



Healthy Families



FREE groups and activities for families with children aged 0-4 in Bowling & Barkerend, Bradford Moor and Little Horton

Group Programme

What does it involve?

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years.

The group programme provides everything you need to help get your little one off to a great start and covers:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The relaxed and friendly sessions are run in small groups and free crèche places are provided. You will also receive a fantastic free resource kit.

The programme can also be offered as 1:1 sessions with interpreters if parents would find it difficult to attend a group.



Starting solids workshops

We offer these free, virtual workshops packed with ideas and support for you to give your little one the best start as they begin exploring solid food.

All our programmes and workshops run in schools, family hubs and community venues across the Better Start Bradford area:

Cooking for a Better Start

What does it involve?

Groups of 6 parents/carers meet every week for 6 weeks to try out a range of simple but tasty recipes, helping families gain the skills and knowledge to cook low cost, healthy food at home.

If you look after a child under 4 in the Better Start Bradford area you can ask to join this course.

Get in touch to see if we can offer you a place. Gifts are provided after each session.



Training

Did you know that practitioners and health professionals in the Better Start areas can have free HENRY training?

The Henry training helps practitioners gain knowledge, skills and confidence to provide effective support to parents and carers so they can give their children a healthy, happy childhood.

07709 640454 for more details.



Bowling and Barkerend

Bradford Moor

Little Horton



Healthy Start, Brighter Future

"We are eating more healthily now and I also look at food labels when I go shopping. I would recommend this course to everyone."

98% of families who join a HENRY family programme make positive lifestyle changes

"Supportive, helpful, non-judgemental environment."

89% feel more confident as a parent

To find out more or to get involved, please contact us:



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www.henry.org.uk/henryinbradford

