


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





Accessibility statement

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

 familyhubs@hackney.gov.uk

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

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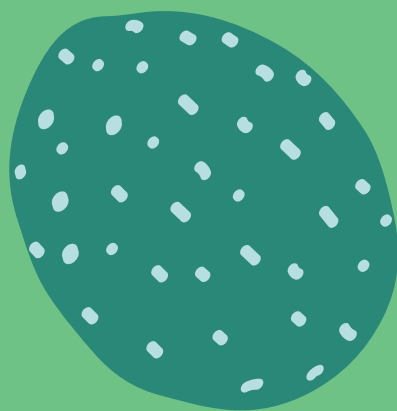
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Hackney's Children & Family Hubs



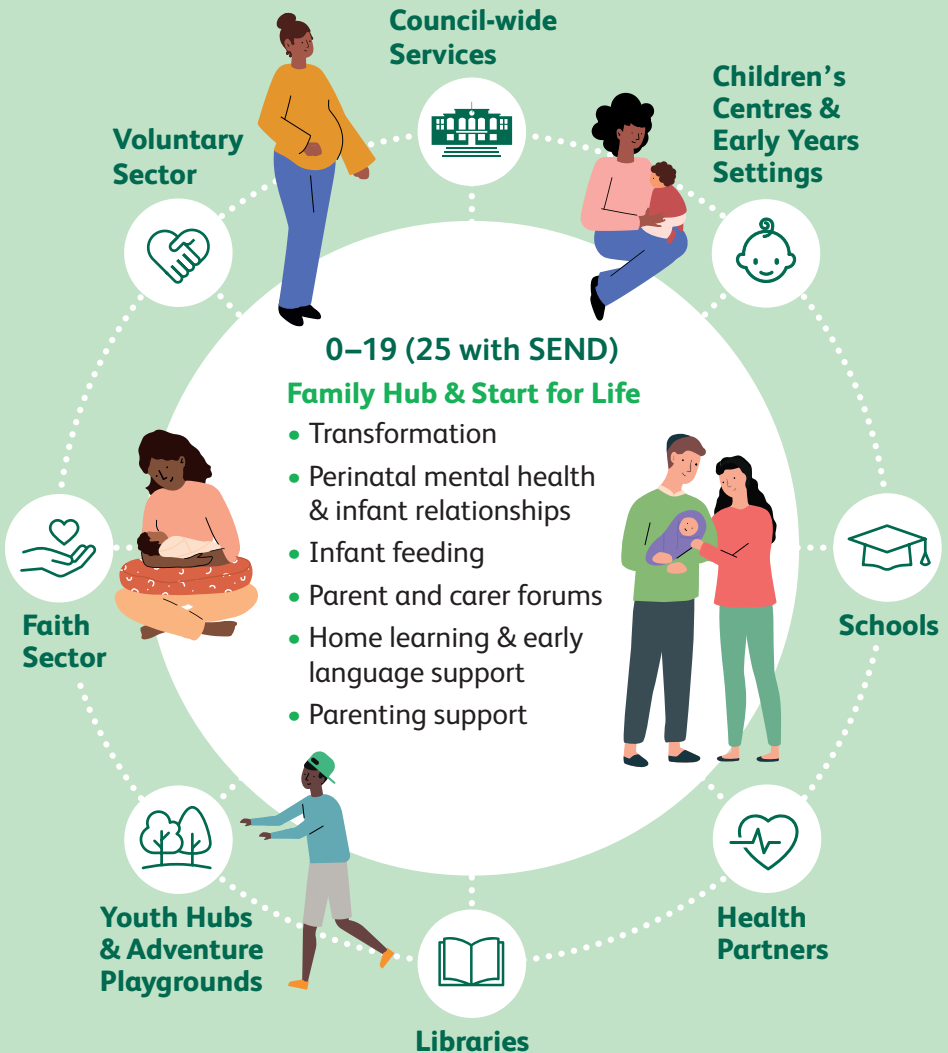
Hackney's Children & Family Hubs are made up of a network of facilities, including children's centres, youth hubs, libraries, health, and community centres.

We will work in partnership with you to ensure you receive the right support at the right time and make ongoing referrals to services, where appropriate, to meet your individual needs. 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 home.



