

Hackney's Children & Family Hubs and Start for Life offer



Contents

Hackney's Children & Family Hubs: 3

- Children & Family Hub services: 4
- Neighbourhood areas: 5

Start for Life services: 6

- Maternity: 6
- Health visiting: 7
- Infant feeding: 8
- Perinatal mental health & parent infant relationships: 9
- Parenting support: 9
- Free online courses: 10
- Early language and home learning environment: 11
- Early childhood education and care: 11
- Families of children and young people with SEND
(Special Educational Needs and/or Disabilities): 12

Family Information Service: 13

Safeguarding and domestic abuse: 14

Our Journey Birth to 5 Years: 15

Feedback and contact information: 16



Accessibility statement

If you require this document in a different format, please email:

 [**familyhubs@hackney.gov.uk**](mailto:familyhubs@hackney.gov.uk)

We will consider your request and get back to you in the next five working days.



Hackney's Children & Family Hubs


In Hackney, we believe every baby, infant, and child deserves the best start in life, and we recognise that all families need support along the way.

Our four Children & Family Hubs are child-friendly spaces that offer activities for caregivers and children, along with opportunities to connect with other local families.

The hubs coordinate services across four geographical areas, providing free support through children's centres, libraries, youth hubs, health, education, and community organisations.

These services are free for expectant parents and families with children up to age 19 (or 25 for those with special educational needs or disabilities). We are adaptable in our approach and can work flexibly to offer these services either on-site, virtually, or directly to you in the comfort of your own home.

For a timetable of activities at your nearest children's centre or Children & Family Hub, visit

 bit.ly/childrenfamilyhubs

Children & Family Hub services

- Activities for children (0–5)
- Birth registration
- Debt and welfare advice
- Domestic abuse support
- Early childhood education and care
- Early language and the early language environment
- Family support services
- Financial support
- Health visiting
- Housing
- Infant feeding
- Mental health services
- Midwifery
- Nutrition and weight management
- Oral health improvement
- Parent/infant relationships and perinatal mental health
- Parenting support
- Reducing parental conflict
- SEND support services
- Stop smoking support
- Substance misuse (alcohol/drug misuse) support
- Support for separating or separated parents
- Youth justice services
- Youth services-universal and targeted



Children & Family Hubs – Neighbourhood areas

Springfield Park & Woodberry Wetlands

1. Woodberry Down Children & Family Hub
2. One O'Clock Club
3. Hillside
4. Lubavitch
5. Oldhill

Hackney Downs & Clissold Park

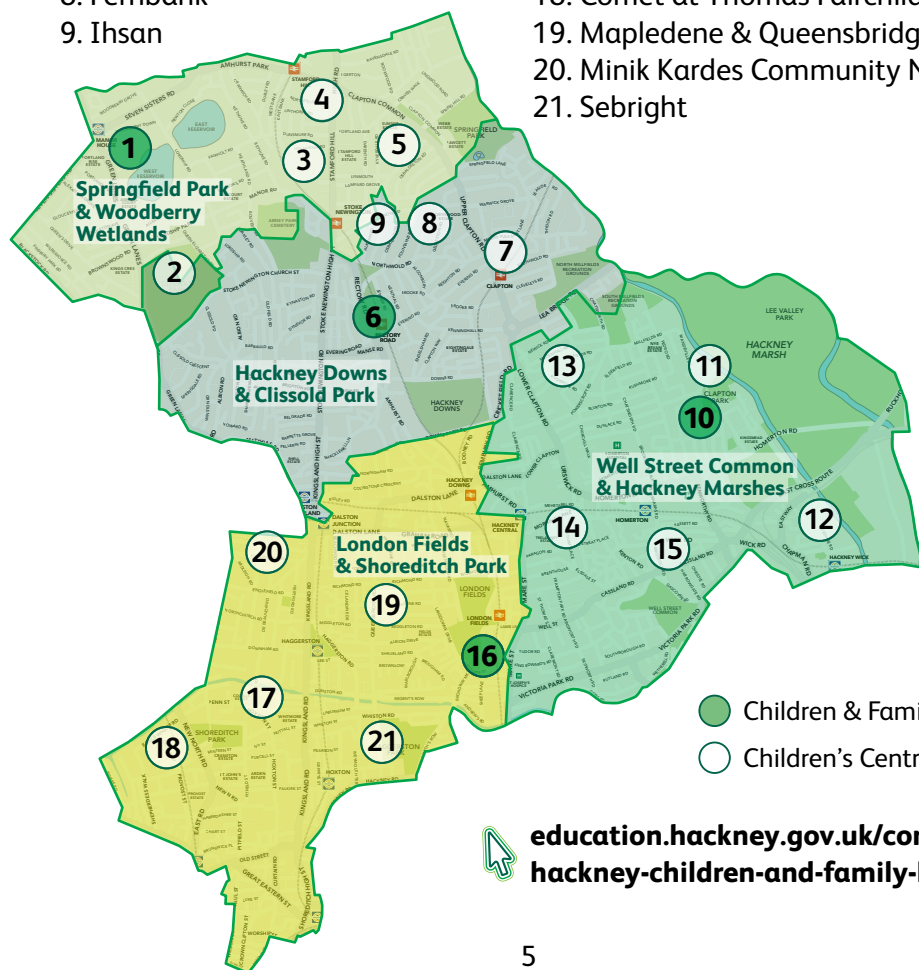
6. Linden Children & Family Hub
7. Comberton
8. Fernbank
9. Ihsan

