



Parenting and Adult Education Directory

Summer Term April-July 2026



Welcome

The Parenting and Adult Education Team is part of the Early Help & Children and Families Service at Tower Hamlets. We co-ordinate everything from courses to job opportunities for families with children aged from 19 years old (up to 25 years for those with Special Educational Needs and Disabilities).

We help you take those early steps into parenting and education, including:

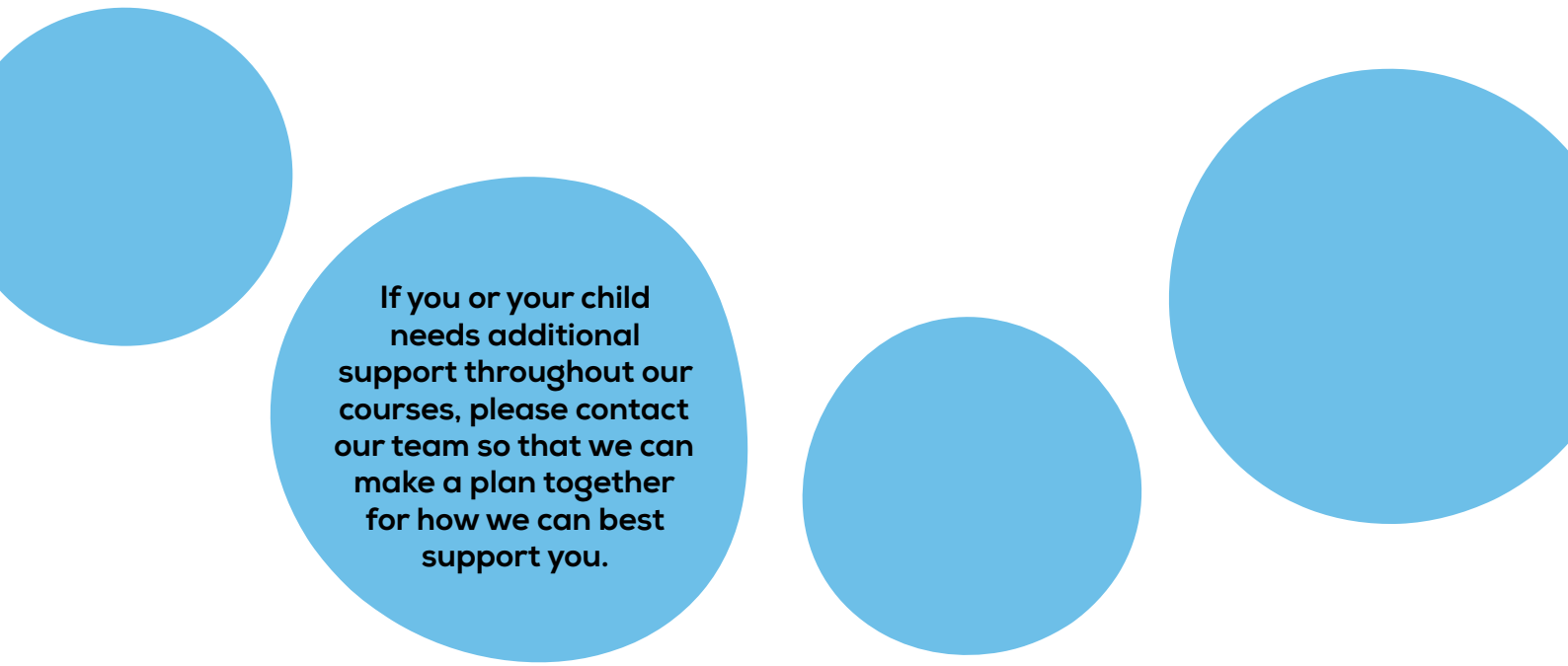
- resources to boost your understanding and knowledge
- access to education and training
- future job opportunities

Most of our courses at Best Start Family Hubs & Children and Family Centres come with free crèche services. That means you can bring your child along and they'll be looked after by our experienced team, while you focus on learning. Just keep in mind that spaces are limited and given on a first-come, first-served basis, and the crèche is available for children aged 6 months to 5 years old.

