Thank you for registering for HENRY’s ***Raise, Engage, Refer Online***training. This document provides the information you need about the course in advance, as well as the preparation you will need to do in advance of the course

**What Platform is the Training on?**

Most HENRY online training takes place using Zoom and the link will be sent directly to your email address, please arrive 10 minutes in advance of your first session to check that the technology works ok for you.

**What will I need?**

* A computer with both access to the internet and a camera so we can see you
* Access to Zoom (unless another platform has been specifically agreed with HENRY)
* Training resources, including course workbook – we will arrange to send these to you
* Please where possible avoid sharing a computer to allow break-out rooms to be used effectively

**What do I need to do in advance?**

* Watch the animated explainer video and read about the HENRY approach at [www.henry.org.uk/the-henry-approach](http://www.henry.org.uk/the-henry-approach)
* Pre-work – complete pages 4, 5 and 6 of the training workbook before Session 1
* Create space to focus on the course e.g. close your email so you don’t get distracted by incoming messages etc. This will help you gain from the experience.

**Who is the training for?**

This two-session training is for practitioners who wish to develop their skills in successfully:

* raising lifestyle issues with parents of young children at risk of health inequalities
* engaging parents in what HENRY programmes can offer their children and their family
* referring families, with their agreement, for the HENRY *Healthy Families* offer locally

**What will I gain from the training?**

*Raise, Engage, Refer* is for a wide group of early years, family, and health practitioners working with families with children and families. It equips them with the skills to have sensitive and effective conversations with parents about lifestyle, weight and family relationships, and to build parental motivation and readiness to join a HENRY programme locally. By the end of the training you will:

* understand the risk and protective factors for child obesity and other health inequalities
* develop skills and confidence to raise weight, lifestyle and other issues with parents
* understand how to build parental confidence and motivation to attend a HENRY programme
* learn more about HENRY *Healthy Families* programmes or workshops
* understand the referral pathway for the HENRY offer locally

**Further Information**

* For more information about HENRY please check out our website [www.henry.org.uk](http://www.henry.org.uk)
* Follow our social media platforms
  + Twitter @HENRYhealthy
  + Facebook @HENRY.helathyfamilies

**We look forward to meeting you and hope you enjoy the training!**