

# Families Matter

A magazine full of news and information to support families  
Featuring the Let's Talk SEND Information Supplement

## Finding creative ways to support parents' wellbeing



Creative activity has been shown to promote wellbeing and it's also a useful tool to initiate positive engagement with families. The Parental Engagement Team has a well-established range of creative workshops for parents that develop their skills. Find out how the programme has supported families at Bow School on page 12, including those who have children with special educational needs and disabilities on page 27.

Read the latest edition of the Families Matter magazine and bitesize e-bulletin online at  
[www.towerhamlets.gov.uk/familiesmatter](http://www.towerhamlets.gov.uk/familiesmatter)

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## Welcome to the autumn/winter edition of Families Matter

This edition is packed with information and updates to inform and support parents and carers and to guide practitioners in their work with Tower Hamlets families.

We hope you find the Families Matter magazine useful and welcome your feedback and contributions. Please email us at [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk) and tell us what else you would like to see in future editions.

Best wishes,

**Parental Engagement Team, Parent and Family Support Service**

## Working with families?

### Sign up to the Parental Engagement Team's network mailing list

If you are working with families in the borough, sign up to the Parental Engagement Team's network mailing list to be emailed the latest news and information to support your work. Encourage your colleagues to sign up too.

Email: [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

## Families Matter: Bitesize E-bulletin

In addition to the regular termly Families Matter magazine, we publish an e-bulletin. It provides regular updates, information, advice and support for all parents in Tower Hamlets.

Parents can sign up via the council's resident subscriber list, choosing 'children and education' as their preferred topic after closing the initial pop-up box and completing the one on the main webpage.

**Families Matter**  
Bitesize E-bulletin

- Parental Engagement
- School Transition
- Parenting
- SEND
- Local Offer
- Information Support
- Holiday Childcare
- Parent Voice

Messages from the Parent and Family Support Service

TOWER HAMLETS

Visit [www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)

This magazine is produced by the Parental Engagement Team within the Parent and Family Support Service, Children's Services Directorate. To share news in future editions of Families Matter contact

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Email: [fiona.stokes@towerhamlets.gov.uk](mailto:fiona.stokes@towerhamlets.gov.uk)

*References to 'parents' describes any caregiver responsible for the care, protection and upbringing of a child or young person, including foster parents or connected persons, grandparents, siblings or other family members living in Tower Hamlets.*

*References to 'SEND' is used in some articles as the abbreviation of special educational needs and disabilities.*

# A huge thank you to Jill McGinley

Jill McGinley, Head of the Parent and Family Support Service, has recently left her role at Tower Hamlets Council. We wish her well as she moves on to a new chapter in her life.

Jill has been an integral and leading part in the development of the borough's parental engagement and universal family work over the past two decades.

Jill worked in close partnership with the borough's schools as well as those working with parents and families in the wider sense.

The Parent and Family Support Service will greatly miss her strategic and collaborative vision, leadership and support.



## To recognise Jill's efforts and achievements, we have asked some of her colleagues to share their memories of working with her over the years.

"We first met Jill in the 1990s at Sir John Cass Primary School in Aldgate, where she was a parent volunteer running the toy library. We spotted her skills and commitment in facilitating services that supported not only children but also their parents, in an interactive and fun way.

Once Jill started working for Tower Hamlets Council, our connection with her grew, which has had a long lasting positive impact on the work that we do.

We last met with her at an event at the Brady Arts and Community Centre, and talked about ways we could still work together.

We both shall miss Jill and all the great work she did for local families."

Julie Morgan and Pip Pinhorn  
Toyhouse ([www.toyhouse.org.uk](http://www.toyhouse.org.uk))

Jill also launched the first version of this magazine, originally called the Parents Matter newsletter, in April 2006.

**Parental Involvement Co-ordinator**

My name is Jill McGinley and I have recently been appointed as the Parental Involvement Co-ordinator for the London Borough of Tower Hamlets.

My role is to provide support for schools in order for them to develop their work with parents. I would be very happy to speak with you about evaluating or developing the work with parents in your school or setting.

*Jill McGinley*  
Equalities & Parent Partnership,  
3<sup>rd</sup> Floor, Mulberry Place,  
5 Clove Crescent, London E14 2BG  
Email [jill.mcginley@towerhamlets.gov.uk](mailto:jill.mcginley@towerhamlets.gov.uk)  
or phone 020 7364 4946.

# A huge thank you to Jill McGinley

"Jill was one of the first people I met when I started at Tower Hamlets and my manager, Liz Vickerie, said to me; 'make sure you work closely with Jill, she knows everyone and has such a clear vision for the families and children of Tower Hamlets.'

Well, I was privileged to work with Jill from then on for many years and I can absolutely say that was true.

Jill had such an extensive knowledge of the local authority and completely embodied the idea of 'working together' and the power of partnerships. Her service has connections into every part of Children's Services and beyond, and her commitment and dedication to providing families with what they need to thrive is legendary.

Above all, Jill is one of the nicest, kindest, most compassionate and supportive people I have ever worked with and has led her team and the rest of us by shining example. She will be greatly missed but her service continues to do amazing work which is a real legacy."

**Kerri Marriner**  
Head of Behaviour and Attendance Service, LBTH



Jill and the Parent and Carer Council parents at the Parent Conference 2015



Jill with colleagues and parents who had completed the Healthy Families Parent Ambassadors training

"It is due to Jill that I have had the privilege to have worked in the parent/community liaison field for the past 25 years. It has been wonderful to see that under Jill's stewardship, the impact of parental engagement work has grown and has been recognised as a vital part of school life.

Her vision and determination has promoted the importance of school as a community learning environment, for the holistic development of its children.

The team of professionals she has nurtured are supporting our community in so many significant ways, empowering change and building a lasting legacy."

**Janice Hill Kocoglu**  
Parent/Community Liaison who has supported various schools in Tower Hamlets

# A huge thank you to Jill McGinley



"It was an absolute pleasure to work with Jill. She is a real children and family champion. Her principled and nurturing approach was an inspiration to us all. Tower Hamlets is a richer place thanks to the work she did."

**Alexandra Law**  
 Headteacher  
 Harry Roberts Nursery School



"Working with Jill over many years has been a real pleasure. She has a unique work ethic. Despite being in a senior role, she was always very approachable. Her friendly, professional personality meant that she was very good at bringing people and partners together. Some of the qualities I loved about Jill was her relentless energy, her calmness and her knowledge. She always had a 'can do' attitude and this resonated with the people she worked with. A massive thank you!"

