



**Family
Hubs**
TOWER HAMLETS



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Supporting you, for a brighter future

Every family sometimes needs support to help their babies and children thrive. Family Hubs brings together local services and advice for children, young people and their families, including Start for Life services for 0–2-year-olds.



Who can get support?

You can get support from a Family Hub if you are:

- **Expecting a baby and need advice and support during pregnancy.**
- **A parent or carer of a child aged 0 - 19, or up to 25 with Special Educational Needs and Disabilities.**
- **A young person up to age 19, or up to 25 if you have Special Educational Needs and Disabilities.**

The network brings together all services on offer for children and families in the borough, putting relationships at the heart of family support.

What is the Tower Hamlets Family Hub Network?

In Tower Hamlets, the Family Hub Network includes community partners including charities, voluntary groups, faith organisations, parent groups, healthcare services, early years services, schools, youth services, arts organisations, and more.



What help is available?

**Advice
and
support**



**Family
groups and
sessions**



**Learning,
play and
socialising**



Family Hubs offer a range of support services, including:

Baby feeding advice

Benefits advice

Careers guidance

**Emotional wellbeing support
for children and adults**

**Debt management and
budgeting advice**

**Family learning
opportunities**

Family therapy

**Support for those
experiencing domestic abuse**

Health visiting services

Housing advice

**Mental health support
Midwifery services**

**Parent and adult
education classes**

**Parent Forums for
sharing experiences**

**Play, early learning, and
school holiday activities**

**Volunteering opportunities
and training support**

**Special Educational Needs and
Disabilities (SEND) support**

Where can I find Family Hubs?

Explore everything we offer online at thfamilyhubs.co.uk or speak to a staff member at one of our Family Hubs or Children and Family Centres.

Family Hubs are here to support you and your family. Reach out if you need assistance or want to connect with others in your community!



The map displays the locations of four Family Hubs across London, marked with white location pins on a blue background. The locations are: Meath Gardens (northwest), Overland (north), John Smith (west), and Isle of Dogs (south). The map also shows various streets and landmarks in the area.

Meath Gardens,
1 Smart Street
E2 0SN
020 7364 0349

Overland, 60
Parnell Road,
Bow E3 2RU
020 7364 1925

John Smith,
90 Stepney Way,
London E1 2EN
020 7364 0537

Isle of Dogs,
Millwall Park,
Stebondale
Street E14 3BX
020 7364 1179

