

# 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 020 8527 1737

Dates and time may change (excluding half term week)

| Walthamstow<br>Children & Family<br>Centre (Higham Hill) | Chingford Children<br>& Family Centre<br>(Wyemead)      | Leytonstone<br>Children &<br>Family Centre             | Leyton Children &<br>Family Centre Hub                      |
|--|---|--|---|
| Fridays<br>19th January to<br>16th March<br>9:30am-12pm  | Wednesdays<br>24th January to<br>21st March<br>1-3:30pm | Thursdays<br>25th January to<br>22nd March<br>1-3:30pm | Tuesdays<br>23rd January to<br>20th March<br>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 020 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

HENRY office: 020 8496 5223    [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



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.



This flyer provides you with details of what is on offer for families aged children 0-5.  
*See inside for further details*

Or call us directly on **020 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 020 8496 5223

|           |   |  |
|-----------|---|--|
| Tuesday   | 1:30-3:00pm<br>1st, 3rd, & 5th of the month | Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX                  |
|           | 1:30-3:00pm<br>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 020 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<br>12:30-2:30pm                           | 28th March<br>10:00am-12:00pm                    | 5th February<br>10:00am-12:00pm          | 7th March<br>10:00am-12:00pm        |
| 26th February<br>12:30-2:30pm                          |  | 12th March<br>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<br>call to book |
|---|--|---|---|
| 22nd January<br>19th March<br>1:30-3:00pm | 30th January<br>20th March<br>1:30-3:00pm        | 30th January<br>27th March<br>10:00-11:30am | 23rd January<br>27th March<br>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 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<br>1st, 8th February<br>10:00am - 12 noon | 13th, 20th, 27th<br>February<br>9:30-11:30am     | 29th January<br>5th, 12th February<br>1:30-3:00pm | 12th, 19th, 26th<br>March<br>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<br>Northcote Road<br>E17 6PQ | Paradox Centre<br>3 Chingford way<br>E4 8YD | United free Church<br>55 Wallwood Road<br>E11 1AY | Seddon Centre<br>Clyde place<br>E10 5AS           |
|--|---|---|---|
| 7th, 14th, 21st<br>March<br>1:30-3:00pm        | 8th, 15th, 22nd<br>March<br>10:00-11:30am   | 5th, 12th, 19th<br>March<br>10:00-11:30am         | 25th January<br>1st, 8th February<br>9:45-11:15am |

## Get in touch to find out more:

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



@WFHENRYHealth

www.henry.org.uk/walthamforest