**Susan Sibley-Mason**  
 Deputy Safeguarding Lead  
 Woolmore Primary School



# Families Matter Parent Conference 2024: Keeping families healthy and happy

Delivered by the Parental Engagement Team with our local parent volunteers

Over 120 people attended the 15th annual parent conference, which took place at the Town Hall in July, and was organised by the Parent and Family Support Service. The theme of this year's event was 'keeping families healthy and happy over the summer holiday period'.

The conference provides an opportunity for parents and professionals who work with families to come together, hear about interesting developments from keynote speakers and attend inspiring workshops.



Parents from Marion Richardson Primary School at the conference

# Families Matter Parent Conference 2024

## The importance of fostering



Hilary Cheyne, Fostering Development Team with foster carers, Jenny Lewis and Afia Choudhury and Paula Lyttle, Fostering Recruitment and Assessment Team

The keynote topic raised awareness of the importance of fostering in the borough. The session was presented by the Fostering Recruitment and Assessment Team and two current foster carers, Jenny Lewis and Afia Choudhury, who shared their personal experiences.

Information on the newly developed Steps into Fostering course, a partnership between the Fostering Recruitment and Assessment Team and the Parental Engagement Team, was also shared. The first course is currently being delivered, more details can be found on page 18.

Steve Reddy, Corporate Director of Children's Services, and Lisa Fraser, Director of Education, also joined the conference to meet parents and services in attendance.



Hilary Cheyne from the Fostering Development Team and Steve Reddy, Corporate Director of Children's Services, at the parent conference

## Become a foster carer

For information on becoming a foster carer in Tower Hamlets, visit

[www.fosteringtowerhamlets.co.uk](http://www.fosteringtowerhamlets.co.uk)

# Families Matter Parent Conference 2024

## The information marketplace



Attendees were able to meet and get information from local services during the conference.

Stallholders included:

- The Parent and Family Support Service, which includes the Parental Engagement Team, provided information on parenting, healthy families and volunteering programmes, plus the SEND Information Advice and Support Service. Supported by the SEND Parent Ambassadors.

[www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)

[www.towerhamletsandcitysendiass.com](http://www.towerhamletsandcitysendiass.com)

- The Fostering Recruitment and Assessment Team shared information on how parents can become foster carers. The importance of fostering was the keynote topic at this year's conference.

[www.fosteringtowerhamlets.co.uk](http://www.fosteringtowerhamlets.co.uk)

- The School Admissions Team
- [www.towerhamlets.gov.uk/schooladmissions](http://www.towerhamlets.gov.uk/schooladmissions)

- Idea Store
- [www.ideastore.co.uk](http://www.ideastore.co.uk)

- Tackling Poverty Team and Resident Support Outreach Team
- [www.towerhamlets.gov.uk/advice](http://www.towerhamlets.gov.uk/advice)

For information on services for families, visit [www.towerhamlets.gov.uk/localoffer](http://www.towerhamlets.gov.uk/localoffer)



# Families Matter Parent Conference 2024

## The information marketplace

- Young Workpath  
[www.towerhamlets.gov.uk/careers-service](http://www.towerhamlets.gov.uk/careers-service)
- The Recycling Team  
[www.towerhamlets.gov.uk/recycling](http://www.towerhamlets.gov.uk/recycling)
- Healthy Lives Team  
[www.towerhamlets.gov.uk/healthylives](http://www.towerhamlets.gov.uk/healthylives)
- Reducing Parental Conflict Programme  
[www.towerhamlets.gov.uk/rpc](http://www.towerhamlets.gov.uk/rpc)
- Family Hubs Programme  
[www.thfamilyhubs.co.uk](http://www.thfamilyhubs.co.uk)
- No Place for Hate  
[www.towerhamlets.gov.uk/npfh](http://www.towerhamlets.gov.uk/npfh)
- Violence Against Women and Girls (VAWG) and Hate Crime Team  
[www.towerhamlets.gov.uk/vawg](http://www.towerhamlets.gov.uk/vawg)
- Nour, a charity set up to provide support for those who have suffered or are suffering from abuse, including domestic abuse, sexual violence and childhood abuse.  
[www.nour-dv.org.uk](http://www.nour-dv.org.uk)
- The Independent SEND Parent Forum  
[www.thsendforum.co.uk](http://www.thsendforum.co.uk)
- DLR Community Ambassadors  
[www.tfl.gov.uk/modes/dlr/dlr-ambassadors](http://www.tfl.gov.uk/modes/dlr/dlr-ambassadors)
- Lumi Nova, a mental health app for children  
[www.luminova.app](http://www.luminova.app)
- Perceptions of childhood vaccinations research with the Royal Society for Public Health. For more information on this research, email [faguilarperez@rsph.org.uk](mailto:faguilarperez@rsph.org.uk)
- Barts Health NHS Trust Children's Research Team  
[www.bartshealth.nhs.uk/young-barts-health](http://www.bartshealth.nhs.uk/young-barts-health)
- Queen Mary University of London Student Union, promoted their holiday sports camp for children  
[www.qmsu.org/camp](http://www.qmsu.org/camp)



# Families Matter Parent Conference 2024

## Bitesize workshops

The Parental Engagement Team delivered a range of workshops for parents on topics to support their families over the summer holiday period and beyond.



### Keeping your children safe online

Parents discussed their child's online world, including how the internet can help children play, learn, create and connect. They were also given useful tips on managing screen time and help to keep children safe when using social media, gaming or the internet.

### Keeping children active and healthy over summer

This workshop detailed the benefits of exercise, outdoor play and healthy eating. Parents explored ways to engage children in play activities and create fun healthy snacks.

### Summer survival tips for parenting over the holidays

How to prepare for a calm, productive and enjoyable summer holiday, including tips to help keep routines during school breaks.

### Sewing hacks: learn basic hand stitches

Parents learnt the basics of hand stitching by completing a simple sewing project.

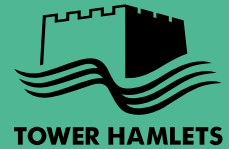
They were encouraged to share the tips they had picked up with their child at home to keep them busy over the holidays.

### Sewing hacks (intermediate): keep it zipped!

A more advanced sewing workshop for those who have some experience of using a sewing machine. Parents learnt how to use a sewing machine to put in zips by making a small pouch. This workshop was suggested by parents at the 2023 conference.

The Parental Engagement can deliver workshops and courses on similar topics at your school or setting. For more information email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

Every day matters.  
Every minute counts.



Attending primary school regularly provides a wealth of social, health and academic benefits for children.



If your child is struggling with attending school, or for further help and support, visit [towerhamlets.gov.uk/EveryDayMatters](https://towerhamlets.gov.uk/EveryDayMatters)





## Creative pottery supports wellbeing at Bow School

Parents took part in five-week pottery workshop at **Bow Secondary School** where they learnt hand building techniques using clay, including coiling, pinch-potting and slab work.

Using these techniques, parents made fruit bowls, cups, mugs and Moroccan tiles. All their creations were fired and glazed to make them functional and food safe, so they could be used at home.

Creative processes can boost happiness and self-confidence, instilling a sense of pride and achievement. Parents reported that the tactile nature of ceramic making was calming and grounding, alleviating stress and boosting wellbeing. One parent also said the workshop brought back "happy memories of my childhood in Bangladesh".

Parents of children who have SEND also participated. For more details on their experience, see page 27.

“

Thank you for organising the pottery class. The Parental Engagement Team's expert instruction made learning pottery a joy.

I loved discovering the many benefits of pottery, including stress management, creativity, self-expression, and connecting with fellow parents.

Your efforts to bring the parents together through this unique activity is truly appreciated. I'm already looking forward to the next class!

Shabna, Bow School Parent

”

To find out more or to book a creative workshop for your school or setting, email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

# Badminton for dads at Old Palace

Dads at **Old Palace Primary School** have been given the opportunity to keep fit, talk and form support networks by meeting weekly to play badminton. Old Palace are using existing resources and the school hall as a cost-effective way to engage dads, which has proven to be a real success.





# School applications are now open

Don't miss the deadlines for admission to primary and nursery schools.

<b>Primary admissions</b> For children born between 1 September 2020 and 31 August 2021	<b>15 January 2025</b>
<b>Nursery admissions</b> For children born between 1 September 2021 and 31 August 2022	<b>14 February 2025</b>

Complete your application online at [www.eadmissions.org.uk](http://www.eadmissions.org.uk)

For information about how to apply, scan the QR code or visit [towerhamlets.gov.uk/schooladmissions](http://towerhamlets.gov.uk/schooladmissions)

[school.admissions@towerhamlets.gov.uk](mailto:school.admissions@towerhamlets.gov.uk)



SCAN ME



# Tower Hamlets Parent and Family Support Service

## Parenting programmes

Parenting programmes are a source of support for all parents and offer an opportunity to share experiences, develop an understanding of child development, build positive relationships and learn to deal with challenging behaviour.

PROGRAMME	ELIGIBILITY	INFORMATION
<b>Early Repair</b>	All fathers and male carers	Early repair is a brief awareness two-day group programme for fathers identified as using abuse (physical and/or emotional and/or coercive control). It is for fathers who are assessed as being a lower risk in accordance with the Tower Hamlets risk matrix. Professional referrals only.
<b>Emotional First Aid</b>	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing.
<b>Family Transitions</b>	All parents	For parents who have experienced separation or divorce to learn how to co-parent effectively and to learn strategies for how to deal with the loss of their relationship with their ex-partner.
<b>Strengthening Families, Strengthening Communities</b>	2-18 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties.
<b>Speakeasy</b>	5-18 years	For parents to develop the skills and confidence to talk to their children about growing up, relationships and keeping safe. Explores how relationship and sex education (RSE) is taught in schools and the influence on children from media and peers. Four weekly sessions.
<b>Triple P for Baby</b>	0-12 months	To prepare parents for a positive transition into parenthood and the first year with baby promoting sensitive and responsive care.
<b>Triple P Group</b>	2-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour.
<b>Triple P Teen</b>	12-18 years	For parents who wish to build positive relationships with their teens, increase self-confidence and develop their skills to communicate more effectively with their teens.
<b>The Parent Factor in ADHD</b>	5-16 years	A programme for parents with children diagnosed with attention deficit hyperactivity disorder (ADHD). The course will cover information to help understand the diagnosis and treatment, strategies to support your child and manage difficult behaviour and how to advocate on your child's behalf within the education system. Nine weekly sessions.

### Triple P discussion groups

For parents of children aged 2-11 years

- Encouraging positive behaviour
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle-free mealtimes with children

For parents of children aged 12-18 years

- Coping with teenagers' emotions
- Reducing family conflict
- Getting teenagers to co-operate
- Building teenagers' survival skills

#### Get in touch

Email: [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) Tel: 020 7364 6398

To book a place or to make a referral download a referral form, scan the QR code or visit [www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)



# Working with Families seminar

A multi-agency seminar took place in October at the Town Hall. Organised by the Parental Engagement Team, the event was an opportunity for practitioners to network, meet colleagues and partners from schools, other services and community organisations. Attendees found out about resources available to support their work with families.

The seminar included information on:

- The upcoming **National Wraparound Childcare Programme** – what this means for schools and families  
Email: [wraparound.childcare@towerhamlets.gov.uk](mailto:wraparound.childcare@towerhamlets.gov.uk)
- Referral processes and **parenting programmes** delivered by the Parental Engagement Team  
[www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)
- The borough's new **Cohesion Plan** and how professionals and families can take part in the consultation  
[www.towerhamlets.gov.uk/cohesion](http://www.towerhamlets.gov.uk/cohesion)
- **How Children's Social Care respond to harm outside the home with the Tower Hamlets Exploitation Team.** The team are happy to visit parent groups/coffee mornings and school/service staff teams to raise awareness of their work  
Email: [exploitation.team@towerhamlets.gov.uk](mailto:exploitation.team@towerhamlets.gov.uk)
- Tower Hamlets **Functional Family Therapy Service** – how they can support families  
Email: [jennifer.flandro@towerhamlets.gov.uk](mailto:jennifer.flandro@towerhamlets.gov.uk)
- **RESET CGL (Change Grow Live) Treatment and Recovery Service's Family Support Team** – supporting families impacted by substance misuse. See page 19  
Email: [isha.isidore@cgl.org.uk](mailto:isha.isidore@cgl.org.uk)



Seminar attendees listening to a presentation from the Exploitation Team

- **Queen Mary University of London's Understanding Children's Eating Habits in Tower Hamlets** – research project opportunity for families with an incentive for taking part. Lead researcher, Sonia Pombo, is happy to visit school coffee mornings or attend community events to encourage parents to take part. See page 23  
Email: [s.pombo@qmul.ac.uk](mailto:s.pombo@qmul.ac.uk)
- Update on the **Christmas Holiday Activities and Food (HAF) programme with the Tackling Poverty Team.** See page 31. Further information and updates will be shared on the Tower Hamlets Local Offer and at [www.towerhamlets.gov.uk/haf](http://www.towerhamlets.gov.uk/haf)

The next Working with Families seminar will take place next year.  
For more information, email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)



# Free child wellbeing courses with the Solihull Approach

Family Hubs has announced a groundbreaking partnership with the Solihull Approach, a trusted NHS not-for-profit provider renowned for its online courses focusing on children's emotional health and wellbeing.

