



## HENRY 5-12 Healthy Families Growing Up

### Outline of the 5-12 parent course

The HENRY 5-12 programme is an 8 week course delivered by local HENRY facilitators for up to 12 parents. Courses focus on building your confidence and strengths as a parent, and explores key themes such as; emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting and physical activity.

### Who is HENRY for?

Any family who is looking to make changes together to be healthier and happier can request a free place. HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life.

There is, however, no referral criteria for the programme and all requests from parents to take part will be considered, subject to availability.

### Upcoming parent courses

#### Course details.

Venue: Sue Bramley Community hub, Bastable Ave, Barking IG11 0LH

Start date: Tuesday 30 November 2021

At: 9.30am to 11.30am

**Course details.**

Venue: Dagenham library, 1 Church Elm Ln, Dagenham RM10 9QS

Start date: Wednesday 1 December 2021

At: 9.30am to 11.30am

**How to register for a course or express interest**

If you would like to register for a course or find out more, please complete this expression of interest form

[https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu\\_ADFtvJEEqzhBm10VszL-n8hUMVROMFVFSTdWTVo3STE0SDZMTU1WMzA4WC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu_ADFtvJEEqzhBm10VszL-n8hUMVROMFVFSTdWTVo3STE0SDZMTU1WMzA4WC4u)

**Is there a cost?**

There is no cost for parents to attend.

**Contact details for further information**

Contact [healthy.lifestyles@lbbd.gov.uk](mailto:healthy.lifestyles@lbbd.gov.uk) or visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle>