

Together For Families (TFF)

Empowering Parents, Protecting Children's Futures

TFF offers a non-judgemental, accessible one-stop shop where parents can receive guidance, tools, and support to foster positive communication with their children, promote independence, and address various challenges such as emotional distress, domestic abuse, housing instability, and financial issues. TFF is a local initiative offering early, holistic support for parents through a trusted network of professionals.

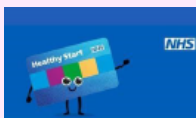
Session Details – 9:30am – 12pm

28 October 2026 25 November 2026 16 December 2026

For More Information contact saidujames.komeh@haringey.gov.uk

Healthy Start Card

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to help to buy healthy food and milk. If you are eligible you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your entitlement will be loaded onto this card every 4-weeks. Contact the hub for more information.



DWP Fortnightly (Thursday)

10am-4pm

Looking to return to work or seeking help or advice on applying for funded Childcare for working Parents.

Email Hub for more information

Citizen Advice Bureau—FFRP

Every Wednesday 10am-4pm

Do you need help:

Income maximisation

Debt

Housing

Employment



Under 5 Activities – Central Locality

For more activities for families with children under 5, please contact Woodside Children Centre.

Phone: 020 8888 4398

Email:

Woodsidechildrencentre@haringey.gov.uk

GLA-FFRP

Do you need help with the following:

- Income Maximisation
- Housing
- Debt
- Employment



To be eligible for self-referral you should be a family. Families – refers to low-income families with children or a care leaver under 25 years of age.



GREATER
LONDON
AUTHORITY

To Self-Refer please scan the QR Code



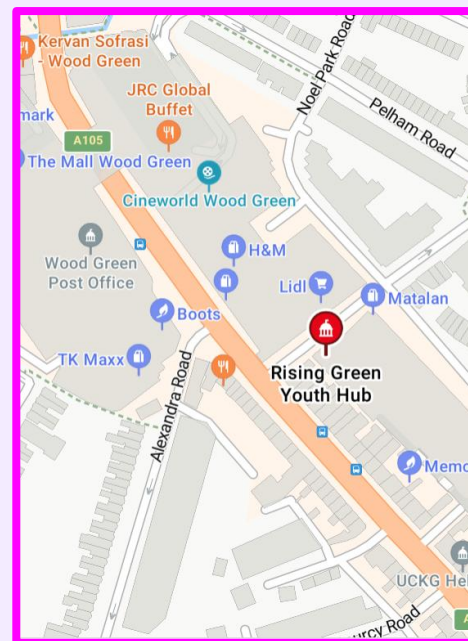
HARINGEY YOUTH SERVICE

What's On

Rising Green Family Hub Timetable

1 September – 31 December 2026

We work in partnership with the community to provide support and activities for families with children aged 0-19 and up to 25 for Special Educational Needs and Disabilities (SEND).



Scan for the full Family Hubs Offer



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familyhubs@haringey.gov.uk

A

2A Lymington Ave,
N22 6JA



Monday

Breastfeeding Support

10am – 12pm

Support

Drop-in

haringeysupport@breastfeedingnetwork.org.uk

Bump To Baby

10am – 12:30pm

A 6 -week antenatal class to help emotionally prepare you for birth.

Email

haringeyPIPS@nhs.net

for more information.

Ignite 5.0 Employability Programme

10:00 – 1:30PM

A 4 week employability programme for young people 18-25 in haringey. Build confidence, developing key skills and get real opportunities to move in to work.

[Click Here to Book](#)

Youth Club

4pm-8pm

Every Monday, Wednesday & Friday



Tuesday

Locality Coordinator

Provides information, advice and support to help families access services, activities and community resources, ensuring they get the right help at the right time.

Email

familyhubs@haringey.gov.uk

Phone

07966201520

Get Your Grades Up!

5pm – 7pm

A maths and English homework club for primary and lower secondary school students.

(Yr 5 – 8) Every Tuesdays

Secondary Students (Yr 9 – 11)
THURSDAYS

The programme is completely **FREE**. There is no cost to parents/carers or students.



[Click Here to Register](#)

Scan QR code or click link to register

Wednesday

Petits Amis (0-4 yrs)

Every other Wednesday from 9th Sept

10am – 11:30am

fortnightly Stay & Play for French-speaking families

Drop-in

Dads Space – Weekly Drop In

10am – 1pm

Join us for weekly sessions designed to support fathers in their parenting journey. No need to book —just come in and talk to us!

Drop-in

Jacksons Lane Circus

4:30pm – 7:00pm

Juniors (ages 8-12)

4pm – 5:15pm

Seniors (ages 13-18)

5:30pm – 7:00pm

[Click Here for More info](#)

NEET

10:00am – 3:30pm

Young people aged 16-18 can seek support around education, employment and training.

Contact Paul Kirsarkye -
07971308100

Youth Club

4pm-8pm

Every Monday, Wednesday & Friday

Bike Project

4:30pm – 6:30pm

Email the hub for more information

Drop In 

Thursday

Young Parents' Coffee Morning

Every 6 Weeks

24th Sept, 5th Nov, 10th Dec

10:30am – 11:30am

Meet other young parents and build connections over light refreshments

Drop In

Under 3s Stay and Play

1:30 – 3pm

Sensory play to enhance your child's language & communication skills.

Drop in

Spoken Word with Sulibreaks

Starts 5th Nov

5:00pm – 6:30pm

Sulibreaks will deliver six creative workshops using spoken word, poetry and storytelling to help young people build confidence and communication skills. The programme will end with a showcase celebrating their learning and achievements.

[Register to attend – Fill out form](#)

Redirect Programme

5pm – 7pm

The Redirect Programme supports up to 15 boys aged 13 to 17 who are at risk of exploitation, violence, or exclusion through mentoring and workplace insight days. The programme also includes ongoing coaching and one-to-one mentoring to help build positive futures and resilience.

[Click Here to Book](#)

Young Carers

4pm – 6pm

Friday

Baby Wonder Parenting Programme

11th Sept – 16th Oct

10:30-11:45am

6-week programme of advice and info for new parents & babies under 6 months, covering various topics including breastfeeding & weaning, Oral Health, First Aid, sensory play, Talking Therapy

Email The Hub to Book or for more info

Rising Futures

6th November

5:00pm – 7:00pm

A six-week programme of practical, creative workshops designed to build confidence, communication, employability and enterprise skills. Participants will gain hands-on experience, mentoring and employer connections, supporting their progression into work, education, apprenticeships or other positive opportunities.

[Register to attend](#)

Youth Club

4pm-8pm

Every Monday, Wednesday & Friday

