

# What's on from HENRY?

September/October 2021 Better Start Bradford



## Healthy Families Right From The Start

FREE HENRY Group Programmes for families with children aged 0-4 years

<p><b>HENRY Group programme</b></p>	<p>Join us over 8 weeks in a relaxed and friendly group and meet other families either face to face, with a free crèche available (*Better Start Bradford Area only) or online from the comfort of your own home, as we explore these topics and more:</p> <ul style="list-style-type: none"> <li>• Would you like to feel more confident as a parent?</li> <li>• Would you like some support to give your child a healthy start?</li> <li>• Do you wish your child would eat more fruit and vegetables?</li> <li>• Would you like to reduce mealtime stress?</li> <li>• Would you like to enjoy being active together as a family more often?</li> <li>• Are you interested in some ideas to get children away from the TV?</li> </ul> <p><b>With a free toolkit, book and certificate for each participant.</b></p>
<p><b>1-to-1 Programme</b></p>	<p>Content as above - for families who are unable to access the group programme. <b>With a free toolkit, book and certificate for each participant.</b> If you need an <b>interpreter</b>, and live in the <b>BSB area*</b> you may be eligible for our 1-to-1 programme – please contact us for more details</p>

\*To check if you are in the Better Start Bradford area and find out about other local activities, please visit:

<https://www.betterstartbradford.org.uk/> or download the Better Start Bradford App.

(Please contact us for details of HENRY groups running in the wider Bradford area)

Programme Start Date/Facilitators	Time	Venue
Tuesday 14 <sup>th</sup> September Sameera & Jaesha	1.00 – 3.00 pm	Dixons March Bank Primary School BD3 8QQ
Wednesday 22 <sup>nd</sup> September Diane & Tanya	10am -12pm	Woodroyd Centre BD5 8EL
Monday 27 <sup>th</sup> September Fiona & Jennie	1.30-2.30pm	Online Via Zoom
Tuesday 28 <sup>th</sup> September Jenny & Teresa	9.30-12pm	St John's Bowling Hub BD4 8TU
Monday 4 <sup>th</sup> October Marie & Sam	7.30-8.30pm	Online Bradford East Hub

Click [here](#) to book a place

### Starting Solids Workshops

Join us for a **FREE HENRY** virtual one off, 75 minute 1-to-1 Workshop via video call and, in only 75 minutes, come away feeling more confident and with new ideas.

**Have you just started introducing your baby to solid foods or are you just about to?**

Starting solids is a whole new chapter for you and your baby and it can feel a bit daunting, but HENRY can help and offer information about how to:

- Spot signs that your baby is ready to try solid food,
- How to know when your baby is hungry and when they've had enough
- Suggest foods to start with and
- Lots of ideas to make mealtimes an enjoyable experience for both you and your baby.

You will also receive a free Starting Solids resource pack through the post



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You will need access to the internet to attend these sessions. Just pick a date and time to suit you and your family.

Date and Time	Workshop	Facilitators
Monday 20 <sup>th</sup> September 1pm – 2.15pm	<b>Starting Solids</b> – parents of 0-8 month olds	Fiona & Jaesha
Wednesday 13 <sup>th</sup> October 10:00-11.15am	<b>Starting Solids</b> – parents of 0-8 month olds	Katie and Lydia
Thursday 21 <sup>st</sup> October 10:00-11:15am	<b>Starting Solids</b> – parents of 0-8 month olds	Katie and Lydia
Monday 1 <sup>st</sup> November 10:00-11.15am	<b>Starting Solids</b> – parents of 0-8 month olds	Jaesha and Fiona
Monday 22 <sup>nd</sup> November 10:00-11.15am	<b>Starting Solids</b> – parents of 0-8 month olds	Diane and Fiona
Tuesday 7 <sup>th</sup> December 10:00-11.15am	<b>Starting Solids</b> – parents of 0-8 month olds	Katie and Lydia

[Click](#) here to book a place on a Starting Solids workshop

If you live in a **Better Start Bradford area\*** we may be able to offer these sessions and Fussy Eating workshops on a 1-to-1 basis with an **interpreter** – call for details

## Cooking for a Better Start

### Cooking for a Better Start\*

Choose from our 8 week face to face Cooking for a Better Start programme or the **new HENRY** online package which includes 6 digital sessions full of top tips, videos, links and recipes to try. You can access it at your own pace and In your own home.

Face to face groups across the Better Start Bradford area (including a crèche) will be resuming in September, get in touch for more information or to sign up.

### Better Start Bradford parents only\*

#### Cooking for a Better Start

Are mealtimes stressful for your family?  
Would you like to be more confident when cooking?  
Would you like ideas to encourage your family to eat healthy foods?  
The HENRY Cooking for a Better Start programme will leave you feeling more confident and covers:

- What are the food groups?
- Health and Safety in the kitchen
- Label Reading
- How big is a portion?
- Healthy Food Swaps
- Planning and Shopping

**You will also receive a free Cooking for a Better Start resource pack through the post and a completion certificate for each participant.**

Programme Start Date/Facilitators	Time	Venue & session type
Wednesday 22 <sup>nd</sup> September Nafeesa & Ruby	12.45pm-2.45pm Parents of Under 4's	<b>Woodroyd Centre BD5 8EL</b> Parents only (Creche provided)
Thursday 23 <sup>rd</sup> September 2021 Nafeesa & Ruby	12.30pm-2.30pm Parents of under 4's	<b>St Johns Church BD4 8TU</b> Parents only (Creche provided)
Wednesday 3 <sup>rd</sup> November 2021 Nafeesa & Ruby	<b>TBC</b> Parents of under 4's	<b>Venue to be Confirmed</b> Parents and children session

**Click [here](#) to book a place on the Face to Face or Digital Cooking for a Better Start Programme**

**For more information and to chat to one of our friendly team, please contact [henrybsb@henry.org.uk](mailto:henrybsb@henry.org.uk) or text/call/WhatsApp 07709 640454**



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