

Parenting and adult education directory

Spring Term - January-March 2023



Welcome

As part of the Early Help Children and Families Service, the Parenting and Adult Education (PAE) team coordinate courses, programmes and employment pathways for families with children from birth – 19 years old and up to 25 years for children with Special Educational Needs and Disabilities (SEND). We focus our offer on enabling early steps into parenting and education which includes:

- increasing parenting understanding and knowledge
- access to education and training
- employability and good job opportunities.

We offer access to a variety of courses and programmes which are delivered at your local Children and Family Centre on a termly basis. Where this is not possible we have outlined pathways and support in accessing the programmes directly with the provider. Further information on this can be accessed by contacting the PAE team.

We work with a range of training providers and organisations for which there is an eligibility criteria. Further information on this is available in the [how to apply](#) section.

Exclusive to our service, the majority of courses and programmes delivered in the Children and Family Centres include free crèche provision. This means you can bring your child and leave them with our experienced crèche team whilst you learn. It is important to note that spaces are limited and provided on a first-come first-served basis. Age range for the crèche is 6 months-5 years old.

This directory outlines in detail the programmes and courses on offer, course content, time and duration of programmes and how to apply. If, however, you need further information please speak to a member of staff at your local Children and Family Centre.

Eligibility summary:

All our courses and programmes are free if you live in Tower Hamlets and have a Child in the household from birth - 19 years old (25 with SEND). Courses and programmes highlighted with a **star** require you to have lived in the UK for three years or more and either be unemployed, in receipt of benefits or require your household income to be less than £21,157.50 per annum.

Further information on this is available in the **how to apply** section.

Parenting Programmes

Below is a list of information for all scheduled parenting programmes due to be delivered at your local Children and Family Centre. Please see page 4 for the description of the programmes. If you would like to apply for any of the programmes, please follow the instructions in the **how to apply** section.

| Programme: | Delivery: | Venue: | Crèche: | Duration: | Enrolment: | Session times: | Dates: |
|--|-----------|----------|---------|-----------|-----------------------|----------------------------|--------------------------------|
| Understanding Autism | Classroom | JS - CFC | Yes | 12 Weeks | 10th January 2023 | Tuesdays 9:30am-2:30pm | 17th January - 28th March 2023 |
| *Positive Change | Classroom | JS - CFC | Yes | 12 Weeks | 5th January 2023 | Thursdays 10:00am-12:00pm | 12th January - 30th March 2023 |
| Managing Challenging Behaviour | Classroom | OV - CFC | Yes | 12 Weeks | 9th January 2023 | Mondays 9:30am-2:30pm | 16th January - 27th March 2023 |
| Children & Young Peoples Mental Wellbeing | Classroom | MO - CFC | Yes | 12 Weeks | 13th January 2023 | Fridays 9:30am-2:30pm | 20th January - 31st March 2023 |
| Change for Good Maternity Group | Classroom | CW - CFC | No | 12 Weeks | No enrolment required | Wednesdays 10:00am-12:00pm | 11th January - 29th March 2023 |
| Change for Good Walking Group | Classroom | CW- CFC | No | 12 Weeks | No enrolment required | Tuesdays 10:00am-12:00pm | 10th January - 28th March 2023 |
| *SFSC English | Classroom | OG - CFC | Yes | 6 Weeks | No enrolment required | Mondays 10:00am-12:30pm | 16th January - 13th March 2023 |
| *Triple P | Classroom | JS- CFC | Yes | 13 Weeks | No enrolment required | Mondays 10:00am-1:00pm | 16th January - 13th March 2023 |
| *SFSC Bengali | Classroom | CS- CFC | Yes | 13 Weeks | No enrolment required | Thursdays 10:00am-1:00pm | 12th January - 30th March 2023 |

Paediatric First Aid is delivered on a termly basis within your locality. We schedule four programmes per term across the borough which enables you to access the course at your local Children and Family Centre with crèche provision. For further details on the venue, time and how to enrol please contact the PAE team.

*Please note when booking onto these parenting programmes, you will be advised to complete a Provider Referral Form subject to meeting the eligibility criteria. Further information is available in the **how to apply** section.