Well Street Common & Hackney Marshes

10. Daubeney Children & Family Hub
11. Clapton Park
12. Gainsborough
13. Millfields
14. Morningside
15. Wentworth

London Fields & Shoreditch Park

16. Ann Tayler Children & Family Hub
17. Comet Nursery School
18. Comet at Thomas Fairchild
19. Mapledene & Queensbridge
20. Minik Kardes Community Nursery
21. Sebright



education.hackney.gov.uk/content/hackney-children-and-family-hubs

Start for Life services

Maternity

It's essential to see a midwife from nine weeks into your maternity journey to access all available screening tests for you and your baby.

Our midwives support your physical and mental wellbeing throughout pregnancy and after birth, helping you plan for your baby's arrival at home or in the maternity unit at Homerton Hospital. They will arrange follow-up care, provide information on registering your baby's birth, and assist with booking your 6–8 week postnatal checks.



Support is also available for managing long-term conditions such as diabetes and epilepsy.

For information on meeting a midwife or attending antenatal classes, please contact your local Children & Family Hub.



Health visiting

The Health Visiting Team offers support and advice from the start of your maternity journey until your child turns five. Their assistance is tailored to your family's needs and may include referrals to specialists like psychologists or speech and language therapists.

Support is available at home, in Children & Family Hubs, GP practices, and health centres.

You can get support for:

- Feeding your baby and child
- Understanding development and behaviour
- Concerns or worries about your child
- Monitoring growth and development
- Additional support for needs and disabilities
- Parenting challenges and your mental health



Infant feeding

We're here to support you with free help and advice for every stage of your infant feeding journey. Fathers, co-parents and carers can also receive support to ensure they are included and feel confident in supporting their partner.

You can access free equipment hire, personalised assistance on infant feeding, hunger cues, starting solids and weaning from our Children & Family Hubs.

Need in person support? Go to  [**bit.ly/InfantFeedingHackney**](https://bit.ly/InfantFeedingHackney) to learn more about our infant feeding drop-in sessions.



Perinatal mental health & parent infant relationships

Becoming a new parent is a journey filled with moments of pure joy, but it can also present significant challenges. During this transformative time, it's important to acknowledge the range of emotions you may experience and that it's okay to seek support when you need it.

Our services are designed to promote mental wellness and strengthen parent-infant relationships. This includes:

- **Support Groups:** Connect with and build relationships with other parents who are experiencing the same challenges and joys as you.
- **Workshops:** You can learn evidence-based techniques for bonding with your baby. From understanding your baby's cues to practising responsive caregiving.

Parenting support

You can access workshops, drop-ins and personalised support for concerns with emotional wellbeing, relationships and behaviour.

Our Family Support Workers can help you tackle issues that are having an impact on the family. This includes issues of mental health, parental separation and conflict, substance misuse, domestic abuse or housing and financial struggles.



Free online courses

Children & Family Hubs
Understanding your child
 (0-19 yrs, main course)
 An online course for parents, grandparents, friends and relations

At a glance:

- 11 modules
- 15-20 mins each
- This course is perfect for doing in bite sized chunks

Get some spare screen time?
 The perfect Module of the course!

This course covers:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- Rhythm of interaction
- Why is sleep important?
- Self regulation and anger
- Communication and tuning in

Want to add something quick and fun to today's to do list, for a quick

☒ Win
☒ Win
☒ Win

Discover this course at: inourplace.co.uk
 Technical support: child.support@hackney.gov.uk 0117 276 4444

© Hackney Council. This content government written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. Accredited by the UK Government's e-Learning Quality Mark.

inourplace **BANANAS**

Solihull

We have teamed up with the Solihull Approach to offer free courses that are developed by psychologists and NHS Professionals to support you in understanding and nurturing your child's emotions, as well as your own, as you navigate through life.

These courses can be completed in 15 minutes. Enrol using the free access code (HERITAGE) at

inourplace.co.uk/hackney

Online relationship support for parents

one plus one

Parents in Hackney can now access THREE ONLINE COURSES from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.

Arguing better
 Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you
- How to support each other through difficult times
- What causes arguments and how to stop them

Me, You and Baby Too
 Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other
- How to talk to bring up difficult topics
- How arguments start, and how to stop them

Getting it right for children
 When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument
- How to stay calm and listen as well as talk
- Skills for finding solutions and making compromises

Reducing parental conflict

Learn new techniques to improve communication, handle stress and manage conflict.

Register for a free account at

oneplusone.org.uk/parents

by clicking 'London region' and 'Hackney' as your local authority.

