TOWER HAMLETS

Parenting and adult education directory

Summer Term - April-July 2023



Welcome

As part of the Early Help and 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 programes delivered in the Children and Family Centres include free crèche provision. This means you can bring your child and and leave them with our experienced crèche team whilst you learn. Please 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 programes 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 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:	Enrolment:	Facilitator:	Dates:	Session times:
Specific Learning Difficulties	Classroom	JS - CFC	Yes	-	Learning Curve	2nd May-25th July 2023	Tuesdays 9:30am-2:30pm
Specific Learning Difficulties	Classroom	WA - CFC	No	-	Learning Curve	27th April-20th July 2023	Thursdays 9:30am-2:30pm
***Positive Change**	Classroom	JS - CFC	Yes	20th April 2023	Eva Armbsy Centre	27th April-20th July 2023	Thursdays 10:00am-12:00pm
***Incredible Years**	Classroom	IOD - CFC	No	14th April 2023	Docklands Outreach	28th April-28th July 2023	Fridays 9:30am-12:30pm
Managing Challenging Behaviour	Classroom	OV - CFC	Yes	17th April 2023	Learning Curve	24th April-17th July 2023	Mondays 9:30am-2:30pm
Managing Challening Behaviour	Classroom	MO- CFC	No	23rd February 2023	Learning Curve	2nd March-2nd May 2023	Thursdays 9:30am-2:30pm
Children & Young Peoples Mental Wellbeing	Classroom	OC - CFC	Yes	20th April 2023	Learning Curve	27th April-21st July 2023	Thursdays 9:30am-2:30pm
Understanding Autism	Classroom	CS - CFC	Yes	20th April 2023	Learning Curve	27th April-21st July 2023	Thursdays 9:30am-2:30pm
Sure Steps Project Maternity Group	Classroom	CW - CFC	No	-	Social Action for Health	19th April-12th July 2023	Wednesdays 10:00am-12:00pm

*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:	Enrolment:	Facilitator:	Dates:	Session times:
Good Friends Project Walk and Talk Group	Classroom	CW- CFC	No	No enrolment required	Social Action for Health	18th April-11th July 2023	Tuesdays 10:00am-12:00pm
***Triple P**	Classroom	MO – CFC	Yes	No enrolment required	Parenting Team	28th April-16th June 2023	Fridays 10:00am-12:30pm
***SFSC Bengali**	Classroom	OV- CFC	Yes	No enrolment required	Parenting Team	27th April-20th July 2023	Thursdays 10:00am-1:00pm
***Emotional First Aid**	Classroom	JS - CFC	Yes	No enrolment required	Parenting Team	24th April-26th June 2023	Mondays 10:00am-12:0pm
Introduction to SFSC	Classroom	OG - CFC	Yes	No enrolment required	Parenting Team	19th June - 17th July 2023	Mondays 10:00am-12:30pm
Safer Together & Healthy Relationships	Classroom	JS - CFC	Yes	No enrolment required	LBTH Domestic Violnce Team	7th June-28th June 2023	Wednesdays 10:00am-11:30am
***Mums Matter**	Classroom	-	Yes	No enrolment required	MIND	TBC	TBC
Healthy Families Programme	Classroom	MO- CFC	No	No enrolment required	Parental Engagement Team	19th April-3rd May 2023	Wednesdays 10:00am-11:30am
Healthy Families Programme	Classroom	JS- CFC	No	No enrolment required	Parental Engagement Team	10th May-24th May 2023	Wednesdays 10:00am-11:30am
Healthy Families Programme	Classroom	CS - CFC	No	No enrolment required	Parental Engagement Team	9th June-23rd June 2023	Fridays 10:00am-11:30am