Parenting Programmes

Below is a list of information for all scheduled parenting programmes due to be delivered at your local Children and Family Centre. Please see page 5 for the description of the programmes. If you would like to apply for any of the programmes, please follow the instructions in the **how to apply** section.

| Programme: | Delivery: | Venue: | Crèche: | Duration: | Enrolment: | Session times: | Dates: |
|---|-----------|----------|---------|-----------|-----------------------|---------------------------|-----------------------------------|
| Safer Together & Healthy Relationships | Classroom | WA - CFC | Yes | 4 Weeks | No enrolment required | Tuesdays 10:00am-12:00pm | 7th March - 28th March 2023 |
| *Mums Matter | Classroom | OC-CFC | Yes | 6 Weeks | No enrolment required | Wednesday 10:00am-12:00pm | 10th January - 21st February 2023 |
| Healthy Families Programme | Classroom | OG - CFC | Yes | 5 Weeks | No enrolment required | Tuesdays 9:30am-11:30am | 10th January - 7th February 2023 |
| Healthy Families Programme | Classroom | ME - CFC | Yes | 5 Weeks | No enrolment required | Wednesdays 12:30pm-2:00pm | 1st March - 29th March 2023 |
| Healthy Families Programme | Classroom | OV - CFC | Yes | 5 Weeks | No enrolment required | Tuesdays 9:30am-11:30am | 1st March - 29th March 2023 |
| Healthy Families Programme | Classroom | MA - CFC | Yes | 5 Weeks | No enrolment required | Wednesdays 1:00pm-3:00pm | 10th January - 7th February 2023 |
| Wellbeing & Relationships | Classroom | CS - CFC | Yes | 3 Weeks | No enrolment required | Fridays 1:00pm-3:00pm | 3rd February - 17th February 2023 |
| Wellbeing & Relationships | Classroom | MA - CFC | Yes | 3 Weeks | No enrolment required | Wednesday 1:00pm-3:00pm | 1st March - 15th March 2023 |

Paediatric First Aid is delivered on a termly basis within your locality. We schedule four programmes per term across the borough which enables you to access the course at your local Children and Family Centre with crèche provision. For further details on the venue, time and how to enrol please contact the PAE team.

*Please note when booking onto these parenting programmes, you will be advised to complete a Provider Referral Form subject to meeting the eligibility criteria. Further information is available in the **how to apply** section.

Parenting Programmes



The information below gives you a brief overview of each programme. This is to help you to decide which programme is best suited for you, based on your needs.

| Programme: | Duration: | Learning hours: | Course content: |
|--|-----------|------------------|---|
| Positive Change | 12 Weeks | 3 hours per week | This programme is for mothers who have experienced domestic abuse. It supports mums to build on their relationship with their children and raise awareness of conflict within their home. Classes will give you the opportunity to meet and share with other mums who have had similar experiences. You will explore the impact of conflict and strengthen the bond between you and your family. |
| Strengthening Families Strengthening Communities (SFSC) | 13 Weeks | 3 hours per week | This programme is for parents with children from birth-18 years old (25 years old with SEND) and is designed to promote effective behaviour management with children. As well as encouraging community involvement with parents, you will learn new skills for communicating with children. You will discuss and practice positive discipline and setting boundaries. You will explore ways to reduce conflict and challenge behaviour, as well as learning more about child development. |
| Understanding Autism | 12 Weeks | 4 hours per week | This programme is for parents who wish to increase their knowledge and understanding of autism. Find out what autism means and how it is diagnosed, and learn more about the characteristics that may be present in people with autism. |
| Incredible Years | 12 Weeks | 3 hours per week | This programme aims to strengthen the relationship and bond between parent and the child, improve interaction, reduce behavioural difficulties through increasing the use of positive parenting and behaviour management strategies and build and promote the child's social and emotional skills. |
| Managing Challenging Behaviour | 12 Weeks | 4 hours per week | This programme looks at behaviour that may be challenging. Learn how to support positive behaviour and the importance of effective communication and management of challenging behaviour. You will also understand how to support those involved in incidents of challenging behaviour. |
| Made of Money | 4 Weeks | 2 hours per week | This workshop covers topics on how to spend and save money and explores how to manage debt and different types of finances. |
| Mums Matter | 6 Weeks | 3 hours per week | This programme is aimed at any mother who may struggle with their mental health during the post-natal period. Learn more about resilience and ways to manage your wellbeing and development. Cognitive Behavioural Therapy techniques are used as part of each session. |
| Safeguarding and Prevent | 12 Weeks | 3 hours per week | The purpose of this qualification is to increase your knowledge and awareness of your duty and safeguarding. Including online safety. |



