

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



Keep up to date with news, events and opportunities online at **thfamilyhubs.co.uk**

Email us at **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 contact us at the above email address.

