

Healthy Families Programme



Explore a range of topics via 8, 1 hour sessions in groups or 1-to-1 online:

- Feeling more confident as a parent
- Physical activity for little ones
- What the family eats, family lifestyle
- Enjoying life as a family

To book onto a programme either contact your local Children's Centre, found at familyinformation.leeds.gov.uk. Or ring 0113 843 5683.

Where group or 1-to-1 delivery is unavailable, please email healthystart@henry.org.uk to find out about 1-to-1 support via our Healthy Start Mentor programme.

HENRY Buddies



A HENRY Buddy will keep in touch regularly by telephone & text, usually 2-3 times a week for 6 weeks, at a convenient time.

Buddies listen & provide the support you need as a parent, as well as offering practical ideas.

To take part or to refer a family you support, please visit: www.henry.org.uk/henry-buddies

online workshops



Supportive, interactive 90 minute group sessions.

- Looking after ourselves
- Understanding children's behaviour
- Eating well for less (from January)

To take part or to refer a family you support, please visit: <http://bit.ly/HENRY-RCH-Workshops-Signup>

For more information please visit www.henry.org.uk/leeds