

HENRY

Programme Content

HENRY is an 8-week programme that addresses healthy eating and healthy lifestyles for the under fives. The sessions last for two hours and are fun and interactive. The parent/carer and child are together for the first part of the session and then the child moves into the crèche for the remainder of the session.

The HENRY programme is delivered by fully qualified and experienced practitioners who:

- Give support and advice to the group and individually
- Improve confidence and self esteem when dealing with personal healthy eating and lifestyle issues
- Signpost to other Children Centres services and health provision

The HENRY programme:

- Gives parents/carers an understanding of healthy eating and lifestyles
- Provides information about the 'eat well' plate and food values
- Encourages behavioural change
- Encourages parents/carers and children to adopt healthy eating and lifestyles to improve their health outcomes
- Is fun and interactive for children and parents
- Offers parents and children the chance to socialise

Access Pathway

Currently parents can self refer or practitioners can refer parents (with their permission) into the programme by contacting:

- The Family and Parenting Team on (0191) 443 2908
- Katie Thorpe at Grangetown Children's Centre (0191) 553 7650
- The East Locality Children's Centre office at (0191) 561 2835.

Next Steps for Parents

Once parents feel that they are more informed about how to make a healthy home, they can access a Family Nurturing programme to find out how to create a nurturing home for their child and how to make time for their partner and themselves.