HENRY Families Programme

HENRY's Healthy Families: Right from the Start group and 1-to-1 programmes help you to provide a healthy happy supportive environment for the whole family. Some of the topics explored are:

- Eating well and understanding food labels
- Understanding and managing your child's behaviour
- Physical activity
- Tips for creating enjoyable meal times

Get in touch to find out more

HENRY Healthy Families Programme (delivered by Lloyd Park)

This is offered as a group running for eight weekly sessions, and is open to all families with a child under 5. Please call to book your place O2O 8527 1737 Dates and time may change (excluding half term week)

Walthamstow Children & Family Centre (Higham Hill)	Chingford Children & Family Centre (Wyemead)	Leytonstone Children & Family Centre	Leyton Children & Family Centre Hub
Fridays	Wednesdays	Thursdays	Tuesdays
19th January to	24th January to	25th January to 22nd March	23rd January to
16th March	21st March		20th March
9:30am-12pm	1-3:30pm	1-3:30pm	9:30am to 12pm

1-to-1 Structured Programme (delivered by HENRY and our team of trained volunteers)

This structured 1-to-1 support is offered over 8 weeks for families unable to join a group.

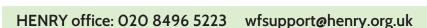
Please call to see whether we can offer you a 1-to-1 programme O2O 8496 5223

Other support for a great start in life

This Healthy Eating service is part of the wider HENRY Best Start service to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Infant feeding breast, bottle, or mixed feeding
- Dental health
- Speech and language development





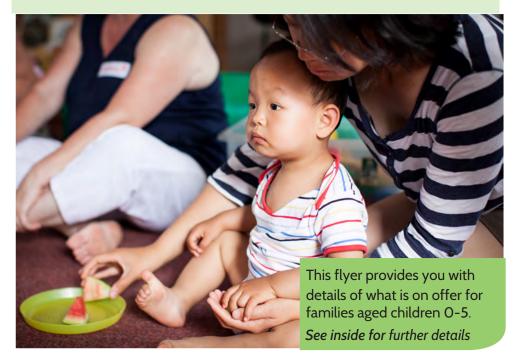


in partnership with

Healthy Eating

Everyone wants their children to have a great start, but with so much advice it can sometimes be hard to know what to do for the best as a parent, especially in the early years. That's where the Best Start service comes in.

We offer practical and emotional support for parents of babies and young children to develop healthy eating and lifestyle habits right from the start.



Or call us directly on **O2O 8496 5223** we can tell you all about what help is available locally

Healthy Eating Drop-In Sessions and Workshops

Drop-in Sessions - delivered by HENRY

If you would like information about diet and nutrition, physical activity and healthy lifestyles or have concerns about your child's eating or weight, pop in and have a chat. Our open walk-in sessions are run by our Dietitian or Nutritionist - no appointment needed. Please bring your child's red book.

Dates applicable from 3rd January to 29th March. For an updated timetable call O2O 8496 5223

Tuesday	1:30-3:00pm 1st, 3rd, & 5th of the month	Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX
	1:30-3:00pm 2nd and 4th of the month	The Lloyd Park Centre, Walthamstow, E17 5JW
Wednesday	1.30- 3:00pm	Leytonstone Children & Family Centre Hub, The Good Shepherd Building, 15 Davies Lane, Leytonstone, E11 3DR
Thursday	9.45- 11.15am	Seddon Centre, Clyde Place, Leyton, E10 5AS
	1.30- 3:00pm	Chingford Children & Family Centre Hub (Wyemead), 5 Oaks Grove, Chingford, E4 6EY

Starting Solids Workshops - delivered by HENRY

Please call to book your free place O2O 8496 5223 (maximum 12 families per session)

Join us this for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby

Walthamstow Children & Family Centre Hub (Higham Hill)	Chingford Children & Family Centre Hub (Wyemead)	Leytonstone Children & Family Centre Hub	Leyton Children & Family Centre Hub
29th January 12:30-2:30pm	28th March 10:00am-12:00pm	· · · · · /	7th March 10:00am-12:00pm
26th February 12:30-2:30pm		12th March 10:00am-12:00pm	

Family learning - delivered by Lloyd Park Childrens Charity

Please call for more information 020 8527 1737 Dates and time may change.

Starting solids - themed sessions

Come along to You & Your New Baby sessions with a Starting solids focus. An introduction to when, how and what you feed your baby - practical ideas with some taste experiences too.

The Lloyd Park Centre	Chingford Children & Family Centre Hub (Wyemead)	Leytonstone Children & Family Centre Hub	Leyton Children & Family Centre Hub call to book
22nd January	30th January	30th January	23rd January
19th March 1:30-3:00pm	20th March	27th March 10:00-11:30am	27th March
19th March 1:30-3:00pm	20th March 1:30-3:00pm	27th March 10:00-11:30am	27th March 1:00-3:00pm

Food themed activities - Eating well for families

This session explores how to support your child in eating a variety of foods. At the end of each session, children and adults sit to together to discover new tastes and smells.

Walthamstow Children & Family Centre Hub (Higham Hill)	Chingford Children & Family Centre Hub (Wyemead)	Leytonstone Children & Family Centre Hub	Leyton Children & Family Centre Hub
25th January	13th, 20th, 27th	29th January	12th, 19th, 26th
1st, 8th February	February	5th, 12th February	March
10:00am - 12 noon	9:30-11:30am	1:30-3:00pm	1:30-3:00pm

Food themed activities - Exploring food

This session explores how to support your child in eating a variety of foods. You can find out more about portion sizes and how to help make mealtimes a happier time for everyone.

St Michael's Hall	Paradox Centre	United free Church	Seddon Centre
Northcote Road	3 Chingford way	55 Wallwood Road	Clyde place
E17 6PQ	E4 8YD	E11 1AY	E10 5AS
7th, 14th, 21st	8th, 15th, 22nd	5th, 12th, 19th	25th January
March	March	March	1st, 8th February
1:30-3:00pm	10:00-11:30am	10:00-11:30am	9:45-11:15am

Get in touch to find out more:

HENRY office: 020 8496 5223 wfsupport@henry.org.uk