Through this collaboration, Family Hubs has funded a multi-user license, granting all Tower Hamlets residents access to a free, comprehensive range of online courses.

Key highlights of the online courses include:

- **Understanding your child's emotional health and brain development:** gain insights into brain development to support healthy growth.
- **Reading your child's behaviours:** equip yourself with tools to interpret and respond effectively, reducing stress.
- **Developing communication:** learn strategies for effective communication, promoting emotional wellbeing.

**Supporting emotional health and wellbeing from 0-19+**

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

[www.inourplace.co.uk](http://www.inourplace.co.uk)

The Solihull Approach is dedicated to supporting emotional health and wellbeing in children, families, and adults.

Developed by a team of clinical psychologists and professionals, their evidence-based strategies are designed to empower parents at every stage of their journey, from pregnancy to adolescence.

There are over 18 online courses which can all be accessed and completed at the learner's convenience and availability.

The website also has a range of featured resources which cover **school transitions** and will be currently beneficial for families with children moving up from primary to secondary school.

For more information and to start a course, visit [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets)

If your school or organisation would like Solihull Approach promotional materials to share with families, please contact Zubair Ahmed, Family Hubs Parenting Coordinator

Email: [zubair.ahmed@towerhamlets.gov.uk](mailto:zubair.ahmed@towerhamlets.gov.uk)  
[www.towerhamlets.gov.uk/parenteducation](http://www.towerhamlets.gov.uk/parenteducation)

Your guide to information and services for families in Tower Hamlets

# LOCAL OFFER

[@thlocaloffer](https://twitter.com/thlocaloffer)

[localoffertowerhamlets.co.uk](http://localoffertowerhamlets.co.uk)

Guide to information and services in Tower Hamlets for children and young people with Special Educational Needs and Disabilities (SEND) and **all** families in the borough





## Steps into Fostering course

The new Steps into Fostering course aims to support potential foster carers by giving them an overview of the role, an understanding of how to support children's development and the communication skills necessary for fostering.

The 11 week course is the result of a collaboration between the Parental Engagement Team and

the Fostering Recruitment and Assessment Team. The course, which is accredited by the Open College Network, welcomed its first cohort of 16 learners in September.

It is hoped that the course will help address the shortage of foster carers in the borough and provide an access route into fostering.

To find out more or to express an interest in attending the next course, email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

## Reducing parental conflict

Conflict is a normal part of relationships and family life. Not all conflict is damaging, but the way it manifests can negatively affect a child.

For example, when conflict between parents is intense, frequent or poorly resolved, it can harm a child's outcomes regardless of whether they are together or separated.

Find out more about the resources available to support your work with families at [www.towerhamlets.gov.uk/rpc](http://www.towerhamlets.gov.uk/rpc)

Parents can also directly access support to help them manage conflict. Visit [www.towerhamlets.gov.uk/earlyhelp](http://www.towerhamlets.gov.uk/earlyhelp) (click on reducing parental conflict information for parents).

## Family Hubs – the right help at the right time

Family Hubs are a new way of bringing together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have SEND).

Tower Hamlets' vision is for Family Hubs to operate as a network of services that includes health, education, housing, council and the voluntary sector.

These services will work together to provide high quality, whole-family, joined up support, ensuring that children, young people and families get the right help at the right time.

For more details visit [www.thfamilyhubs.co.uk](http://www.thfamilyhubs.co.uk)

## Family Hubs and children and family centres new opening times and extended hours trial

All children and family centres and John Smith and Overland Family Hubs will now open at 9.15am and close at 5pm.

There is also currently a trial of extended hours in two Family Hubs (Isle of Dogs and Meath Gardens).

For more information visit [www.towerhamlets.gov.uk/childrenandfamilycentres](http://www.towerhamlets.gov.uk/childrenandfamilycentres)



# Reset Recovery Family Service

The Family Service at RESET Recovery CGL (Change Grow Live) has recently been relaunched.



The service works with family members, partners and carers that have been, or are being impacted by substance misuse. It offers a safe and judgement-free space to access support, advice and meet other people who are also experiencing a similar situation.

Interventions include:

- Solution-focused counselling
- Couples counselling
- CRAFT (Community Reinforcement and Family Training) Group
- RESET's structured family intervention programme – MPACT (Moving Parent and Children Together)

There are various support groups, including one for Black, Asian and minority, ethnic support families and a First Steps mothers online group, alongside a universal support group which meets fortnightly.

RESET can also offer workshops at various community spaces, exploring themes such as addiction, wellness, positive communication, shame and self-care.

## Support group for family members, carers and significant others impacted by substance misuse

Have you been impacted by a loved one's substance misuse?

Would you like support around this topic and to meet people in similar circumstances as you?

Would you like to be in a judgement-free space, where you can talk freely?

At the RESET support group, you can get advice, support and information in a safe and empathic environment.

Come along to:

**RESET's universal support group**  
**St Luke's Millwall, Alpha Grove, E14 8LH**  
**Tuesdays, 2pm, fortnightly**

### Contact:

Isha Isidore, Family Worker  
 Reset Recovery CGL

Email: [isha.isidore@cgl.org.uk](mailto:isha.isidore@cgl.org.uk)

Tel: 07767 362754

For all enquiries and referrals please contact Isha Isidore, RESET Family Lead Worker

Email: [isha.isidore@cgl.org.uk](mailto:isha.isidore@cgl.org.uk)

For more information visit

[www.changegrowlive.org/reset-treatment-recovery-support-service/additional-support](http://www.changegrowlive.org/reset-treatment-recovery-support-service/additional-support)



## Keeping Children Safe Online workshop for parents

The Parental Engagement Team delivered a Keeping Children Safe Online workshop at the Town Hall for local parents in September. Over 60 parents and professionals from schools registered to attend.

Experienced practitioners shared valuable insights on protecting children in today's digital age. The session was also interactive, with many parents asking thoughtful questions and sharing their own experiences and tips.

