



London Borough of Barking and Dagenham

What is included in this pack?

We have included with this pack details of useful local services and amenities:

- ▶ Restaurants & Cafes
- ▶ Chemists
- ▶ Schools and Colleges
- ▶ Doctors, Dentists and Hospitals
- ▶ Local Cab Service
- ▶ Public Transport
- ▶ Local Police Station
- ▶ NHS Information
- ▶ Citizens Advice Bureau
- ▶ Job Centres



Restaurants and Cafes	Raju Indian Restaurant 612 Longbridge Road Dagenham, RM8 2AJ 020 85978331 Category: Indian	Pizza Hut UK 339 Valence Avenue. Dagenham, RM8 3RA 020 8598 1414 Category: Pizzeria	Favourite Fried Chicken LTD. 20 Woodward Road Dagenham, RM8 4SH 020 85937100 Category: Misc.	Roy's Pie and Mash. 3 Station Parade Dagenham, RM9 5AW 020 85936322 Category: English	The Best Fry Fish Bar 19 Farr Avenue Barking Essex IG11 0NY 0208 594 7619
Chemists	David Lewis Chemist 16 Porters Avenue Dagenham RM8 2AQ 0208 592 1557	Hannigan Pharmacy 240 Bennetts Castle Lane Dagenham, RM 3UU 0208 592 1752	Hedgeman LTD Hedgemans Rd Dagenham, RM9 6BU 0208 592 1480	Alvin Rose Pharmacy 606 Longbridge Rd Dagenham, RM8 2AJ 0208 590 1480	AH Medical Supplies 128 Wilmington Gardens, Barking Essex IG11 9TU
Schools/Colleges	United College of Britain Waking Rd Barking IG11 8QN 0208 593 0095	Iford Preparatory School 785 High Rd Iford, IG3 8RW 0208 599 8822	Bells College 38 Goodmayes Rd Iford, IG3 9UR 0208 599 2211	Lincolns College Wood Lane Dagenham RM8 2AS 0208 517 9660	Eastbury Comprehensive School Dawson Avenue Barking IG11 9QQ 0208 270 4001
Doctors/Dentists/Hospitals	Chelsea Dental & Dermal Clinic 57 Markham St, Chelsea London, SWR 3NR 0207 795 1536	T Ghosh (GP) 284 Porters Ave. Dagenham RM8 2EQ 0208 592 2450	A Mittal (GP) 50 Markyate Road, Dagenham RM8 2LD 0208 592 2983	Ian Levitan & Associates (Dentists) 515A Gale St Dagenham RM9 4TP 0208 984 0487	Dr Haq Vicarage Lane Barking Essex IG11 7NR 0844 477 8661
Post Offices	Dagenham Post Office 27A Wood Lane Dagenham RM8 3NH 0208 592 1862	Woodward Road Sub Post Office 8 Woodward Rd. Dagenham RM9 4SH 0208 592 5147	Pakasia Traders Post Office 238 Bennetts Castle Lane Dagenham RM8 3UU 0208 595 7468	Wood Lane Post Office 72 Wood Lane Dagenham RM8 2NT 0208 592 3152	Thamesview P.O 1 Farr Avenue Barking Essex IG11 0NY 0208 594 8840
Local Cab Services	A J Station Cars 498 Gale Street Dagenham, RM9 4NU 0208 517 1111	Cherry Tree Cars Wood Lane, Dagenham RM8 3LJ 0208 709 0110	Apollo 44 Cars Porters Avenue Dagenham RM8 2EE 0208 984 7757	SAM Car Services 6 North Street Barking Essex IG11 8AW 0208 594 9395	Ripple Car 632 Ripple Road Barking Essex IG11 9PG 0208 594 2553



Train Stations Closest to London Borough of Barking & Dagenham



Chadwell Heath: Over ground.



Goodmayes: Over ground



Woodgrange Park: Over ground



Dagenham Dock Railway Station