| Programme: | Duration: | Learning hours: | Course content: |
|---|-----------|------------------|---|
| Children and Young People's Mental Health | 12 Weeks | 3 hours per week | If you want to learn about mental health issues to support children and young people that you work with, or those you care for in your own life, this course is perfect for you. It will teach you about supporting mental health and emotional well-being. You will also learn about issues facing children and young people including depression, anxiety and conduct disorder, as well as factors that affect their mental health and the impact these can have on them and their lives. |
| First Aid | 2 Weeks | 3 hours per week | This is a non-accredited paediatric first aid course which covers various kinds of serious injuries and how to assess them before getting medical attention. Choking, cardiopulmonary resuscitation (CPR), head trauma, bleeding and broken bones are some of the topics which will be covered. |
| Change for Good - Walking group - Exercise classes - Maternity Mates group | 10 Weeks | 2 hours per week | These courses are for people who would like to learn how to change their lifestyle to live healthier lives through changing their cooking methods, joining exercise and walking groups and meeting other local families to learn about shared good practices. You will learn different techniques and get access to resources to take home with you. |
| Triple PPP | 6-9 Weeks | 3 hours per week | This programme is for parents of children between the ages 1-12 years old. Classes will help you to share common concerns about your parenting and deal with your child's behaviour. You will learn effective positive parenting strategies, gain skills to manage common behaviours and issues, learn how to understand and promote your child's development and get support from other parents. |
| Safer Together and Healthy Relationships | 4 Weeks | 2 hours per week | This workshop explores the types of and risk factors of domestic violence and abuse, the physical and psychological effects and the behaviours displayed by an abusive person. It explores what a healthy relationship is, and what the impact of domestic violence on survivors and their children has. We discuss the help seeking process and support range for survivors. |
| Healthy Families Programme | 5 Weeks | 2 hours per week | This programme promotes a healthier lifestyle and provides useful tips to make small changes that have a positive impact on family health and wellbeing. Sessions are practical and fun. |
| Wellbeing and Relationships | 3 Weeks | 2 hours per week | This programme helps you understand yourself and your relationships better, topics include mental health, anxiety and depression and looking at strategies to manage stress |

Adult Education

Below is a list of information for all scheduled adult learning courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the **how to apply** section.



| Programme: | Delivery: | Venue: | Crèche: | Duration: | Enrolment date: | Session times: | Dates: |
|---------------------------------------|--------------------|-----------|---------|-----------|-------------------|--------------------------|----------------------------------|
| *Childcare L1 | Classroom | MO - CFC | No | 10 Weeks | 12th January 2023 | Thursdays 9:30am-2:30pm | 19th January - 30th January 2023 |
| *Childcare L2 | Classroom | OC - CFC | No | 12 Weeks | 12th January 2023 | Thursdays 9:30am-2:30pm | 19th January - 30th January 2023 |
| *Support Work in Schools | Classroom | IOD - CFC | No | 10 weeks | 10th January 2023 | Tuesdays 9:30am-2:30pm | 17th January - 28th March 2023 |
| Homestart Volunteering Program | Classroom | OV - CFC | No | 5 Weeks | - | Wednesdays 9:30am-3:00pm | 11th January - 8th February 2023 |
| Functional Skills English | Classroom / online | MG - CFC | - | 10 Weeks | 10th January 2023 | Tuesdays 9:30am-12:30pm | 17th January - 28th March 2023 |
| Functional Skills Maths | Online | Online | - | 10 Weeks | 9th January 2023 | Mondays 1:00pm-4:00pm | 9th January - 27th March 2023 |
| Helping in Schools L2 | Online | Online | - | 10 Weeks | 10th January 2023 | Tuesdays 10:00am-1:00pm | 10th January - 28th March 2023 |
| Community Interpreting L2 | Online | Online | - | 10 Weeks | 13th January 2023 | Fridays 10:00am-1:00pm | 20th January - 31st March 2023 |