Have a look at our directory for all the details on what we offer, including course content, schedules, eligibility, and how to sign up. We offer both in-person and online programmes and courses to fit your busy schedule. Our online programmes are perfect for those days when you can't make it to a specific time or place.

If you have any questions, don't hesitate to reach out to the Parenting Adult Education Team. We're here to help you and your family thrive.

PAE@towerhamlets.gov.uk



**If you or your child
needs additional
support throughout our
courses, please contact
our team so that we can
make a plan together
for how we can best
support you.**



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Supporting you through pregnancy and preparing to become a parent

ONLINE

Understanding pregnancy, labour, birth, and your baby

This course is for parents-to-be, grandparents, carers, relatives, and friends – for everyone in the new baby's life. It combines the traditional information given on an antenatal courses such as looking after yourself in pregnancy, understanding how your baby grows and preparing for giving birth. It explains how and why you are important to the baby, whether you are the mother, father, partner, grandparent, or birth partner.

For anyone involved in the child's care.

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Mellow Bumps

Mellow Bumps is a six-week programme which will help you connect with your baby and relax. You will learn more about what your baby can already do and how you can prepare to make him or her welcome. You will also talk about common questions or worries that you may have about becoming a parent. Get together with other mums-to-be and share ideas in a supportive group. For parents expecting a child and those with children aged 0-2 years old.

To apply for this course complete the enquiry form link here
https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting you and your baby/toddler

ONLINE

Understanding your baby

This course is for anyone caring for a new baby: helping you and your little one from birth to 12 months. You'll discover how your baby's brain, body, and feelings grow. We mix classic postnatal advice with a fresh way to bond with your baby covering topics like your baby's sleep, feeding, tears, fun, and childcare choices.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre..

ONLINE

Understanding your pre-term or sick baby in hospital

This online course is for parents of premature or sick babies who are in hospital. It is also for grandparents, friends and family...anyone who is involved with your baby/babies. The course looks at you and your baby's experience of being in hospital and how to find support in the middle of everything. It also helps you to prepare for the time when you will all return home.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

ONLINE

Understanding your pre-term or sick baby at home

This online course is for families of premature or sick babies who have been discharged from hospital and are now at home. The course covers sleeping, crying, feeding, development and childcare, as well as the relationship between you and your baby/babies. It also has special sections for dads/partners.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.



Empowering Parents Empowering Communities (EPEC): Baby and Us

This programme focuses on the first year of a child's life, emphasising relational rather than behavioural approaches. It helps parents transition into their new roles and supports them in recognising and addressing their own needs. Throughout the Baby and Us course, parents are encouraged to connect with their babies by noticing and responding to their cues. The programme also provides tools for assertive communication with other adults and effective communication with their babies through touch and body language.

For parents with children 0-1 years old.

Once a week for 10 weeks.

To apply for this course please complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Raising happy babies

Tower Hamlets Talking Therapies offers many webinars to support expectant parents and those with babies under one year old who feel low, anxious, or isolated. Additionally, the Raising Happy Babies course focuses on psychology, helping new mothers learn about their babies' emotional bonding, self-care, and adjusting to life with a baby.

For parents with children 0-1 years old.

Once a week for 6 weeks.

To apply for this course please complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting you and your baby/toddler

ONLINE

Understanding your child (0 - 19+ years)

This is an online course for all parents, grandparents and carers of children aged 0-19 years (or up to 25 for those with SEND). It will help you to understand your child's development and feelings. It also considers different styles of parenting, and the importance of sleep and having fun together. It helps you reflect on how you and your child communicate with each other and how this can be key to moving forward when things are tough.

For anyone involved in the child's care.

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

ONLINE
AND IN
PERSON

Triple P Baby / Triple P Baby online

This programme aims to prepare parents for a positive transition to parenthood and the first year with their baby, promoting sensitive and responsive care in the perinatal period. You will participate in a range of exercises to learn strategies to develop a positive relationship with your baby and help their development through new skills and behaviours.

This course is also available online if you cannot attend the face-to-face sessions. To apply for the online course please contact the PAE Team on **020 7364 2240** / paes@towerhamlets.gov.uk

For expectant parents or parents with children 0-12 months.

