



**Family  
Hubs**  
TOWER HAMLETS



# 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](http://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 East London area with four Family Hub locations marked by white location pins. The locations are: Meath Gdns (northwest), Overland (north), John Smith (west), and Isle of Dogs (south). The map shows a network of roads in orange and blue, with various street names labeled.

**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