*Please note when booking onto these adult education courses, you will need to ensure you meet course entry requirements and eligibility criteria to qualify for free funding. Further information is available in the **how to apply** section.

Adult Education

The information below gives you a brief overview of each course. This is to help you to decide which course is best suited for you, based on your needs.



| Course: | Levels: | Duration: | Learning hours: | Course content: |
|--|---------|---|------------------|--|
| Community Interpreting | 1, 2, 3 | L1-8 Weeks L2- 12 Weeks L3- 22 Weeks | 3 hours per week | This session is aimed at learners who speak fluent English and another community language, and want to develop their linguistic skills and knowledge to develop a career as a community interpreter. |
| Health and Social Care/Adult Social Care | 1, 2 | L1- 12 Weeks L2- 12 Weeks | 5 hours per week | Health and social care qualifications provide learners with the knowledge and skills needed to work with some of society's most vulnerable people including the elderly, children, and adults with learning difficulties. |
| Childcare | 1, 2, 3 | L1-12 Weeks L2- 12 Weeks L3- 22 Weeks | 5 hours per week | This qualification will help you to build the knowledge and skills needed when working with children and young people from birth to 19 years of age. It covers a diverse range of job roles and occupational areas working in child care settings including early years and social care. Levels on offer are 1 and 2. Level 3 requires learners to apply for an Advanced Learner Loan. |
| Helping in Schools (Teaching Assistant) | 1, 2 | L1- 10 Weeks L2- 12 Weeks | 4 hours per week | This short course will explore how literacy and numeracy is fundamental in primary schools. You will learn how to manage behaviour and develop your knowledge and understanding of working in a school and college. The course will cover areas such as children and young people's development, safeguarding, communication, equality, and diversity. |
| Functional Skills English | E3- L1 | 22 Weeks | 3 hours per week | This course is a GCSE equivalent accredited qualification for those learners who are looking to gain English accreditation. Levels on offer are 1 and 2. |
| Functional Skills Maths | E3- L1 | 22 Weeks | 3 hours per week | This course is a GCSE equivalent accredited qualification for those learners who are looking to gain their maths accreditation. Levels on offer are 1 and 2. |
| Support Work in Schools | 2,3 | L2 - 12 Weeks L3 - 22 Weeks | 3 hours per week | If you'd like to work as a teaching assistant, a learning support assistant, or a special educational needs (SEN) assistant, this qualification provides you with the knowledge, understanding and skills to work in job roles that support children and young people's learning in schools or colleges. It covers all aspects of specialist support to prepare you for a lifelong career in the education sector. |



| Course: | Levels: | Duration: | Learning hours: | Course content: |
|-----------------------------------|---------|---|-------------------|--|
| Personal Development/ Aspirations | - | 4 weeks | 2 hours per week. | These short workshops will help you gain confidence and understanding of employment setting protocols. You will discuss career plans and how to achieve goals and targets. |
| Business Admin | 1, 2 | L1- 12 Weeks L2- 12 Weeks | 5 hours per week. | This qualification covers a wide range of administrative functions for individuals looking to develop their skills and knowledge to work in an office. |
| Customer Service | 1, 2, 3 | L1 - 12 Weeks L2 - 12 Weeks L3 - 22 Weeks | 5 hours per week. | This qualification provides the underpinning knowledge required by employees to work in a range of customer service roles. You will gain essential knowledge on how to carry out tasks such as managing information and supporting events. |
| Information Advice and Guidance | 1, 2 | L2 - 12 weeks L3 - 18 Weeks | 5 hours per week. | If you give information, advice, or guidance as part of your role, this course can help you brush up on your skills and make sure you're aware of the fundamental rules for successful information sharing. This course covers communication techniques, interpersonal skills, and group interactions, as well as how to store and retrieve information in a way that complies with the law. |
| Leadership and Management ILM | 2, 3 | | 3 hour per week | This ILM Leadership and Management Course is for individuals who have management responsibilities but no formal qualifications and are serious about developing and improving their skill set and ability. |
| Qualification in teaching ESOL | 3 | Flexible | Flexible | Build your confidence as a teacher in ESOL so you can help adapt materials for different learner levels, address issues for lower-level learners and those with literacy issues, integrate low level technology in your lessons and gain a recognised Level 3 Award in English for Literacy and Language Teaching. |