FREE 24/7 Parenting, Pregnancy and Infant Feeding Support in Hackney

Ask Anya anything 24/7 or Chat with a Specialist

Explore interactive 3D breastfeeding instructions

Join Anya's Specialist WhatsApp in Sessions

Get Personalised Support with National Content and Programmes

Connect with Parents in Our Virtual Communities

24/7 AI powered infant feeding companion

Access round-the-clock, personalised breastfeeding support with the Anya app. The AI-powered companion and 1:1 specialist chat provides guidance anytime, anywhere – especially during those late-night feedings.

Download the Anya app

anya.health/download/

from your app store and complete the registration using your Hackney postcode.

Early language and home learning environment

What you and your family do at home has the greatest influence on your child's social, emotional and intellectual development. All you need to do is give them your time and attention – you don't need to buy lots of toys or games!

We can provide you with access to speech and language therapists, assessments and activities or courses that will support you to enhance your child's language and communication skills by building on the things you already do at home, such as:

- Imagining and playing
- Singing songs and rhymes
- Doing things like cooking, drawing or gardening
- Listening, talking and thinking

Early childhood education and care



If you reside or work in Hackney and have a child aged between two and four years old, you may qualify for free childcare for 15–30 hours a week at one of our children's centres or Children & Family Hubs. Not all two-year-olds meet the eligibility criteria for free childcare, as specific requirements must be met. From September 2025, free childcare will extend to working parents of one-year-olds.

Your local Children & Family Hub can provide more information on the eligibility criteria, how to sign up, or guide you to one of the many other free childcare alternatives in the borough.



Hackney's local offer for families of children and young people with SEND (Special Educational Needs and/or Disabilities)

Children and young people with SEND can face a variety of health, social and economic challenges at different times throughout their lives. There is a range of local support on offer for families with SEND, including:

- Specialist advice and information
- Assessment and diagnostic support
- Specialist parenting advice workshops for families with children who have received a diagnosis
- Early help and support following a diagnosis
- Sensory play activities
- Family support to navigate local and national support systems

An online directory of relevant services, supported by helpful advice articles, can be found at



hackneylocaloffer.co.uk

Family Information Service

Our helpline and website offers a range of information, advice, and guidance on childcare, activities, services, and opportunities aimed at improving the quality of life for your children. This includes:

- Information on childcare providers and funding
- Activities to do with your children outside of school hours
- Parenting courses and family support
- Information about how you can get support for children and young people with special needs and disabilities

Additionally, we offer face-to-face support at the Hackney Service Centre, located at 1 Hillman Street, London E8 1DY, every Wednesday from 1pm to 3pm. You can book an appointment by calling **020 8820 7590**.



Safeguarding and domestic



If you believe a child is at immediate risk of harm, please call the Police on **999** to report your concerns.



If you have safeguarding concerns for a child or young person, or believe that the child or their family may benefit from additional support from Children's Social Care or Early Help Services, please contact Hackney's Multi-Agency Safeguarding Hub (MASH) on **020 8356 5500** (9am–5pm, Monday to Friday) or email them at **MASH@hackney.gov.uk** and request a call back.

For urgent safeguarding concerns, outside normal office hours, that can not wait until the following working day, please contact the Emergency Duty Team on **020 8356 2710**.

You can also contact the Domestic Abuse Intervention Service **hackney.gov.uk/domestic-abuse-support** at **dais@hackney.gov.uk** or on **020 8356 4458** or **0800 056 0905** for confidential support.

Our Journey Birth to 5 Years



You can scan the QR code to access an interactive map which outlines the various local activities and services available in Hackney throughout your child's journey to 5 years.



education.hackney.gov.uk/birthtofive

You can access trusted local help and information tailored to every age and stage of your child's development, from birth up to 5 years. This includes:

- Guidance and advice on infant feeding
- Resources for developing speech and language
- Tips for promoting healthy sleep habits
- Timelines for childhood immunisations and GP appointments to monitor development and growth
- Information on oral health care
- Ideas for engaging in active play
- Support and information on childcare



Homerton Healthcare
NHS Foundation Trust

Feedback

Every Children & Family Hub hosts forums where parents can connect, share their opinions, and help plan neighbourhood services and activities. To get involved or learn more, ask your local children's centre or Children & Family Hub for details.

Contact information



Contact your nearest Children & Family Hub or scan the QR code for contact information for our children's centres:

Ann Tayler Children & Family Hub

1–13 Triangle Road, E8 3RP

020 7275 6020

ataylercfh@hackney.gov.uk

Daubeney Children & Family Hub and Nursery

103 Daubeney Road, E5 0EG

020 8525 7040

CFHUB@daubeney.hackney.sch.uk

Linden Children & Family Hub

86–92 Rectory Road, N16 7SH

020 7254 9939

lindencfh@hackney.gov.uk

Woodberry Down Children & Family Hub and Nursery

Springpark Drive, Woodberry Down, N4 2NP

020 8815 3270

woodberrycfh@hackney.gov.uk



**education.hackney.gov.uk/
search/childrens-centres**