Hub and Spoke model for the four Children & Family Hubs Neighbourhood Areas

- Springfield Park & Woodberry Wetlands
- Hackney Downs & Clissold Park
- Well Street Common & Hackney Marshes
- London Fields & Shoreditch Park





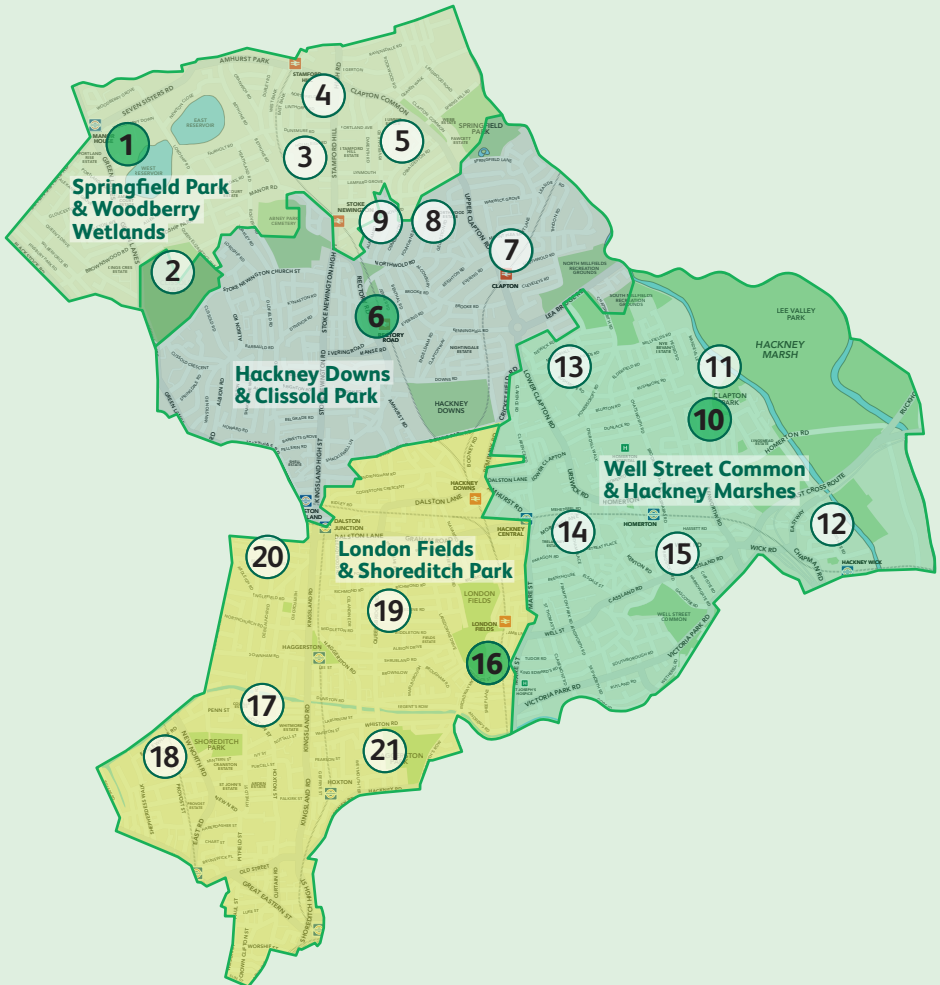
The four Children & Family Hubs will coordinate a network of services including; children's centres, libraries, youth hubs and green spaces, health, education, housing, the council and the community and voluntary sector.

Each area will provide coordinated services including; stay and play, parenting support, drug and alcohol and domestic abuse support, mental health services, housing, debt and welfare advice,

health services, adult learning, ESOL and employment advice.

Expectant parents and families with children and young people up to age 19 (or up to 25 for those with special educational needs and disabilities) are eligible to access the Children & Family Hubs free of charge. Each hub delivers services within one of four geographical areas in Hackney.