We have access to a wider range of courses offered by local providers and organisations. To discuss these options and find out more please contact the PAE team for further details.

English for Speakers of Other Languages (ESOL)

Below is a list of information for all scheduled ESOL courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the **how to apply** section.

| Programme: | Delivery: | Venue: | Crèche: | Duration: | Assesment date: | Session times: | Dates: |
|-----------------------------|-----------|----------|---------|-----------|-------------------|----------------------------|---------------------------------|
| Family Learning ESOL | Classroom | JS - CFC | Yes | 10 Weeks | 9th January 2023 | Mondays 1:00pm-3:00pm | 16th January - 27th March 2023 |
| Family Learning ESOL | Classroom | OG - CFC | Yes | 10 Weeks | 11th January 2023 | Wednesdays 9:30am-11:30am | 18th January - 29th March 2023 |
| Family Learning ESOL | Classroom | CW - CFC | No | 10 Weeks | 13th January 2023 | Fridays 9:30am-11:30am | 20th January - 31st March 2023 |
| ESOL | Classroom | CS - CFC | Yes | 10 Weeks | 7th February 2022 | Tuesdays 12:30pm-3:00pm | 28th February - 28th March 2023 |
| ESOL | Classroom | OC- CFC | Yes | 10 Weeks | 8th February 2022 | Wednesdays 10:00am-12:00pm | 1st March - 29th March 2023 |
| ESOL for Refugees | Classroom | OV - CFC | No | 10 Weeks | 9th January 2023 | Mondays 9:30am-12:00pm | 16th January - 27th March 2023 |
| ESOL for Refugees | Classroom | OG - CFC | No | 10 Weeks | 13th January 2023 | Fridays 9:30am - 12:00pm | 20th January - 31st March 2023 |



English for Speakers of Other Languages (ESOL)



Below is a list of information for all scheduled ESOL courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the [how to apply](#) section.

| Course: | Levels: | Duration: | Learning hours: | Course content: |
|--------------------|---------|-----------|------------------|---|
| ESOL | E1-L1 | 10 Weeks | 2 hours per week | ESOL (English for Speakers of Other Languages). It's aimed at non-native English speakers looking to take up a new language or develop their skills. If you would like to improve your speaking, listening, and writing skills but struggle, ESOL is the best starting point. Levels on offer are E1, E2, E3 and L1. Please note the level for each course is set following results from the assessments. |
| Pre-Entry ESOL | PE-E1 | 10 Weeks | 2 hours per week | Pre-Entry ESOL is the most basic entry level ESOL aimed at learners with no or very little knowledge and understanding of speaking, listening, and writing English. This course is an introduction level enabling you to access entry level courses. If you would like to improve your speaking, listening, and writing skills but struggle with English now, Pre-Entry ESOL is the best starting point. |
| Conversation Clubs | E1-E3 | 6 weeks | 2 hours per week | Our Conversation Club will provide language practice to parents/carer's who were unable to access ESOL classes. Sessions will provide English practice and some basic English teaching together with orientation and cultural input. We encourage communication in the group and provide advice to parents/carers about the support and services provided by the Early Help and Children and Families Service. Along with developing English skills this course will fight isolation and ease the building of network in the community. |

How to apply

All of our programmes and courses are delivered at your local Children and Family Centres in partnership with training providers and organisations. There may be a set application process and a selection criteria or entry requirements which you will need to meet to be eligible. For details on eligibility please see the detailed chart below.