The workshop covered crucial topics, such as online content, cyberbullying, privacy, security, online activities, gaming and parenting strategies, including setting boundaries, rules on screen time and building a trusted relationship with your child.

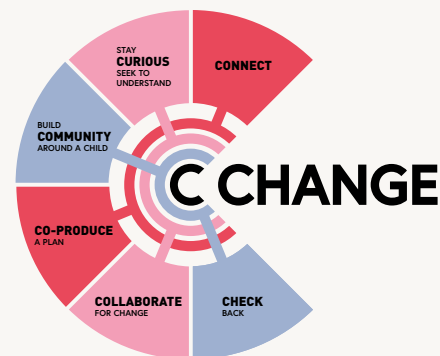
Online safety is a key priority for the council, and this was one of many sessions that has been delivered by the team as part of an extensive programme across local schools and community settings.

Parents were also able to sign up to other services and support and were given a range of information to take home.

To find out more or to express an interest in attending the next workshop, email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

## Restorative practice: learn more about the Better Together framework

In 2022, the Supporting Families Division (which includes the Early Help Service, Youth Justice and Young People's Service and Children's



Social Care) launched the Better Together framework. This sets out how staff in the division work with children, their carers and people involved in the network of support. The framework is based on restorative practice, as well as drawing on some systemic and trauma-informed ideas.

The framework's C-Change approach is:

- **Connect**
- Be **Curious**
- Build a **Community** around the child
- **Co-produce** plans with those affected by them
- **Collaborate** to bring about change
- **Check** back to see if it's making a difference

The framework's commitments are:

- Be open and honest
- Listen to understand
- Value families' experiences
- Work to prevent harm and repair damage
- Empower people with support

There are regular webinars delivered to support professionals who interact with workers in the Supporting Families Division to raise awareness of the Better Together framework. These introductory webinars will explore how some of the restorative ideas can be applied in your work.

For information on the next webinar, email [nasima.rahman@towerhamlets.gov.uk](mailto:nasima.rahman@towerhamlets.gov.uk)

## Meet Barts Health NHS Trust Children's Research Team

The Children's Clinical Research Facility (CRF) at Barts Health excels in delivering comprehensive paediatric clinical studies across all specialties. The team is composed of research nurses, clinical trials practitioners, research assistants and clinical fellows. They are committed to ensuring high-quality care and treatments that contribute to advancements in paediatric healthcare.

Their current portfolio of studies includes asthma (TEAMCARE, Dominica Study), newborn baby eye check (DIVO Study), type 1 diabetes screening (ELSA Study), respiratory, endocrine, haematology, gastroenterology and rare disease.

CRF works closely with schools and community groups to enhance public awareness of research and its importance.

They welcome voluntary participation from the local community as Children's Research Champions and would like to join school coffee mornings and community events to connect with parents and families. These opportunities help raise awareness of children's health research and foster stronger community relationships and engagement.



To find out more or to invite the team to your parent group or community event, contact:

Children's Clinical Research Facility  
Barts Health NHS Trust  
Direct number: 020 3594 1551  
Email: [bhnt.ccrfbh@nhs.net](mailto:bhnt.ccrfbh@nhs.net)  
X (formerly Twitter):  
[@CCRFBartsHealth](https://twitter.com/CCRFBartsHealth)  
[www.bartshealth.nhs.uk/young-barts-health](http://www.bartshealth.nhs.uk/young-barts-health)

## Whooping cough cases are rising across London

Whooping cough, also known as pertussis, is a contagious disease that can make young babies very sick, and cases are rising across London. One of the best ways to protect your baby is to get the whooping cough vaccine during pregnancy.

Whooping cough causes severe coughing fits and can be especially serious for young babies. Babies who contract it often need to be admitted to hospital and can suffer from serious complications, including pneumonia, seizures, and even death.

It is safe for your baby when you get vaccinated while you are pregnant. It will provide protection for your baby before they are old enough to get



their own vaccine (starting from eight weeks old). By getting vaccinated, you help prevent the spread of whooping cough in your community, protecting other vulnerable babies and people.

Talk to your midwife if you have more questions and to book your vaccination.  
[www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination](http://www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination)

# New healthier advertising policy for Tower Hamlets

Tower Hamlets Council has introduced a new healthier advertising policy to help improve the health of children living in Tower Hamlets.

The healthier advertising policy promotes healthier food options over foods that are high in fat, salt and sugar. It does this by restricting advertising of food and non-alcoholic drinks high in fat, salt and sugar on council-owned advertising spaces and through council advertising contracts.

## Why the policy is important

The borough has high levels of childhood unhealthy weight levels, putting children at risk of a range of health issues. Over one in five children in Reception have excess weight. This more than doubles by the time children are in Year 6 at school.

Children from more disadvantaged backgrounds are more affected by poor diets and dental decay. Tower Hamlets is working hard to change this.

A key part of growing up healthily is eating a nutritious diet. Advertisements promoting unhealthy food and drink influence what children eat and drink, leading to poorer health.

Some hypothetical examples illustrating adverts before and after the implementation of the policy, highlighting the positive changes in promoting healthier choices.

## Before policy



## After policy



Unhealthy food advertising also widens health inequalities because children from disadvantaged areas are more likely to be exposed to unhealthy food adverts compared with children from more affluent areas.

The policy aims to reduce the harmful impacts of unhealthy food and drink advertising on children to create a healthier environment for everyone.

Click [here](#) to find out more or email [healthier-advertising-policy@towerhamlets.gov.uk](mailto:healthier-advertising-policy@towerhamlets.gov.uk).

# Children's online food survey

Parents and carers of healthy children aged three to 11 and living in Tower Hamlets are being invited to take part in an online children's food survey. The survey is being conducted by Queen Mary University of London. The results will be used to better understand the diet and eating habits of children.

## How to take part in the survey

- Keep a record of all food and drink the child has eaten in a day
- This will be done online, on four different days

Parents will receive a £15 gift card for completing the survey.

Researchers are also happy to meet parent groups and attend community events to engage with families directly.



For more information or to invite the researchers to your school or setting, email [s.pombo@qmul.ac.uk](mailto:s.pombo@qmul.ac.uk) or click [here](#).

## SHINE: parent groups to improve nutrition and care of young children

A small initiative was recently started in the borough by two residents, supported by the charity Women and Children First.

The Supporting Households to Improve Nutrition and Exercise (SHINE) initiative is aimed at Bangladeshi families with children in Key Stage 1 (5-7-year-olds), as well as their younger siblings.