Once a week for 9 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Incredible years (pre-school age 1 -6 years old)

This programme aims to make the bond between parents and kids stronger. It helps parents learn how to interact better with their children. It also helps with handling bad behaviour by using positive parenting and managing behaviour well. The programme also helps kids with their social and emotional skills. A particular focus is for children aged 1 to 6 years looking at emotional dysregulation, aggressive and oppositional behaviour (mild to severe) e.g. hitting, biting, kicking, hair pulling, non-compliance/difficulties following instructions, attention difficulties, relationship difficulties with parents or carers, separation or general anxiety.

For parents with children 1-6 years old.

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Mellow parenting babies/toddlers

The mellow parents course helps parents who may struggle with the challenges of parenting. Here you will get the chance to watch films of interactions between parents and their child, learning about positive parenting. You will be given tasks to "Have a Go" at home, to practise new activities or skills that you have learned on the course. During the afternoon group session you will have the opportunity to discuss your 'Have a Go', successes from what you've learned. You will also be encouraged to try new solutions to your parenting challenges.

For parents and their baby/toddler aged between 6 – 24 months.

Once week for 14 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting you with understanding your child's/teenager's behaviour

ONLINE

Understanding your teenager's brain (short course)

Find out what happens to the brain as a child hits adolescence in this short course. Gain insights into how these changes contribute to the shifts in behaviour commonly observed during this developmental stage.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Empowering Parents Empowering Communities (EPEC): Being a Parent

This group will help you understand your child's behaviour and learn positive strategies to help you as a parent. These sessions are run by parent facilitators.

- Take time out for yourself
- Meet other parents
- Get practical support for day-to-day challenges of being a parent

For parents with children 2 - 11 years old.

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting you with understanding your child's/teenager's behaviour



Empowering Parents Empowering Communities (EPEC): Being a Parent

This programme combines the latest developmental science with proven parenting strategies. It covers attachment and parent-child relationships, understanding and managing children's feelings and parents' emotions, parenting roles, expectations, and culture. It also focuses on listening, communication, play, and interaction skills, positive behaviour management and discipline, and managing parent and family stress.

For parents with children 1-3 years old.

Once a week for 10 weeks.

To apply for this course please complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Incredible years (age 3 - 12)

This programme aims to make the bond between parents and the child stronger. It helps parents learn how to interact better with their children and handle bad behaviour by using positive parenting and behaviour management. A particular focus is on the age group of children 3-12 year olds, looking at emotional dysregulation, aggressive and oppositional behaviour (mild to severe) e.g. hitting, biting, kicking, hair pulling. Non-compliance/difficulties following instructions, attention difficulties, relationship difficulties with parents or carers, separation or generalised anxiety.

For parents with children 3-12 years old.

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

IN
PERSON

Strengthening Families Strengthening Communities (SFSC)

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting you with understanding your child's/teenager's behaviour



Triple P group

Classes will help you to share common concerns about your parenting and understand your child's behaviour, in order to best support them. 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.

For parents with children 2-11 years old.

Once a week for 8 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Triple P teen

This programme is for parents who want to develop positive connections with their teenager or have worries about issues like non-cooperation, aggression, or want to stop behavioral problems before they start.

For parents with children 12-18 years old.

Once a week for 9 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Managing challenging behaviour

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Parent Plus Programme

Parents Plus is an 8-week, solution-focused programme designed to support parents of children with ADHD. It aims to support parents reduce challenging behaviours and improve family relationships. The programme builds on parents' strengths by offering practical strategies to use with children and gives an opportunity to meet and share experiences with other parents.

The course helps parents support children to:

- Cope better and manage stress
- Gain confidence and self esteem
- Understand ADHD and how to help your child
- Manage feelings and build friendships
- Problem solve and deal with challenges
- Navigate learning and development stages
- Understand the role of medication
- Have a positive understanding of ADHD (for older children)

For parents with children 2-12 years old.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting you with your child's wellbeing

ONLINE

Understanding your child's feelings

This is a short course that will help you to understand more about your child and what they are feeling. If you like this you might like the bigger 'Understanding your child' or 'Understanding your child with additional needs' courses too.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

ONLINE

Understanding the impact of the pandemic on your child/teenager

These short courses are about understanding how the coronavirus pandemic may have affected your child/teenager emotionally. You may have noticed that your child/teenager's interests have changed since returning to school, or that your child/teenager is more anxious, or you might be worried about their social life. This course may help you to process the impact of the pandemic on your child/teenager.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Emotional First Aid

This course 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.