To access any of our parenting programmes you will need to meet all the criteria in section 1 in blue:



Section 1

Tower Hamlets resident

Have a child from birth - 19 years old (25 with SEND)

Registered with a Children and Family Centre

Most of our parenting programmes are free to attend providing you live in Tower Hamlets and have a child from birth - 19 years old (25 years old if child has SEND). Parenting programmes highlighted with a * will require you to consent to completing a Referral Form at a Children and Family Centre which is mandatory. Depending on the programme the relevant referral form will be provided at the centre when you apply.

All other parenting, adult education and ESOL courses are fully funded, providing you meet all the criteria in blue in section 1 and 2 in addition to one of the set criteria's below in orange.

Section 2

Lived in the UK
3 years or more

Unemployed

Household income
less than £21,157.50
per annum

In receipt of
Out of Work
Benefits

Please note for some programmes you are also required to meet entry requirements which are course dependent and vary accordingly. If you have any questions in relation to your criteria status or to discuss this further, please contact the Parenting Adult Education Team.

How to apply

Do you meet the relevant criteria above for your selected programme/course?

Yes

Follow instructions below on how to apply for your chosen programme or course.

No

Contact the PAE team to discuss your individual circumstances and receive further guidance and support.

Complete an online Parenting Adult Education Course Enquiry Form

You can access our enquiry form here <https://forms.office.com/r/GLiv8sDXnt> or scan the QR code. Once completed and submitted your information will be sent to the PAE team to process and add to the relevant waiting list.



If you don't have access to ICT, attend your local Children and Family Centre and book your name onto the course.

Once you attend a Children and Family Centre, a member of the team will take your EISi ID number and add you onto the relevant programme/course booking waiting list which will be shared with the PAE Team. If this is a parenting programme, you will be required to provide consent to complete a Parenting Referral Form. Staff at the centres will confirm your personal details to ensure our information is up to date and you can also highlight any support needs. Please don't forget to mention if you will need the use of crèche.

How will I know I have been offered a place?

A member of staff from the Early Help and Children and Family Service will contact you one or two weeks before the programme/course assessment or start date to invite you in and confirm your place on the course.

What should I do if I have not received a call or been offered a place?

If you do not receive a call it may mean you do not have a place on the course due to our long waiting lists. You will remain on the waiting list until we deliver the course again and you will be contacted then. You can contact the PAE team to discuss further and to check your status.

How to apply

What happens if I turn up to a programme/course without booking or confirmation?

It is your responsibility to ensure that you have a place before you arrive at one of our programmes/courses. Our venues hold a specific number of people and these are allocated via our booking system. If they are overfilled, we are in breach of health and safety regulations. People turning up on the day without prior booking may be turned away.

Waiting list

For all our programmes/courses we have a waiting list. If you are not offered a place for your preferred date, you will remain on the list until the next date becomes available. In certain cases, places may become available due to cancellations and we will make every effort to contact you to book you in. Please note in cases where we have long waiting lists, we make every effort to arrange more programmes/courses to meet the needs of our families.

Refreshments

Refreshments are not provided as part of our programmes/courses. But, certain venues have their own arrangements. We request families to make their own arrangements in relation to refreshments for themselves and their children (if they are placed in the crèche).

Parking

The venues we use do not have parking facilities. Centres may have resident/pay-and-display on-street parking. Please plan well ahead when travelling to the venues.