Experienced facilitators from the community, Lily and Tanjida, will hold meetings with parents to discuss recommended child nutrition and care practices. Parents will be able to share knowledge and together will come up with practical solutions on how families can follow recommendations, adapting them to their culture and recognising increased living costs.

Topics will include advice on how to cook healthy and affordable South Asian dishes specifically adapted for children and what wellbeing and support services are available to families in the borough.

The series of eight meetings will take place in schools and community centres.

If you would like to learn more or sign up to one of the groups, please email community facilitator, Lily: [lilyislam77@gmail.com](mailto:lilyislam77@gmail.com)



## Communities Keeping Well – helping residents live healthier lives

The Communities Keeping Well programme is working with eight communities in Tower Hamlets to prevent type 2 diabetes, coronary heart disease and respiratory disease. Over a two-year period, residents will come together through a series of community events to design and lead activities to support a healthier life.

It's an opportunity for residents to get their voices heard on health and community life, become health champions and help each other out.

Communities Keeping Well are your GPs, the council's Public Health Team, local voluntary sector organisations and residents working together.

For more information on the programme, email [ckw@towerhamlets.gov.uk](mailto:ckw@towerhamlets.gov.uk)

## Bags of Taste – free home-mentored cooking programme

Are you worried about the rising cost of food and how to eat healthily on a tight budget? Join a Bags of Taste free and fun cooking course.

Learn how to cook delicious and healthy meals from all over the world whilst saving money. It's easily accessible for parents and allows children to get involved in cooking and trying out new foods.

### How does it work?

Bags of Taste deliver a bag of ingredients straight to your door. You will have a mentor who will support you by phone



or Whatsapp message to cook three delicious and low-cost recipes over two weeks. Your mentor will share tips and advice along the way.

Register online:  
[www.bagssoftaste.org/courses/course-registration](http://www.bagssoftaste.org/courses/course-registration)  
 Tel: 07807 398 181  
 Email: [towerhamlets@bagssoftaste.org](mailto:towerhamlets@bagssoftaste.org)  
 Spaces are limited and for qualifying participants only.



## Healing conversations

Free counselling and peer support is available for women in Tower Hamlets who have experienced birth trauma, pregnancy or baby loss, violence, abuse, female genital cutting and other negative experiences.

This support, provided by Sister Circle, is available online or in person, in different community languages, and is adapted for different cultures.

“

She was like a friend I knew I could talk to every single week, through the toughest time of my life. I am very grateful and with her help, my life had transformed for the better and I am in a better place today!

”

Residents or professionals can refer to Sister Circle.  
 Email: [counselling@sistercircle.org.uk](mailto:counselling@sistercircle.org.uk)  
 Tel: 07909 803 728  
[www.sistercircle.org.uk/get-support](http://www.sistercircle.org.uk/get-support)



## Let's Talk SEND updates and information

Information on previous and upcoming Let's Talk SEND events and updates on the borough's SEND improvement journey can be found at

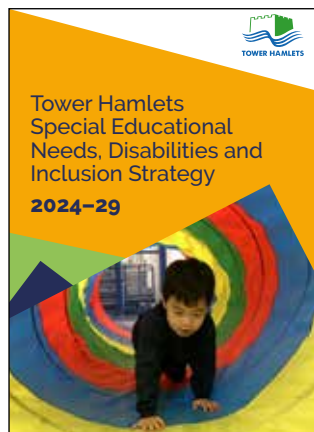
[www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send](http://www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send)



## Special Educational Needs, Disabilities and Inclusion Strategy 2024-2029

The Tower Hamlets Partnership signed off its new SEND and Inclusion Strategy in September. It sets out how the council will deliver the right support at the right time for children and young people with SEND and their families.

The strategy will be launched in November. The partnership thanks all the young people, families and professionals who shaped the strategy.



The strategy covers six priority areas:

1. Timely, effective and well-coordinated support
2. User-friendly services
3. Early identification and support for the under-fives
4. Effective education and support for school-age children with SEND and additional needs
5. Opportunities and support for young adults with SEND and additional needs
6. Children and young people with SEND and neurodiversity are valued, celebrated and supported to thrive.

For more information email [childrens.strategy@towerhamlets.gov.uk](mailto:childrens.strategy@towerhamlets.gov.uk)

Let us know what you would like to see in the next termly Let's Talk SEND supplement.

Email: [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)

More information on the support available to families can be found at [www.towerhamletsandcitysendiass.com](http://www.towerhamletsandcitysendiass.com)



[www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send](http://www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send)

### TERMS

**SENCOs** are also referred to as SENDCOs (Special Educational Needs and Disability Coordinators) in some schools.

**SENDIASS** refers to the Special Educational Needs and Disability Information Advice and Support Service.

**Parents** - references to 'parents' describes any caregiver responsible for the care, protection and upbringing of a child or young person, including foster parents or connected persons, grandparents, siblings or other family members living in Tower Hamlets.

# Our Time All Ability Youth Forum update



The Our Time All-Ability Youth Forum is based at the Young People's Advice Centre in Whitechapel. The forum encourages, advises, and supports all young people in Tower Hamlets with SEND.

The forum offers a wide range of opportunities for young people to participate in informal activities, such as having fun and socialising with other members of the forum. They can then gradually get involved in something more formal, such as working as a Young People's SEND Ambassador or working with professionals and senior managers at a strategic level. This provides young people with a voice and can lead to significant changes being made in developing a better SEND support system in Tower Hamlets.

Meetings are held regularly, with Saturday sessions taking place fortnightly. These provide a friendly and fun space where members can express themselves, play games, and connect with one another. Occasionally, they also enjoy day trips or participate in activities like bowling.

Our Time All Ability Youth Forum are always happy to welcome new members. They also offer a one-to-one pre-meeting for newly joined members.