Paediatric First Aid is delivered on a termly basis within your locality. We schedule four programes per term across the borough which enables you to access the course at your local Children and Family Centre with creche 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-19 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 change their lifestyle to live healthier lives through changing their cooking methods, joining exercise and walking groups and meeting other local families. 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:	Enrolment date:	Facilitator:	Dates:	Session times:
***Childcare**	Classroom	LC	No	18th April 2023	Learning Curve	25th April-18th July 2023	Tuesdays 9:30am-2:30pm
***Childcare**	Classroom	LC	No	18th April 2023	Learning Curve	25th April-18th July 2023	Tuesdays 9:30am-2:30pm
***Support Work in Schools**	Classroom	LC	No	-	Learning Curve	28th February-6th June 2023	Tuesdays 9:30am-2:30pm
***Functional Skills English**	Classroom / online	WEA	-	18th April 2023	WEA	25th April-18th July 2023	Tuesdays 9:30am-2:30pm
***Functional Skills Maths**	Classroom / online	WEA	-	19th April 2023	WEA	26th April-19th July 2023	Wednesdays 9:30am- 12:30pm
***Helping in Schools**	Online	WEA	-	20th April 2023	WEA	27th April-20th July 2023	Thursdays 10am-1pm
***Community Intrerpreting**	Online	WEA	-	21st April 2023	WEA	28th April-21st July 2023	Fridays 10am-1pm

*Please note when booking onto these adult education courses, you will need to ensure you meet course entry requirements and eligibilty 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:	Assesment date:	Facilitator:	Dates:	Session times:
Family Learning ESOL	Classroom	JS-CFC	Yes	17th April 2023	Idea Store Learning	24th April-3rd July 2023	Mondays 1pm-3pm
Family Learning ESOL	Classroom	CW-CFC	No	21st April 2023	Idea Store Learning	28th April-7th July 2023	Fridays 9:30am-11:30am
ESOL	Classroom	OG-CFC	Yes	-	ELATT	1st March-12th July 2023	Wednesdays 9:30am-11:30am
ESOL	Classroom	CS - CFC	Yes	-	ELATT	28th February-11th July 2023	Tuesdays 12:30pm-3:00pm
ESOL	Classroom	OC- CFC	Yes	-	ELATT	1st March-12th July 2023	Wednesdays 10am-12pm
ESOL for Refugees	Classroom	OV- CFC	No	22nd May 2023	WEA	5th June-17th July 2023	Mondays 12pm-2:30pm
ESOL for Refugees	Classroom	OV- CFC	No	26th May 2023	WEA	9th June-21st July 2023	Fridays 12pm-2:30pm

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 Ithe 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 0ND Shadwell, 418-412 Cable Street, London E1 0AF	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 0SN	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:

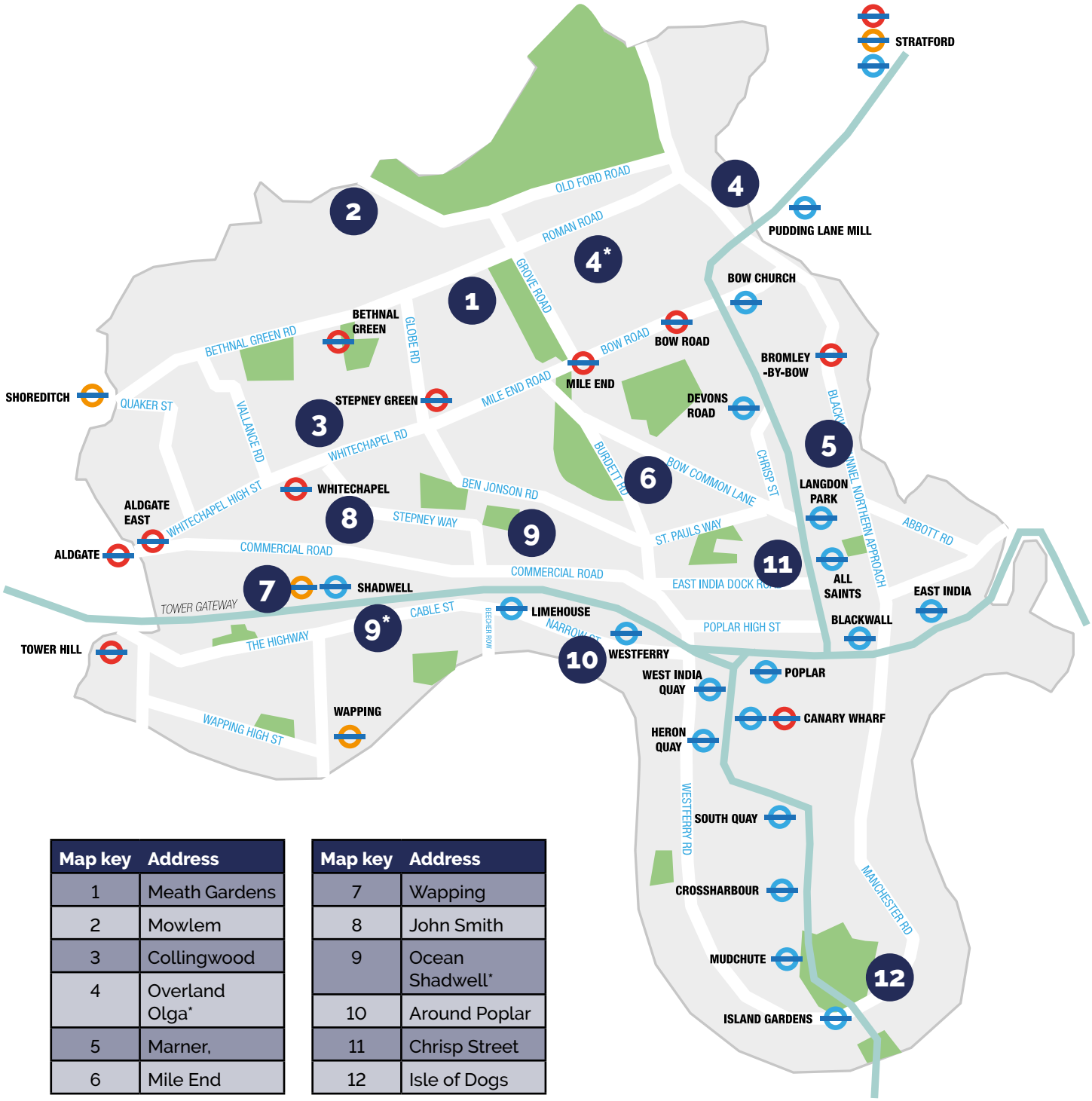
Zubair Ahmed
020 7364 2240
07773 384 947