Children & Family Hubs – Neighbourhood Areas



- Children & Family Hub
- Children's Centre

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

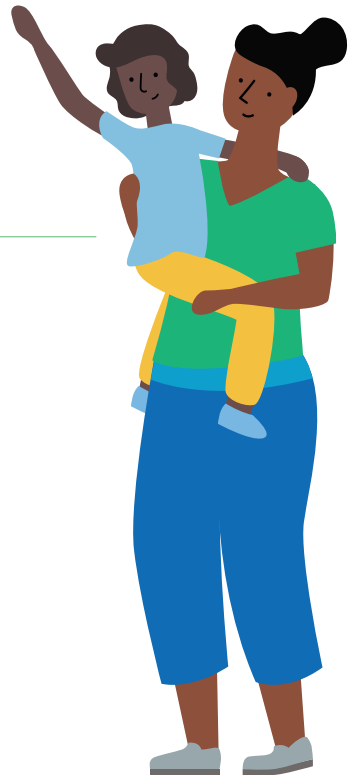
10. Daubeney Children & Family Hub

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







Our Children & Family Hubs and children's centres have a variety of child friendly activities and spaces for caregivers and children and their families to interact and explore. We also work in partnership with other agencies to provide support and services for older children and young people aged up to 19 or 25 with special educational needs or disabilities. There are many great opportunities for you to meet other local families.

Some of the activities include:

- Family support
- Employment and benefits advice
- Fun activities for children and families
- Health, wellbeing and relationship support
- Home learning and early language support
- Infant feeding and postnatal/antenatal support
- Support and activities for families with children with special educational needs or disabilities

Please contact your local Children & Family Hub for a timetable with details on times, dates and locations for these activities.

Our Start for Life offer



Leading child health experts agree that a child's experience during the first 1,001 days (from conception, throughout pregnancy, and up to the age of two years old) has more influence on their future health, wellbeing and opportunities than at any other time in their life.

In Hackney, we believe that every baby, infant and child should get the best start for life to be the best they can be.

We know that every family needs help along the way, and we've made it easy for everyone to access free health, and community services and support at Hackney's Children & Family Hubs.

This booklet brings all of the information about our Start for Life services in one place, so you can easily access the support you need to help give your children the best possible start in life.



Start for Life services



Maternity

It's important to see a midwife by the time you are nine weeks pregnant so you can access all available screening tests for you and your baby. Our team of midwives will support your physical and mental well being throughout pregnancy, during childbirth and in the postnatal period.

They are trained to make sure everything goes as well as possible and to recognise any potential problems for you or your baby. They will also help you plan your baby's birth, whether you decide to do this at home or in the maternity unit at Homerton Hospital. Following your baby's birth they will arrange follow up care and give you information on how to register your baby's birth and book your 6–8 week postnatal checks.



You can also access support and advice on pregnancy or conceiving with a long-term condition such as diabetes, epilepsy, thyroid disorder, obesity, or gastroenterological, haematological, and rheumatological conditions.

Contact your local Children & Family Hub for information on how to meet a midwife or attend a range of antenatal classes.

Health visiting

The Health Visiting Team is led by the Health Visitor and includes nursery nurses and public health nurses, all with specialist training in family and public health.

The team offer support and advice from pregnancy until each child is five years old, based on personalised assessment of the family's needs; this may include connecting you to other specialists such as psychologists or speech and language therapists. Support is offered at home, Children & Family Hubs, GP practices and health centres.

You can get support for:

- Feeding your baby and child
- Understanding your new baby
- Staying safe
- Concerns and worries about your baby or child
- Your child's progress and development
- Additional support for needs and disabilities
- Your wellbeing; becoming a parent or your emotional and mental health



