



Family Hubs Network

WE ARE NEWHAM.

What Are Family Hubs

Newham's currently has four main Family Hubs. Each hub delivers workshops, activities, advice and support services from conception to 18 years (up to 25 years if the young person has additional needs). Our services are tailored to meet your needs at the earliest preventing small challenges becoming bigger ones.

Our partnerships extend to local authority children's services, health visitors, CAMHS, housing, and the voluntary sector, working together to provide tailored support. Whether visiting a local hub, receiving outreach support, or accessing resources online, families can find the help they need, when they need it – making support more accessible, connected, and effective.



WE ARE NEWHAM.

Family Hubs @ East Ham Library



Family Hubs @ Shipman Youth Zone



Family Hubs @ Sheringham Children's Centre



Family Hubs @ United West Children's Centre *

*** Kay Rowe Children's Centre**



*** Rebecca Cheetham Children's Centre**



Family Hubs Support Services



Infant Feeding

Support and information from our skilled team via the helpline, baby feeding cafes, and workshops.



Perinatal Mental Health Support

Mental health assessments, counseling, therapy, and specialist health visitor support.



Parenting and Relationship Support

Peer support, parenting courses, digital resources, and advice for confident parenting.



Parent and Caregiver Panel

A space to share experiences, provide feedback, and suggest service improvements..



SEND Support Services

Specialist advice, workshops, learning support, emotional and peer support.



Youth Services

Activities for youth aged 10-25, led by qualified youth workers to enhance social and emotional learning.



Practical Support & Guidance

Confidential advice and practical help for families facing challenges. Our team can guide you to the right support



Start for Life

Antenatal and maternity support, health visitor services, and digital resources for the first 1,001 days.



Early Language and Home Learning

Stay and play sessions, tailored workshops, home learning resources, and specialist support.

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The Four Localities:



West: Stratford, Forest Gate and West Ham

- 1 Rebecca Cheetham Children's Centre
- 2 Kay Rowe Children's Centre
- 3 Maryland Children's Centre

East: Manor Park, Little Ilford and Green Street

- 4 Family Hub @Manor Park Community Children's Centre
- 5 St Stephen's Children's Centre

Central: East Ham and Plaistow

- 6 Family Hub @East Ham Library
- 7 Altmere Children's Centre
- 8 Oliver Thomas Children's Centre
- 9 Plaistow Children's Centre

South: Custom House, Canning Town and Beckton and Royal Docks

- 10 Edith Kerrison Children's Centre
- 11 Keir Hardie Children's Centre
- 12 Beckton and Royal Docks Children's Centre
- 13 Family Hub @Shipman Youth Zone

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Family Navigators



Family Navigators aims to deliver a services ensuring all families can access the support they need by acting as a 'one stop shop' for advice and guidance.

Families can access various support including:

- Help with school application and access to early education
- GP and Dentist registrations
- Education and training opportunities
- Employment, money and finance
- Special Educational Needs
- Risk of homelessness
- Access to Domestic Abuse services and support
- Access to food support
- Health and wellbeing
- Parenting and Health relationship support
- Local and community activities
- We can signpost to services that support with cost of living i.e. bills, food, rent etc
- Support families from pre-birth to young people aged up to 18 years old, and young people aged up to 25 if there is diagnosed SEND needs.

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Where to find us:



East Ham Hub: East Ham Library – (First Floor) 328 Barking Rd, London E6 2RT.
Monday, Tuesday and Thursday 9:30am – 12:00pm & 1:00pm – 3:00pm

Shipman Youth Zone - 340 Prince Regent Ln, London E16 3JH
Wednesday 9:30am – 12:30pm

Kay Rowe Nursery and Family Hub, Osborne Road, London E7 0PH
Friday 9:30am – 12:00pm

Stratford Library, 3 The Grove, London E15 1EL. Friday's 9:30am – 12:00pm
Monday 9:30am – 12:00pm

Sheringham Children's Centre, Sheringham Ave, London E12 5PB,
Fridays' only from 1:00pm – 3:00pm where you can call the hub on 020 8553 2479 to make a booking.

Bonny Downs - The Well Community Centre, 49 Vicarage Ln, London E6 6DQ
Thursday 9:30am – 12:00pm

West Ham Lane Health Centre, 84 West Ham Lane, Stratford, London, E15 4PT
Wednesday 1:00pm – 4:00pm

Magpie Project, Grassroots Centre, Memorial Avenue, West Ham, E15 3DB
Monday 9:30am – 12:00pm

Central Park Primary School, Central Park Road, East Ham, London E6 3DW
Tuesday 9:30am – 12:00pm

Renewal Programme, 395 High Street North, E12 6PG
Last Friday of every month

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Family Navigators mainly operate on a first come first serve basis to maximise number of families we can support



**THANK
YOU**

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