Venue information and contact details

Below is a list of addresses and contact details for all the Children and Family Centres in Tower Hamlets.

| Key code | Map key | Address | Contact |
|-------------------|---------|--|--------------------------------|
| AP-CFC | 10 | Around Poplar, 115 Three Colt Street, London E14 8AP | 020 7364 0540 |
| CS-CFC | 11 | Chrisp Street, 45 Kerbey Street, London E14 6AW | 020 7364 2856 |
| IOD-CFC | 12 | Isle of Dogs, Millwall Park, Stebondale Street, London E14 3BX | 020 7364 1179 |
| MA-CFC | 5 | Marner, Devas Street, London E3 3LL | 020 7364 3534 |
| ME-CFC | 6 | Mile End, 9 Bede Square, Joseph Street, off Bow Common Lane, London E3 4GY | 020 7364 7557 |
| OV-CFC / OG-CFC | 4 | Overland, 60 Parnell Road, London E3 2RU Olga, 25 Medway Road, London E3 5DS | 020 7364 1925 020 7364 3100 |
| JS-CFC | 8 | John Smith, 90 Stepney Way, London E1 2EN | 020 7364 0537 |
| OC-CFC / SH - CFC | 9 | Ocean, Whitehorse Road, London E1 OND Shadwell, 418-412 Cable Street, London E1 OAF | 020 7364 6605 020 7364 0544 |
| WA-CFC | 7 | Wapping, 15 Richard Street, London E1 2JP | 020 7364 0423 |
| MG-CFC | 1 | Meath Gardens, 1 Smart Street, London E2 OSN | 020 7364 0349 |
| MO-CFC | 2 | Mowlem Children's Centre, Wadeson Street London E2 9DL | 020 7364 7935 |
| CW-CFC | 3 | Collingwood, St Bartholomew Gardens, Buckhurst Street, London E1 5QT | 020 7364 0539 |

If you would like to discuss our courses or to receive information and advice, please contact:

