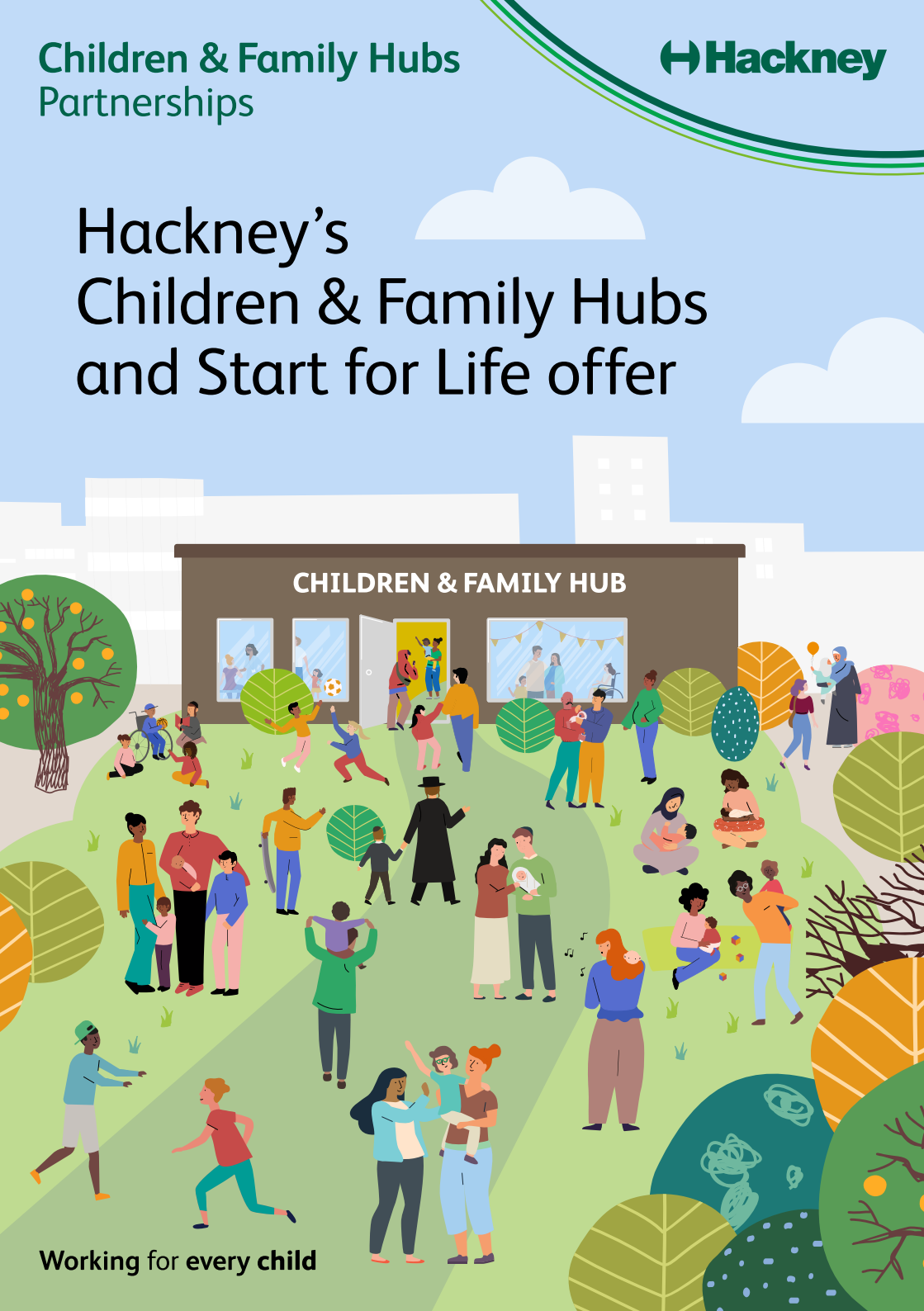


Hackney's Children & Family Hubs and Start for Life offer



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 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

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

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.

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



NHS

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