

## All residents welcome

Each hub has sessions for:

- Children and young people
- Parents, carers and family members of children and young people
- Prospective parents
- Residents aged 18+
- Residents with Special Educational Needs and Disabilities.

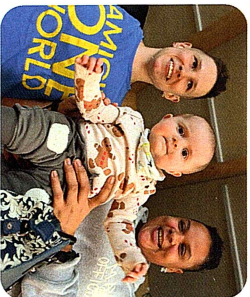
## What's on offer

Advice and support including:

- Parenting
- Health and wellbeing
- Finance, debt and benefits.

Activities including:

- After school clubs
- Youth clubs
- Yoga.



## Children's centres

For preschoolers to attend with their parents and carers. Fun and supportive sessions include:

- Learn and play
- Baby massage
- Breast feeding support
- Health visitor assessments.

## Visit our website

Browse online to view the hubs' timetables, and for easy access to advice and guidance from our services and partners.

Visit: [www.lbhf.gov.uk/thefamilyhub](http://www.lbhf.gov.uk/thefamilyhub)

## Start for Life

A programme of support from pregnancy to 36 months.



## Family Information Service

Online information for parents, prospective parents and caregivers, including:

- Maternity
- Early years
- Help paying for childcare.

## Youth hub

Online information, advice and resources for young people including:

- Mental health, wellbeing and staying safe
- Opportunities and activities
- Work readiness and life skills.

Visit: [www.lbhf.gov.uk/fh-youthhub](http://www.lbhf.gov.uk/fh-youthhub)

## Local Offer for SEND

Online information on services for children and young people from birth to 25 years old with Special Educational Needs and Disabilities (SEND), and their families, including:

- Education, health, and care provision
- What's on, leisure activities and clubs
- Employment and how to prepare for adult life (transitions to adulthood)
- Financial support and travel care.

Visit: [www.lbhf.gov.uk/localoffer](http://www.lbhf.gov.uk/localoffer)

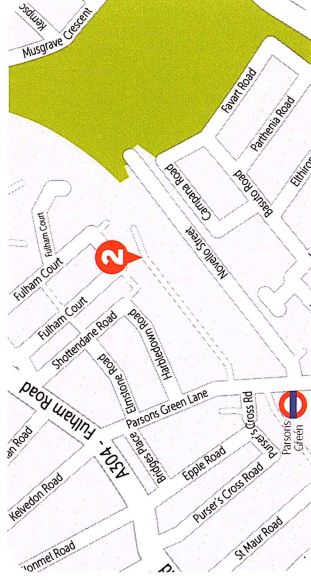


## Family Hub locations

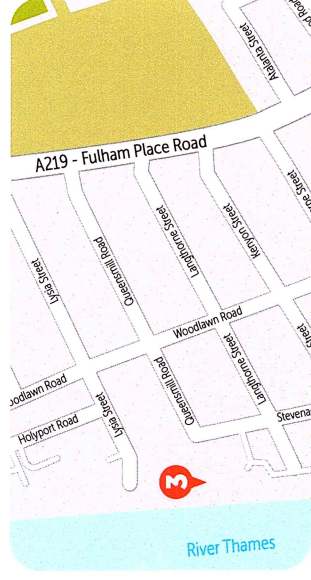
- 1. Family Hub Old Oak Community Centre**  
76 Braybrook Street, White City, W12 0AP



- 2. Family Hub Tudor Rose Community Centre**  
Tudor Rose Building, Fulham Court, SW6 5PG



- 3. Family Hub Stephen Wiltshire Centre**  
Queensmill Road, Fulham, SW6 6JR



A specialist centre for children with Special Educational Needs and Disabilities and their families.

Sessions also run from other locations in Hammersmith & Fulham

Visit: [www.lbhf.gov.uk/fh-venues](http://www.lbhf.gov.uk/fh-venues)



## Opening hours

Office hours are Monday to Friday, 9am to 5pm. Some sessions run out of hours.

Each hub is closed on bank holidays.

For session times:

Visit: [www.lbhf.gov.uk/fh-venues](http://www.lbhf.gov.uk/fh-venues)

## Contact details

Family hub and children's centre services, sessions and activities.

**Please note:** Bookings can only be taken via the telephone.

familyhubs@lbhf.gov.uk

020 8753 6070

## Have your say

We are committed to shaping our services together with residents.

- H&F Family Voices gives residents the chance to develop and feed back on the hubs.
- Parentsactive supports parents and carers of children and young people with Special Educational Needs and Disabilities (SEND).
- H&F Youth Council is for anyone aged 11 to 25 who lives, works or studies in H&F. They can share their ideas, opinions and experiences on topics important to them.
- Make your voice heard and share your feedback online at:

Visit: [www.lbhf.gov.uk/fh-haveyoursay](http://www.lbhf.gov.uk/fh-haveyoursay)

NHS

h&f  
hammersmith & fulham

Hammersmith & Fulham

Family Hub



Hammersmith & Fulham's family hubs provide free activities and support for you and your family

Our vision is for every child, young person, individual and family to be happy, healthy and have the opportunity to thrive, supported by an effective community network.