For parents with children 0-19 years old (25 years with SEND).
Once a week for 6 weeks.

To apply for this course complete the enquiry form link here
https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting your child with their wellbeing

IN
PERSON

Children and young people's mental health

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 wellbeing. 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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting you with your child's additional needs

ONLINE

Understanding your child with additional needs

This course is for parents, relatives and friends of children who may have a physical or learning disability, autism, or communication differences. In the UK, you may be within the SEND Special Educational Needs and Disabilities system. The course is in two sections. Level 1 helps you to understand your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Understanding Autism

Provide an understanding of autism through current perspectives.

- Develop your understanding of autism
- Begin to understand what a diagnosis of autism might mean
- Recognise that each family's experience will be different
- Gain some insight into different autistic experiences

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Understanding Autism, overwhelm, meltdown and shutdown

Find out why autistic people might appear more stressed and anxious and how this can lead to certain behaviour

- Gain an understanding of how stress and anxiety can impact autistic people
- To understand autistic burnout, meltdowns and/ or shutdowns
- Outline practical ideas to help you and your family member

For parents, family members, community workers, or volunteers who interact closely with autistic children.

Once a week for 12 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Autism and mental wellbeing

Understand why your autistic family member maybe at an increased risk of experiencing mental health difficulties and learn how to promote and maintain mental wellbeing.

- Increase understanding of autistic experiences.
- Support your family member in developing a positive understanding of their autistic identity.
- Support your family member in developing strategies to achieve and maintain good mental health.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting your relationship

ONLINE

Understanding your relationships (young people, adults, older adults course)

This course is for anyone who is in a romantic relationship. You may want to celebrate your relationship, give it a bit of an MOT or you may feel your relationship is in need of some attention. Maybe you feel you are drifting, or perhaps things have been difficult lately and you're looking for a way forward. The course covers feelings, communication, conflict in relationships, anger, repair and more.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Family transitions

For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 6 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting you with domestic or family abuse



Safer together and healthy relationships

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Positive Change

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.

This course is for families who have a professional working with them and is for parents of children aged 0-19 years, or up to 25 years for those with SEND.

Once a week for 12 weeks.

To apply for this course, email

PCS_team@towerhamlets.gov.uk



Early Repair course

Early Repair is a brief course for fathers to help you develop ways to deal with conflict at home. All long-term relationships have differences which can lead to heated disputes. If you've found yourself losing your temper with your partner or family, this course is for you. It will help you respond in the best way you can, for the benefit of you and your family. Referrals can be passed over by children's services professionals, so you can pop into your local Children and Family Centre or Family Hub and make a request.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Safeguarding and Prevent

This programme delves into various aspects of safeguarding, including identifying signs of abuse, understanding legal and ethical responsibilities, implementing effective reporting procedures, and ensuring the well-being of children and young adults including online safety.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting you with your child's health

ONLINE

Understanding your child's mental health and wellbeing

This is a short course designed to frame our courses Understanding your child: from toddler to teenager or understanding your child with additional needs. It provides a deeper understanding of mental health for parents who might be concerned about mental wellbeing or just want to learn more about it.

Understanding your child's mental health and wellbeing will help you to tune into how you can help your child or teenager process their emotions effectively and also understand mental health difficulties such as depression, anxiety and self-harm. Your child's mental health and wellbeing is for all parents, grandparents and carers of children aged between six months to 19 years.

The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their mental health and how to nurture them.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up go to www.togetherness.co.uk/mul/tower-hamlets or speak to a member of staff at your local Family Hub or Children and Family Centre.

IN
PERSON

Paediatric First Aid

Paediatric first aid course 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.

This course is offered non accredited over half a day and accredited over 2 full days or 4 half day sessions.

For parents with children 0-19 years old (25 years with SEND).

