

# Occupational Therapy Service

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Occupational Therapy aims to make your everyday activities easier for you to do, improve your quality of life, and help you live as independently as possible in your home and within your community. Occupational Therapy is provided for people who have a disability which affects their normal daily living activities such as dressing, washing, bathing, getting on and off the toilet, getting in and out of the bath, and preparing and cooking a meal. It also includes issues such as access to employment, education, housing and leisure opportunities.

## Who to contact

**Telephone** 020 7364 5948 / 5945  
**Email** [occupationaltherapy@towerhamlets.gov.uk](mailto:occupationaltherapy@towerhamlets.gov.uk)  
**Website** [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) [↗](#)

## Where to go

**Venue address** 1 Ewart Place, Roman Road  
Bow  
London  
**Postcode** E3 5EU