

A-Z Of Essentials...

An Exciting trip from A-Z through the
 local services which are available

ACE-FX
 CANARY WHARF

CURRENCY EXCHANGE

**WE WILL NOT BE
 BEATEN ON PRICE**

A is for ACE-FX

Ace-Fx Currency Exchange will guarantee to give you a better exchange rate - whether you are buying or selling - on rates published nationally by any other Bureau de Change on any given day.

We will not be beaten on price.

ACE-FX Canary Wharf
 (Next to Waitrose Food & Home)
 Canada Place, E14 5EQ
 Tel: 020 7513 1925



D is for Doctors of the World

Run past iconic sights and experience stunning London routes whilst supporting Canary Wharf based charity Doctors of the World UK!

Asics 10K (11/07/10)

Royal Parks Foundation Half Marathon (10/10/10).

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To find out more call 020 7515 7534

or visit

Website: www.doctorsoftheworld.org.uk



We offer lively Gym, Music & Dance and Arts classes plus fabulous parties
COME ALONG FOR A FREE TRIAL CLASS

G is for Gymboree

Gymboree is the world's leading developmental programme for babies and children aged newborn through age 5, the different classes and levels closely match each stage of your child's development.

We offer lively Gym, Music & Dance and Arts classes plus fabulous parties - come along for a free trial class.

Gymboree Docklands, Cable St Studios, Limehouse

Tel: 07966 227583

E-mail: docklands@gymboree-uk.com



H is for Hotel

Hotel Ramada Hotel and Suites London Docklands

The Ramada Hotel and Suites lies minutes from London City Airport, Excel and Canary Wharf.

The hotel offers 153 rooms and 71 deluxe suites for longer stays. All rooms have treble glazing and broadband exists on all floors.

Easily accessed by the Docklands Light Rail at Prince Regent. Make it your only Docklands address.

Hotel Ramada Hotel and Suites London Docklands

Tel: 0207 540 4820

E-mail: reservations@ramadadocklands.co.uk



B is for Blinds

Docklands Blinds are steadily becoming East London's first call for Blinds, Awnings and Wooden Shutters. Their free made-to-measure design service and highly experienced fitters ensure peace of mind from start to finish. To transform your home or workplace.

Docklands Blinds Ltd

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E-mail: info@docklandsblinds.co.uk

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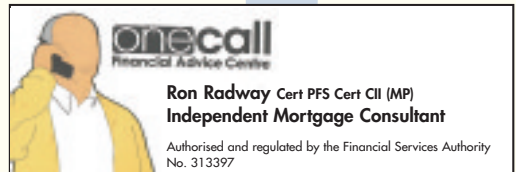
E is for Estate Agents

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I is for Independent Mortgage Consultant

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Regardless of whether you are a first time buyer, looking to free some capital within your home or have a poor credit history and CCJ's, One Call can offer you a mortgage solution designed to suit your specific requirements.

Because we are not tied or associated with any single mortgage lender you can guarantee our advice will be completely impartial.

Your home may be at risk if you do not keep up repayments on a mortgage or other loans secured on it.

Head Office 288a High Road, Benfleet, Essex, SS7 5HB

Tel: 01268 799 211

Fax: 01268 799 200

E-mail: info@onecallonline.co.uk

Website: www.onecallonline.co.uk

J is for Jewel Box

We buy any gold. Always pay top prices.

The Jewel Box

551 Roman Road, Bow, London E3 5EL

Tel: 0208 981 4696



C is for College

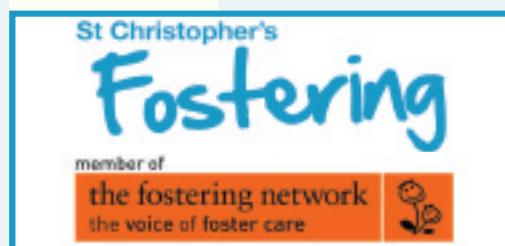
- is less than 3 minutes from a DLR, bus, tube or train stop
- has 100s of courses to choose from including over 50 A Levels
- students are: "hard working and well behaved" Ofsted 2009
- students "feel safe and well supported." Ofsted 2009

We give you the tools for life!

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Website: www.tower.ac.uk/airthe



F is for Fostering

St Christopher's foster carers receive expert training, 24/7 - 365 days a year support and offers the highest rates for the highest quality carers. You don't need to be married, a homeowner, or have children of your own, St Christopher's Fostering - **Not for Profit Just For Kids**

If you are a caring, understanding person with some experience of childcare and a spare room, please call us for fostering advice. **Make the decision to foster a child today.**

St Christopher's Fostering, North Thames Lion House, 36 Clarence Street, Southend-on-Sea, SS1 1BD

Tel: 0800 234 6282

E-mail: fosteringinfo@stchris.org.uk

Website: www.stchris.org.uk/fostering