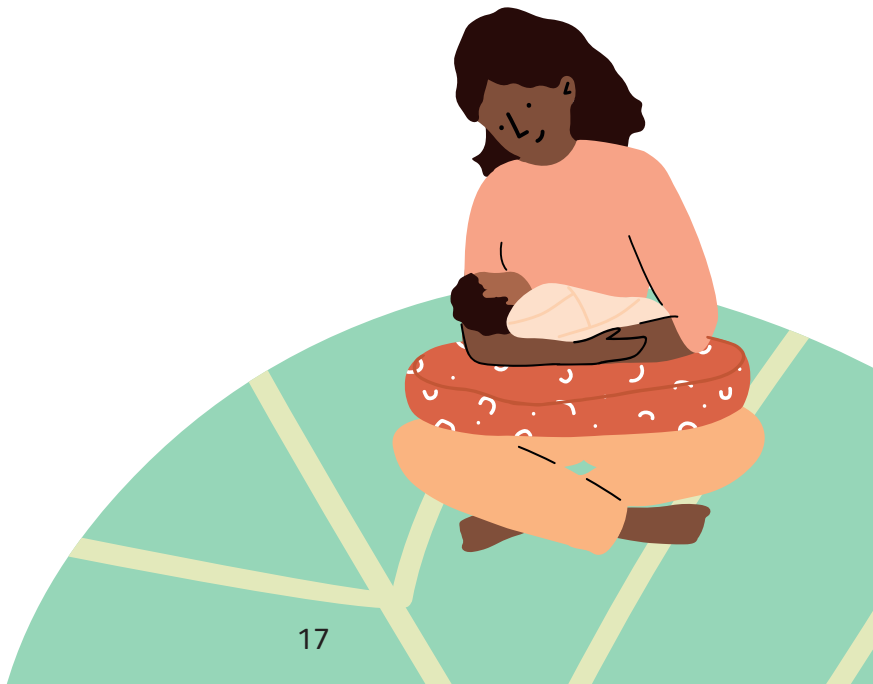
Infant feeding

We work in partnership with a range of services to deliver a blended offer of advice and support that will help parents understand the benefits of breastfeeding and meet their infant feeding goals. Fathers, co-parents and carers can also receive support to ensure they are included and feel confident in supporting their partner.

The Health Visiting Team is trained to the UNICEF Baby Friendly Initiative Standards which aims to:

- Support pregnant women with information about feeding and caring for their baby and developing close and loving relationships from pregnancy onwards
- Enable prolonged breastfeeding
- Support mothers to make informed decisions about introducing non-breastmilk foods and fluids
- Support close and loving parent-baby relationships

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



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.

We're here to provide you with the support and resources you need to thrive. 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

Parenting can be challenging but we are here to support you with help or advice on the challenges you and your family are facing. 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

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




Children & Family Hubs

Understanding your child


(0–19 yrs, main course)

An online course for parents, grandparents, friends and relations




A total of:

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




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


Win
 Win
 Win



Got some spare screen time?


Do a quick Module of this 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



Discover this course at: inourplace.co.uk
 Technical support: solihull.approach@heartofengland.nhs.uk | 0121 296 4448

This is content you can trust, written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals, Awarded the UK Government's CANparent Quality Mark.



Children & Family Hubs

Understanding your own trauma

Learn about processing trauma and find a way that works for you.



This course is designed to help learners to:

- Recognise trauma in ourselves and in others
- Process trauma
- Manage traumatic memories
- Understand important relationships and nurturing resilience
- Understand emotional health and your wellbeing

Use access code HERITAGE for free courses. Scan the QR code or log in to: inourplace.co.uk



Speak to your nearest Children Centre about how you can get free access to wi-fi.
 Created by psychologists and professionals who understand trauma and recovery. Complete in your own time. The online course is not a replacement for therapy.












Children & Family Hubs

Supporting emotional health and wellbeing from 0–19+













Children & Family Hubs

Understanding pregnancy, labour, birth and your baby






Children & Family Hubs

Understanding your baby













Children & Family Hubs

Understanding your child



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 abuse





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

Stay up to date with your appointments and immunisations so you and your baby are healthy.

New baby review



Close and loving infant feeding



Talking, singing and reading builds your baby's brain!

6-8 week review

Visit the dentist for a first check up by age 1 year



Brush teeth twice a day as soon as they appear

Growing up



I'm tall

and childcare

27 month review

Back to sleep...



on tummy to play

Around 6 months



Introduce solid foods and pick up the cup

8-10 month review



Ball

Talk and play everyday!

Active play 3 hours a day



Moving more and sitting less



Make healthy snacks and drinks part of your 5 a day

Pre-school immunisations

Starting school



A healthy weight

Get involved

Parent carer forums

Every Children & Family Hub has a forum for parents to meet other parents and get involved in the planning of the services and activities on offer in their neighbourhood. All parents and carers are invited to attend.

If you would like to be involved, or if you want to voice your opinions to help us improve our service, ask your local children's centre or Children & Family Hub for more information.



Feedback

Your opinion matters to us! Please feel free to share your thoughts on our services by contacting us at  familyhubs@hackney.gov.uk



Contact information

Contact your nearest Children & Family Hub for more information 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

ataylercfcf@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

lindencf@hackney.gov.uk

Woodberry Down Children & Family Hub and Nursery

Springpark Drive, Woodberry Down, N4 2NP

020 8815 3270

woodberrycf@hackney.gov.uk



[education.hackney.gov.uk/
search/childrens-centres](https://education.hackney.gov.uk/search/childrens-centres)

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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