Below is an update of their recent activities:

- **SEND Summit at Guildhall** – delivered a presentation and talked to professionals about SEND. Sornnaly, Yaomin, Luca and Sarah were the forum members who attended
- **London SEND Leadership Programme at Coin Street Conference** – delivered a presentation to professionals talking about SEND awareness, concerns related to bullying and shared own experiences
- **SEND Parent Conference, Town Hall** – promoted the youth forum and services available for people with SEND from the SENDIASS
- **Family Hubs Spring Fun Day, Halley Primary School** – promoted the forum and services available for children/young people with SEND from the SENDIASS
- **Working with other London boroughs** – started working with the London Borough of Hillingdon to share ideas and make suggestions on how they can form their own SEND youth forum. Also worked with the London Boroughs of Lambeth and Bexley in a similar manner.
- **Ongoing work and promotion to attract new members**
- **Tower Hamlets Annual Let's Talk SEND Transition event** – delivered a presentation to parents, young people and professionals
- **Spotlight Q&A (with Deputy Mayor/Director of Children's Services)** – Sornnaly attended to represent young people with SEND as the Chair of Our Time Forum and the Youth Cabinet Member for Equalities and Social Inclusion
- **Working with George Green's School** – once a month sessions similar to Spotlight
- **Increasing use of social media**
- **Bowling at Surrey Quays**

## Newsletter

To get the latest news and updates on what the Our Time Youth Forum have been doing, read their latest newsletter on the Local Offer, scan the QR code or click [here](#)



To find out more and to join Our Time All Ability Youth Forum, email [ourtime.yf@gmail.com](mailto:ourtime.yf@gmail.com) or call 020 7364 6489

# Supporting SEND parents at Bow School

**Bow Secondary School** recently hosted a creative workshop for parents. It successfully engaged a range of parents, including parents of children with SEND and those with children who attend the Phoenix satellite provision at Bow School.

Creative workshops can develop participants' skills and confidence and support their wellbeing. They can also help schools build positive relationships with parents and carers.

## About Phoenix satellite provision

Phoenix is a well-established special school dedicated to serving children and young people with autism. It has three main sites complemented by two satellite provisions, including a satellite at Bow Secondary School.

The satellite at Bow School currently has three classes comprised of students aged 11 to 16. Many of them have come from Phoenix while others have come to the satellite from local mainstream primary schools.

For more information on the satellite provision, visit [www.phoenix.towerhamlets.sch.uk/oursites](http://www.phoenix.towerhamlets.sch.uk/oursites)



“Pottery class was therapeutic and very enjoyable. I wish it could have gone on for several more weeks. It's just the right tonic to help reduce mental stress and bring out the artist in yourself!”

Khaleda, Parent of a child who attends the Phoenix satellite provision

## A message from the Family Support Partner

Family Support Partner work through the delivery of courses and workshops has been extremely valuable to the success of parental engagement at Bow Secondary School.

Phoenix satellite parents were delighted to be offered places on the course by Bow School.

The emotional, physical, and psychological impact many families face whilst taking care of SEND children is often overlooked. However, parents attending the course felt valued and the course had a positive impact on their mental health and wellbeing.

Having worked with many families at Bow School, we recognise there is a correlation between mental health and creative activities. Parents attending the course had improved and strengthened their social skills, confidence, time keeping, self-esteem and emotional wellbeing.

**Fahmida Begum, Family Support Partner from the Parental Engagement Team at Bow School**

To find out more or to book a creative workshop for your school or setting, email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)



## What's new in speech and language therapy for under 5s?

You may have spotted a speech and language therapist out and about in Tower Hamlets recently – here's why.

The team are working on supporting the Little Talkers programme in children and family centres. This programme is for children aged 18 months to three years who are not talking as much as expected. They have revamped the programme and are trialling it in a few children and family centres before rolling it out across the borough. You will find speech and language therapists in the new Little Talkers sessions along with the early intervention workers.

The team are also keen to talk to people about children's language development. They are developing a campaign called 'Get down, get talking, Tower Hamlets!' to share messages about common topics related to children's early language skills and what families can do to help. They have visited stay and play sessions, Idea Stores, and community events.

Get in touch with the team if you would like to find out more or if you are organising an event where they could engage with families. Email [SLTConsultation.bartshealth@nhs.net](mailto:SLTConsultation.bartshealth@nhs.net)

## Let's Talk SEND transition event

Parents of children in Years 4 and 5 with Education Health and Care Plans (EHCPs) are invited to attend a Let's Talk SEND transition event to support their children with the secondary school transfer process.

There will be a presentation from the SEN department on secondary transfer and information on independent travel training, plus the opportunity to meet with secondary school SENDCOs.

The Family Information Service will also be on hand to provide information on services to support families and what is available through the Local Offer website.

**Thursday 1 May 2025**

**9.30am-2pm**

**Brady Arts and Community Centre  
192-196 Hanbury Street, E1 5HU**

Lunch will be provided. For more information or to book your place:

Email: [towerhamlets&city.sendiass@towerhamlets.gov.uk](mailto:towerhamlets&city.sendiass@towerhamlets.gov.uk)

Tel: 020 7364 6489



## SEND Support Group

- Come and meet other parents
- Share information
- Younger children welcome
- Monthly guest speakers
- No diagnosis needed

### For more information contact:

Tower Hamlets & City SEND IASS, 30 Greatorex Street, Whitechapel, London E1 5NP

☎ 020 7364 6489

✉ [TowerHamlets&City.SENDIASS@towerhamlets.gov.uk](mailto:TowerHamlets&City.SENDIASS@towerhamlets.gov.uk)

🐦 @TH\_IASS

🌐 [www.towerhamletsandcitysendiass.com](http://www.towerhamletsandcitysendiass.com)

We meet fortnightly,  
Thursday, Term time only  
**10am-12noon**  
at Tower Hamlets &  
City SEND IASS



# Joining up to support children under 5 with SCD

Young Barts Health have been adapting their service for children aged under 5 who present with social communication differences (SCD) in Tower Hamlets.

The 'social connect' pathway has been created to help reduce waiting times to different services and improve joint working amongst professionals, so families can have access to the right support at the right time. The under 5 Occupational Therapy and Speech and Language Therapy service have teamed up with children and family centres and the Health Visiting Team to develop a joined-up offer.

How to access support from children's therapies was changed in September. If a professional or family is worried about a child's social communication, families can access sessions without a referral to the Therapies Team.



This is via Eventbrite:

[www.eventbrite.co.uk/o/barts-young-health-childrens-therapies-75042212983](http://www.eventbrite.co.uk/o/barts-young-health-childrens-therapies-75042212983)

Families need to access this offer first before a referral is made for further support from the Therapies Team.

If you would like further information, email [bartshealth.socialconnect@nhs.net](mailto:bartshealth.socialconnect@nhs.net)

## Tower Hamlets Independent SEND Parent Forum

The Tower Hamlets Independent SEND Parent Forum is pan-disability. Members work with families and professionals from the council and health services



to ensure the views of parents, carers and young people contribute to the design and delivery of services.

Join other parents and carers of children and young people with SEND (0-25 years) for coffee and talk about the issues that are important to you.