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

IN
PERSON

Ministry of Food healthy eating/ cooking course

Jamie Oliver's Ministry of Food learn to cook programme combines practicalities of cooking and teaching with fun tips, tasting, nutrition and activities to really bring healthy eating and cooking to life. The course includes Jamie Oliver recipes that have been nutritionally analysed and developed to provide a healthy balance of meals, based on the UK's nutritional guidelines.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 8 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Supporting your personal development

IN
PERSON

English for Speakers of Other Languages (ESOL)

ESOL (English for Speakers of Other Languages) is 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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12-16 weeks.

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form





Childcare

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Empowering Parents Empowering Communities (EPEC): Parent Group Leader Training (Being a Parent and Baby & Us)

Parent Group Leader training will help you to become programme facilitators in peer supported parenting programmes. As part of the training, you'll learn to lead groups for parents of children aged 1-3 and Baby and Us courses in your community, with ongoing support from EPEC supervisors. You will teach parents practical communication skills to raise confident, happy, and cooperative children.

For Parents with children 0-19 years old (25 years with SEND).

Once a week for 10 weeks.

To apply for this course please complete the enquire form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting your personal development

IN
PERSON

Teaching Assistant

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

IN
PERSON

Functional Skills English

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Functional Skills Maths

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Community Interpreting

This session is aimed at learners who speak fluent English and another language, and want to develop their linguistic skills and knowledge to develop a career as a community interpreter.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

Supporting your personal development

IN
PERSON

Health and Social Care

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

IN
PERSON

Business Administration

This qualification covers a wide range of administrative functions for individuals looking to develop their skills and knowledge to work in an office.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form

IN
PERSON

Customer Service and Retail

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (For other levels the number of weeks increases).

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than £21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form



Schedule for April-July 2026

Monday

 **ESOL**
10 weeks
13th April-29th June
1pm-3pm
Best Start Family Hub - John Smith

 **Strengthening Families
Strengthening Community (Bengali)**
20th April-20th July
10am-1pm
Around Poplar Children and Family Centre

 **Childcare**
14 Weeks
13th April-23rd July
9am-2pm
Ocean Children and Family Centre (Shadwell site)

 **Strengthening Families
Straightening Communities (English)**
12 Weeks
20th April-20th July
12:30pm-3pm
Best Start Family Hub - Isle of Dogs

Tuesday

 **ESOL**
18 weeks
24 February-14 July
12noon-3pm
Around Poplar Children and Family Centre

 **Safeguarding Level 1**
6 Weeks
21st April- 2nd June
9:30am-2pm
Best Start Family Hub - John Smith

 **ESOL
Conversation Club**
12 Weeks
14th April-7th July
10am-1pm
Best Start Family Hub - Overland

 **Sewing Session**
14 weeks
24 March-30 June
9:30am-11:30am
Wapping and Bigland Children and Family Centre

Wednesday

 **ESOL
Conversation Club**
12 Weeks
15th April -1 July
10am-1pm
Ocean Children and Family Centre

 **ESOL**
10 weeks
15th April-1st July
1pm-3pm
Marner Children and Family Centre

 **Parent Plus
ADHD**
8 Weeks
25th February-29th April
10:00am-12:30noon
Best Start Family Hub - Overland

 **Positive Change (mums)**
15th April-15th July
10am-12noon
Best Start Family Hub - Overland (Olga site)

Thursday

 **ESOL
Employment club**
18 weeks
26 February-16 July
10am-1pm
Best Start Family Hub - John Smith

 **ESOL**
18 weeks
26 February-16 July
10am-1pm
Ocean Children and Family Centre/online

 **Positive Change (mums and children's)**
12 weeks
16th April-16th July
Best Start Family Hub - John Smith

 **Incredible Years**
11 Weeks
7th May-23rd July
10am-12.30pm
Mowlem Children and Family Centre

Friday

 **ESOL**
18 weeks
27 February-17 July
12noon-3pm
Chrip Street Children and Family Centre

 **Women's Group**
10 weeks
10am -12noon
24th April-10th July
Ocean Children and Family Centre (Shadwell site)

 **Support Work in Schools**
16 Weeks
5 February-28 May
9am-2pm
Ocean Children and Family Centre

 **Triple P**
8 Weeks
8th May-3rd July
10am-12noon
Best Start Family Hub - Overland (Olga site)



Crèche is available for these sessions by request.