Zubair Ahmed

020 7364 2240

07773 384 947

Syeda Pasha

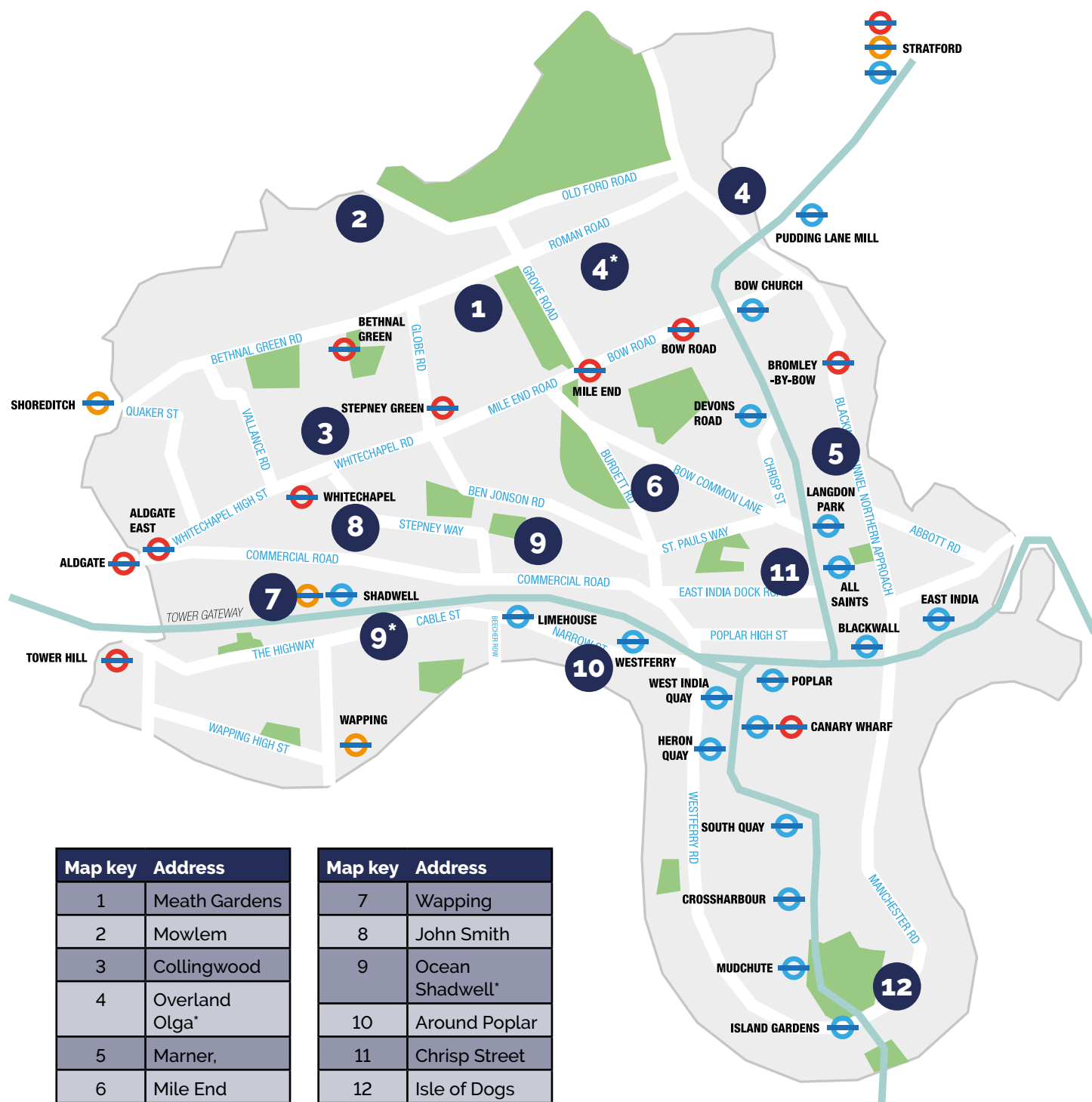
020 7364 0421

07984 277 662

PAE@towerhamlets.gov.uk

Venue information and contact details

Below is a map of all the Children and Family Centres in Tower Hamlets.





15 Hours **FREE**

Early Learning for two-year-olds

020 7364 1553

www.towerhamlets.gov.uk/earlylearning

Development for children

Learning through activities and play enables children to grow and develop, as well as improve their communication and social skills.

Opportunities for parents/carers

Early education can also allow you to pursue a hobby, have some 'me time', get into education, start training, or go back to work.



Tower Hamlets Family Hubs

What are Family Hubs?

Family Hubs are a new way of bringing together all the support children, young people and families may need, right through from birth to young people turning 19 (or 25 if they have Special Educational Needs and Disabilities).

The Government has committed to championing Family Hubs. They are a way of joining up locally to improve access to services, the connections between families, professionals, services providers, and putting relationships at the heart of family help.

Our shared vision

Every child, young person and family feels included in their communities, is happy and healthy, and can easily get any help they need in order to thrive and reach their potential.

By sharing resources, and working together, we will strive to ensure families receive the services they need. Parents will feel supported and integrated into their communities. They will easily access the help they need, without barriers.

Our shared mission

Early Help in Tower Hamlets is delivered through a Family Hub approach.

We are a community of families and services that are working together to provide timely support for families by helping create opportunities to improve the lives of children.

What are we doing?

We are currently in the first stage of the Family Hub development process. We are gathering information to outline the needs of children, young people and families and engaging with stakeholders to understand how best Family Hubs can meet their needs.

So far we have held the following stakeholder events:

- Community Early Help networking event
- Family Hubs parents and family event
- Family Hubs Workshop 1 – Building a Consensus for Change

To find out more about these events visit www.towerhamlets.gov.uk/familyhubs



How to access Early Help Services



For families and professionals

Early Help is delivered through a partnership in Tower Hamlets – this includes amongst others Health, Education, and the Voluntary sector.



Contact the Early Help Hub:



Online enquiry form
forms.towerhamlets.gov.uk/service/ehenquiries



Call 020 7364 5006 (option 2)



Email earlyhelp@towerhamlets.gov.uk



Drop-in 9am-5pm to Children & Family Centres
www.towerhamlets.gov.uk/childrenandfamilycentres

MASH

If you are concerned about a child at risk of significant harm call **020 7364 5006 (option3)** or send a Multi-agency referral form to mash@towerhamlets.gov.uk

**Parenting and Adult Education Team
Early Help, Children and Family Service,
4th Floor Mulberry Place,
5 Clove Crescent, E14 2BG**

PAE@towerhamlets.gov.uk

www.towerhamlets.gov.uk/parenteducation

