

What is the difference?

HENRY Workshops- Dedicated 2 hours workshop for parents, providing in-depth information about starting solids.

Lloyd Park Food Themed Sessions- Children and Family learning within activities. It is a play and learning session where parents and children together explore the principles of healthy eating.



HENRY starting solid workshop set up



HENRY Healthy Families Programme

Free 1-to-1 support for families of children aged 0-5. The sessions are 1 hour a week for 8 weeks. The programme can help you to provide a healthy, happy and supportive environment for the whole family.

For more information, please contact us on **0208 496 5223**

Other HENRY Best Start services for a great start in life

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



in partnership with



Healthy Eating

7th January - 5th April 2019

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/carers, especially in the early years. That's where the Best Start service comes in.

We offer practical and emotional support for parents/carers 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 with 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

HENRY Drop-In Sessions & 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 7th January to 5th April (term-time only). For an updated timetable call 020 8496 5223

Tuesday	1:30-3:00 pm	Walthamstow Children & Family Centre Hub 313 Billet Road, Walthamstow, E17 5PX
Thursday	9:30-11:30 am	Langthorne Health Centre, 13 Langthorne road, Leytonstone, E11 4HX
	1:30-3:00 pm	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY
Friday	9.30- 11:30 am	Seddon Centre, Clyde Place, Leyton, E10 5AS

Starting Solids Workshops - delivered by HENRY

Please call to book your free place 020 8496 5223 (maximum 12 families per session). Join us for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby. Dates and time may change.

Walthamstow Children & Family Centre Hub (Higham Hill)	Chingford Children & Family Centre Hub (Wyemead)	Leytonstone Children & Family Centre Hub	Leyton Children & Family Centre Hub (Queens Road)
25 th January 10:00am - 12pm 15 th March 10am - 12pm	20 th February 10:00 am-12:00 pm 17 th April 10:00 am-12:00 pm	18 th February 9:30-11:30 am	6 th March 10:00 am-12:00 pm

Lloyd Park- Food Themed Activities

Children and Family learning - delivered by Lloyd Park Childrens

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

Introduction to starting solids

Come along to You & Your New Baby sessions with an introduction to starting your baby on solids.

The Lloyd Park Centre, Winns Avenue entrance, E17 5JW 11 th February 1 st April 1:30-3:00 pm	Chingford Children & Family Centre Hub (Wyemead) 30 th January 20 th March 1:30-3:00 pm	Langthorne Pavillion Birch Grove E11 4YG 22 nd January 12 th March 10:00-11:30 am	Seddon Centre Clyde Place, E10 5AS 23 rd January 20 th March 1:00-2:30 pm
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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) 7 th , 14 th , 21 st March 1:30 - 3:00 pm	Chingford Children & Family Centre Hub (Wyemead) 26 th Feb, 5 th , 12 th March 9:30-11:30 am	Leytonstone Children & Family Centre Hub 14 th , 21 st , 28 th March 1:30-3:00 pm	Leyton Children & Family Centre Hub (Queens Road) 1 st , 8 th , 15 th Feb 9:30-12:00 pm
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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 Northcote Road, E17 6PQ 30 th Jan, 6 th , 13 th Feb 1:30-3:00 pm	Paradox Centre 3 Chingford way E4 8YD 31 st Jan, 7 th , 14 th Feb 10:00-11:30 am	Langthorne Pavillion Birch Grove E11 4YG 29 th Jan, 5 th , 12 th Feb 1:30-3:00 pm	Seddon Centre Clyde Place E10 5AS 4 th , 11 th , 18 th March 9:45-11:15 am
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Get in touch to find out more:

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



@WFHENRYHealth

www.henry.org.uk/walthamforest