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.



Map key	Address
1	Meath Gardens
2	Mowlem
3	Collingwood
4	Overland Olga*
5	Marner,
6	Mile End

Map key	Address
7	Wapping
8	John Smith
9	Ocean Shadwell*
10	Around Poplar
11	Chrisp Street
12	Isle of Dogs

Partner organisations



The WEA
London and Southern Regions
4 Luke Street
London, EC2A 4XW

0300 303 3464
www.wea.org.uk

ELATT
260 Kingsland Rd
London, E8 4DG

0800 0420 184
www.elatt.org.uk
hello@elatt.org.uk

Open House
13 Whitethorn Street
London E3 4DA

Tel: 020 7510 1081
Fax: 020 7537 7944
info@mindthnr.org.uk

Learning Curve Group
Dunelm Rise, Durhamgate,
County Durham, DL16 6FS

01388 777129
www.learningcurvegroup.co.uk

VAWG and Hate Crime Team
Directorate of Health, Adults and Community
London Borough of Tower Hamlets
4th Floor, Mulberry Place, 5 Clove Crescent
London, E14 2BG

020 7364 6211
www.towerhamlets.gov.uk

Partner organisations



DOCKLANDS OUTREACH

Docklands Outreach
St Matthias Community Centre,
113 Poplar High Street,
London, E14 0AE

www.dockout.org.uk

Social Action for Health

Social Action for Health

A community-based health charity providing services and support to people most affected by health inequalities.

Brady Arts Centre, 192-196 Hanbury St
London, E1 5HU

07944 966141
info@safh.org.uk
www.safh.org.uk

idea
Library Learning Information

Idea Store Learning
London Borough of Tower Hamlets
www.ideastore.co.uk

TOWER HAMLETS

The Positive Change Service
Eva Armsby Family Centre
6 Glamis Road, Shadwell
London, E1W 3EG

020 7364 3015
eafc.referrals@towerhamlets.gov.uk

FamiliesMatter
Tower Hamlets Parental Engagement Team

The Parent and Family Support Service
London Borough of Tower Hamlets
Parent Advice Centre
30 Greatorex Street
London, E1 5NP

0207 364 6398
Parenting@towerhamlets.gov.uk

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.

SCAN ME

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**

Early Help and Children and Families Service

1st Floor, Tower Hamlets Town Hall

160 Whitechapel Road

London, E1 1BJ

PAE@towerhamlets.gov.uk

www.towerhamlets.gov.uk/parenteducation