For more information, email [thesendforum@gmail.com](mailto:thesendforum@gmail.com)  
call 07498 573872

[www.thesendforum.co.uk](http://www.thesendforum.co.uk)

Do you care for a child with special needs and/or disabilities?



Come along for a break, free refreshments & laughter!

**FIRST MONDAY OF EVERY MONTH**  
**1:30PM - 2:30PM**

SUPPORT  
GROUP



**MUDCHUTE FARM, PIER STREET, E14 3HP**

- Focus on you as a parent/carer
- Join a safe, non-judgemental space. Meet, share and get support from other SEND parents/ carers
- Information, services, resources and local offers
- Experienced SEND guest speakers



The Barkantine - Island Health - Docklands Medical Centre - Island Medical & Woodwharf



For more information:  
Speak with your GP practice/Social Prescriber  
or e-mail [thgpcg.socialprescribingnw8@nhs.net](mailto:thgpcg.socialprescribingnw8@nhs.net)



# Helping families with clothing costs

Denise De-Goze, Interim Head of the Parent and Family Support Service (PFSS), would like to say a big thank you once again to Grace Browning (CEO) and Jilly Thomas from Childrensalon Outlet, and all their affiliate charities, who have donated new clothing for families in need in Tower Hamlets.

In September, the PFSS held two open days at the Parents Advice Centre where families could come to collect items of new clothing.



“

This is amazing. It has taken a lot of stress away from me as I didn't have money to buy the children new clothes. I've picked up some school uniforms and some joggers and t-shirts. Thank you so much.

Parent

”

## Residents' Hubs open

Residents' Hubs allow residents who cannot use online services to access face-to-face advice and support on topics such as housing, council tax, benefits, domestic abuse, health, employment and debt management.

There are five hubs located at:

- Town Hall in Whitechapel
- Idea Store Bow
- Idea Store Chrisp Street in Poplar
- Cubitt Town Library on the Isle of Dogs
- Professional Development Centre in Bethnal Green

[www.towerhamlets.gov.uk/residentshub](http://www.towerhamlets.gov.uk/residentshub)

## Tower Hamlets Baby Bank

Tower Hamlets churches have launched the Tower Hamlets Baby Bank, offering baby clothes, accessories and equipment (including buggies and cots) to anyone in need.



**Weekly drop-in**  
**Tuesdays, 1-3pm**  
**St Paul's Shadwell,**  
**The Highway, E1W 3DH**

No referral or appointment needed.

## I Can Be... volunteer today!

The council has officially launched the 'I Can Be...' campaign. It aims to ensure all communities have a voice in decisions that affect them by encouraging Black, Asian, and multi-ethnic residents to influence decision making.

The campaign was co-produced by residents – asking people how they would like to be communicated with, what kind of marketing

tactics and imagery connects with them and what they hope the outcome will be.

If you are from a Black, Asian, or multi-ethnic background, you can apply for free training and voluntary roles, including magistrate, school governor, police community support officer and senior positions on housing and education boards.

To apply, visit [www.towerhamlets.gov.uk/icanbe](http://www.towerhamlets.gov.uk/icanbe)

## Holiday Activities and Food (HAF) programme: Christmas 2024

The HAF programme will be taking place again this Christmas holiday period. Clubs will offer a range of activities from Monday 23 December 2024 to Sunday 4 January 2025. No delivery will take place on 25, 26 December 2024 or 1 January 2025.

To get a free spot at a HAF club, children or young people must be in Reception to Year 11 and be receiving benefits-related Free School Meals (FSM). For more information on registering for benefits-related FSM and eligibility, visit [www.towerhamlets.gov.uk/freeschoolmeals](http://www.towerhamlets.gov.uk/freeschoolmeals)

Places are also available for those with SEND up to the age of 25.

For more information, visit [www.towerhamlets.gov.uk/HAF](http://www.towerhamlets.gov.uk/HAF)

Or visit the Local Offer for updates: [www.localoffertowerhamlets.co.uk/pages/local-offer/holiday-activities-and-food-provision-haf-2024](http://www.localoffertowerhamlets.co.uk/pages/local-offer/holiday-activities-and-food-provision-haf-2024)



TOWER HAMLETS

# Holiday Childcare Scheme

Ages  
**3-13**  
years old

The Tower Hamlets Childcare Scheme offers Ofsted registered childcare.

**020 7364 0523**

[www.towerhamlets.gov.uk/hcs](http://www.towerhamlets.gov.uk/hcs)

Click [here](#) to read about the scheme activities in the HCS newsletter online



# Parental engagement information and training for parents

DATE/TIME	DESCRIPTION
Tuesdays 10 December 2024 14 January 2025 11 February 2025 11 March 2025 10am-12noon	<p><b>Somali Parents and Carers Network meetings</b></p> <p>This network meets monthly and provides opportunities for Somali parents and carers to discuss key issues around education, health and wellbeing, get information and hear from guest speakers.</p> <p>For more details, email <a href="mailto:parentalengagement@towerhamlets.gov.uk">parentalengagement@towerhamlets.gov.uk</a></p>
Thursdays, Fortnightly Term time only 10am-12noon	<p><b>SEND Parent Support Group</b></p> <p>This group offers parents and carers of children or young people with SEND, support and information around key themes/relevant issues and an opportunity to meet other parents and carers of children with SEND.</p> <p>Email: <a href="mailto:towerhamlets&amp;city.sendiass@towerhamlets.gov.uk">towerhamlets&amp;city.sendiass@towerhamlets.gov.uk</a></p>
Thursday 1 May 2025 9.30am-2pm	<p><b>Let's Talk SEND Transition Event for Parents of Year 4 and 5 children with an Education Health and Care Plan (EHCP)</b></p> <p>See page 28 for more details.</p> <p>Email: <a href="mailto:towerhamlets&amp;city.sendiass@towerhamlets.gov.uk">towerhamlets&amp;city.sendiass@towerhamlets.gov.uk</a> Tel: 020 7364 6489</p>

## Useful contacts

For details of local services providing free information for Tower Hamlets residents on welfare benefits, debt, housing and other matters, visit [www.towerhamlets.gov.uk/advice](http://www.towerhamlets.gov.uk/advice)



## Family Information Service Christmas Opening Hours

This year the Family Information Service telephone lines will be closed on Tuesday 24 December 2024 and reopen on Monday 6 January 2025.

If you are looking for something to do with your children during the festive break don't forget to visit the Local Offer [www.localoffertowerhamlets.co.uk](http://www.localoffertowerhamlets.co.uk)

Wishing you all a lovely Christmas break.