How to apply

Do you meet the relevant criteria for your selected programme/course?

YES

Follow instructions below on how to apply for your chosen programme or course.

NO

Contact the 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.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form or scan the QR code.

Once completed and submitted your information will be sent to the team to process and add to the relevant waiting list.

If you don't have access to the internet on a phone or computer, come to your local Family Hub or Children and Family Centre and speak to someone at reception to book onto the course.

Once you attend in person, a member of the team will take your ID number and support you apply for the relevant programme/course online. If you cannot do this, they will take your details to share with the team. Staff 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 facilities.

How will I know I have been offered a place?

A member of staff from the Parenting Adult Education Team 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 that unfortunately you do not have a place on the course this time. Our courses do often have long waiting lists, but we will always keep you on a waiting list until we deliver the course again, and you will be contacted when you have a place. You are welcome to contact our team at any time to discuss your place and to check your status.

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. However, 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 Family Hubs and Children and Family Centres in Tower Hamlets.

Address	Contact
Around Poplar Children and Family Centre, 115 Three Colt Street, London E14 8AP	020 7364 0540
Chrisp Street Children and Family Centre, 45 Kerbey Street, London E14 6AW	020 7364 2856
Best Start Family Hub - Isle of Dogs, Millwall Park, Stebondale Street, London E14 3BX	020 7364 1179
Marner Children and Family Centre, Devas Street, London E3 3LL	020 7364 3534
Mile End Children and Family Centre, 9 Bede Square, Joseph Street, off Bow Common Lane, London E3 4GY	020 7364 7557
Best Start Family Hub - Overland, 60 Parnell Road, London E3 2RU	020 7364 1925
Best Start Family Hub - Overland (Olga site), 25 Medway Road, London E3 5DS	020 7364 3100
Best Start Family Hub - John Smith, 90 Stepney Way, London E1 2EN	020 7364 0537
Ocean Children and Family Centre, Whitehorse Road, London E1 0ND	020 7364 6605
Ocean Children and Family Centre (Shadwell site), 418-412 Cable Street, London E1 0AF	020 7364 0544
Wapping Children and Family Centre, 15 Richard Street, London E1 2JP	020 7364 6004
Best Start Family Hub - Meath Gardens, 1 Smart Street, London E2 0SN	020 7364 0349
Mowlem Children and Family Centre, Wadeson Street, London E2 9DL	020 7364 7935
Collingwood Children and Family Centre, 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:

Sumi Khanom

07860 509 004

Syeda Pasha

07984277662

PAE@towerhamlets.gov.uk

Venue map

- 1 **Best Start Family Hub - Meath Gardens,**
1 Smart Street, London, E2 0SN
- 2 **Mowlem Children and Family Centre,**
Wadeson Street,
London, E2 9DL
- 3 **Collingwood Children and Family Centre,**
St Bartholomew Gardens,
Buckhurst Street, London, E1 5QT

Best Start Family Hub - Overland,
60 Parnell Road,
Bow, London, E3 2RU

Marnier Children and Family Centre,
Devas Street, London, E3 3LL

Mile End Children and Family Centre,
9 Bede Square, Joseph Street, Off
Bow Common Lane, London, E3 4GY

**Best Start Family Hubs
- Overland (Olga site),**
25 Medway Road, London, E3 5DS



- 8 **Wapping & Bigland Children and Family Centre,**
15 Richard Street, London, E1 2JP
- 9 **Best Start Family Hub - John Smith,**
90 Stepney Way, London, E1 2EN
- 10 **Ocean Children and Family Centre,**
Whitehorse Road, London, E1 0ND
- 11 **Ocean (Shadwell site),**
418 Cable Street, E1 0AF

Around Poplar Children and Family Centre,
115 Three Colt Street, London, E14 8AP

Chrip Street Children and Family Centre,
45 Kerbey Street, London, E14 6AW

Best Start Family Hub - Isle of Dogs,
Millwall Park, Stebondale Street, London, E14 3BX

Volunteer with us

Do you:

- enjoy helping others?
- want to develop your skills?
- want to meet other parents/carers?

