 8706	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WOUNG, S, 156 Felbridge Road, Ilford.....	(020) 8597 1503	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRAGG, A, 75 Nevill Way, LOUGHTON.....	(020) 8508 0489	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRENCH, G, 169 Herent Dv, Ilford.....	(020) 8551 3623	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRIDERHOLT, D, 67 The Bramblings, E4.....	(020) 8529 4652	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRIDGWAY, D, 89 Harpenden Road, E12.....	(020) 8989 8641	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRIGHT, A, 89 Somers Road, E17.....	(020) 8520 0686	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, B, 116 Ashville Road, London.....	(020) 8923 5338	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, C, 23 Amberley Road, Buckhurst Hill.....	(020) 8504 7202	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, C, 21 Wigram Road, London.....	(020) 8530 5407	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, C.A, 55a Ferndale Rd, Leytonstone.....	(020) 8539 2442	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, C.T, 7 Lyndhurst Road, E4.....	(020) 8531 3405	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, D, 84 Chelmsford Road, E18.....	(020) 8505 5534	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, D, 61 Greenway Avenue, London.....	(020) 8925 9732	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, D, 91 Queensberry Place, E12.....	(020) 8552 0833	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, D, 24 Trelawney Road, Ilford Essex.....	(020) 8501 4369	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, E, 60 Frankland Road, E4.....	(020) 8524 0543	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Mr Edward, 8 Latchford Place, Chigwell.....	(020) 8501 1744	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Mr Gregory, Flat 16, Avondale Court Churchfields, London.....	(020) 8220 0052	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Mr Ian, 4 Abbotsford Rd, Loughton.....	(020) 8590 0322	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, J, 12 Kings Head Hill, E4.....	(020) 8529 1663	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, J, 214 Manford Way, Chigwell.....	(020) 8500 4959	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, J.C, 29 Otterbourne Road, E4.....	(020) 8524 2651	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, K, 3 Tamworth Avenue, Woodford Green.....	(020) 8505 8024	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Osmond, 177 Wallwood Road, E11.....	(020) 8558 3305	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, P.C, 49 Chester Road, Chigwell.....	(020) 8500 5884	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, Dr P.L, 11 Albion Hill, Loughton.....	(020) 8508 6540	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, R, 86 Westward Road, London.....	(020) 8527 1419	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, Flat 32, 33 Heathcote Grove, London.....	(020) 8377 0647	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S, 28 Highfield Road, Woodford Green.....	(020) 8505 0233	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
W, S.A., 19 Woodside Park Avenue, E17.....	(020) 8521 0929	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKIENE, I, 28 Westminster Close, Ilford.....	(020) 3565 0284
WRIGHTMAN, Mrs H, Mrs 10 Field Close, Buckhurst Hill.....	(020) 8559 2777	YIMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17.....	(020) 8521 3126	ZILINSKI	

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