

Empowering families and strengthening communities through Family Hubs

All families need support from time to time to help their babies and children thrive, whether that's from friends, family, volunteers, or practitioners. Everyone should have access to the information and tools they need to care for their family and look after their own wellbeing. Our ambition is for every family to receive the support they need, when they need it.



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In Tower Hamlets, the Family Hub Network is made up of community partners from many different backgrounds, including:

- **Charities**
- **Faith organisations**
- **Healthcare services**
- **Youth services**
- **Voluntary groups**
- **Parent groups**
- **Early Years services and schools**
- **Arts organisations**

and more, who all have a vital role to play in supporting families.

How can we support you?

All organisations who are part of the Family Hub Network are committed to helping you and your family to:

- **Feel included in your community**
- **Be happy and healthy**
- **Easily get help and support you need to thrive and reach your potential**

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



What kind of help is on offer?

Professional
advice and
support



Groups
and
sessions



Learning,
play and
socialising



Baby feeding

Benefits advice

Career advice

Children's emotional
wellbeing

Debt and budgeting

Experiencing
parenthood sessions

Family learning

Family therapy

For people experiencing
domestic abuse

Health visiting

Housing advice

Mental health support

Midwifery

Parent and adult
education courses

Parents forum
/groups

Play, early learning and
school holiday activities

Return to work volunteering
and training support

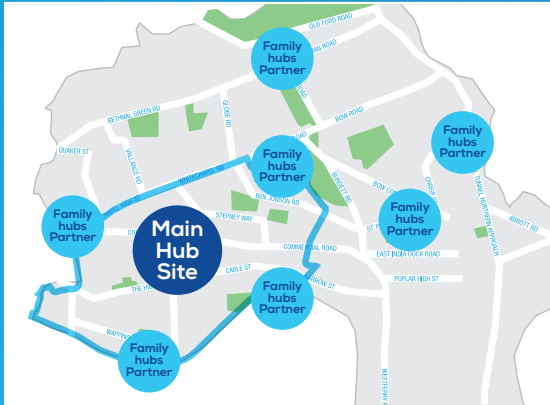
Support around special
educational
needs and disabilities

Transitioning into school

Volunteering

Where can I find Family Hubs?

You can find everything we have to offer online, at thfamilyhubs.co.uk. Here you can keep up to date with events, training, and news from Family Hubs.



In the South West locality, **John Smith Family Hub** is the main site, with partners and spoke sites all over Tower Hamlets

If you are a parent of child living in Tower Hamlets who would like to find out more about Family Hubs, please visit us online at thfamilyhubs.co.uk or call **020 7364 0537**.

If you would like to be involved in rolling out Family Hubs in other localities in 2023 and 2024, please contact familyhubs@towerhamlets.gov.uk

If you are part of an organisation or group in Tower Hamlets who would like to join the Family Hubs Network, please get in touch at familyhubs@towerhamlets.gov.uk

