

HENRY workshops and eight week programmes

HENRY is a licensed programme that can deliver a wide range of support for families including individual workshops, eight-week programmes, resources and online help. The workshops and programme support parents and carers with whole-family nutrition, parenting skills, physical activity and emotional wellbeing.

The health visiting support and development workers will deliver individual workshops as well as 8-week course HENRY healthy families: right from the start programmes, to Lambeth and Southwark families with children under the age of five years old, to support a healthy start in life.

Workshops topics include starting solids, fussy eating, let's get active, healthy teeth, healthy drinks for young children and eating well for less. Scan the QR to find out more and see details of upcoming sessions or click [here](#).



Parents and carers can book directly onto these workshops and programmes by emailing: gst-tr.HVsupportanddevelopmentworker@nhs.net specifying which session you would like to attend along with your name, child's name and date of birth, postcode and contact number.