Join us as a volunteer at one of our Family Hubs or Children and Family Centres. You will be part of making an impact to your local community, add some new skills to your CV, have fun and meet new people.

In return you will gain access to supervisions and training opportunities and support from our staff. You will also receive help in searching and applying for jobs.

Speak to your local Family hubs or Children and Family Centre to express your interest or contact us for more information.

To volunteer you must:

- have a child under the age of 19 years of age (SEN)
- have at least ESOL Entry 2
- commit to at least three hours a week for three months
- enjoy working and being around children and families.

Contact:

Jeba Khanam, Volunteering Officer
volunteeringCFC@towerhamlets.gov.uk
07858 688 483



Help with employment

Employment Advisers are here to help you and your family overcome challenges and prepare you for work.

Our Goal To support you to find, develop, and achieve your job goals. Personalised Support Help is designed just for you and based on your needs.

How We Can Help:

- Access careers advice
- Learn new skills
- Build your confidence
- Help with applications, CVs, and interviews
- Search for employment, training, or education
- Support in managing your move towards work

Contact Us Call the Early Help Hub: **020 7364 5006** (select option 2). Visit: **www.towerhamlets.gov.uk/earlyhelp**



Case studies

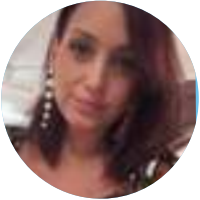
Aanuoluwapo

"The courses have significantly boosted my confidence in my parenting approach."



Floriana

"I decided to register (on a course), and it turned out to be one of the best decisions I made for both myself and my family."



Husneara

"I am more confident as a person...meeting lots of different people and developing various skills and experiences."



Marilla

Marilla Jaime, a single mother of a non-verbal son, felt isolated and anxious about his development. Our Health Visitor connected her to resources like our parenting programmes, boosting her son's communication and her parenting confidence. Empowered, Marilla pursued public speaking and employment courses, transforming her family's future.



Nasir Hussain

"Throughout this course (Empowering Parents Empowering Community – Baby and Us), we have gained knowledge grounded in compassion and understanding. My wife and I have learned how to navigate the challenges of parenthood better. We have learnt different ways to introduce solid foods to our baby and how to create nutritious baby food that supports her growth."



Partner organisations



The WEA

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

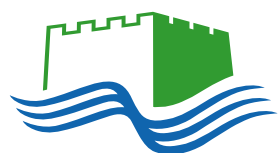
0300 303 3464
www.wea.org.uk



ELATT

260 Kingsland Rd
London, E8 4DG

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



TOWER HAMLETS

VAWG and Hate Crime Team

Directorate of Health, Adults and Community
London Borough of Tower Hamlets Council
Tower Hamlets Town Hall
160 Whitechapel Road
London E1 1BJ

020 7364 6211
www.towerhamlets.gov.uk



Learning Curve Group

Dunelm Rise, Durhamgate,
County Durham, DL16 6FS

01388 777129
www.learningcurvegroup.co.uk



The Toyhouse Centre

92, St Paul's Way, London, E3 4AL

020 7987 7399
07497 112 268
info@toyhouse.org.uk
www.toyhouse.org.uk



eTraining

131 Hayes Lane, Bromley, Kent, BR2 9EJ

0800 3288331
0208 462 7745
clair.petit@etraining-uk.com
www.etraining-uk.com

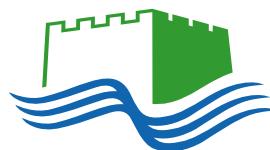


DOCKLANDS OUTREACH

Docklands Outreach

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

www.dockout.org.uk



TOWER HAMLETS

The Positive Change Service

Eva Armsby Family Centre
6 Glamis Road, Shadwell
London, E1W 3EG

020 7364 3015

eaafc.referrals@towerhamlets.gov.uk



Library Learning Information

Idea Store Learning

London Borough of Tower Hamlets
www.ideastore.co.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



East London Foundation Trust

Tower Hamlets Talking Therapies
71 Johnson Street, London, E1 0AQ

www.towerhamletstalkingtherapies.nhs.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

