

Healthy Teeth Workshop

Join us for this interactive workshop run by our Senior Dental Nurse to learn about preventative care for children's teeth and explore any questions around dental health for your child.



in partnership with



Leyton CFC Queens Road	Chingford CFC Wyemead	Virtual
Thursday 27th January 10-11.30am	Monday 28th February 10-11.30am	Monday, 10th January 1-2.30pm Wednesday, 9th February 10-11.30am

HENRY Best Start Services

The HENRY Best Start service in Waltham Forest supports families with children aged 0-5 to provide the best and healthiest start in life for their children.

The Best Start service provides support for:

- Healthy Eating and Active Play
- Oral Health
- Infant Feeding - breast, bottle, or mixed feeding
- Speech and Language Development



Scan for our Events Page



Get in touch to find out more:

HENRY Office: 020 8496 5223

wfsupport@henry.org.uk

www.henry.org.uk/walthamforest

WFHENRYHealth

HENRYinwalthamforest

WFHENRYHealth



Healthy Families

Nutrition, Wellbeing & Active Play



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 parents, especially in the early years. That's where the Best Start service comes in. We can support you to get your child off to a healthy start.

We offer practical and emotional support for parents of babies and young children to develop a healthier family lifestyle.

020 8496 5223

wfsupport@henry.org.uk

Healthy Families Support Sessions

Come along to our support sessions to discover some fun and helpful ways to get your little one off to a great start - enjoying a wide range of healthy foods as well as active play to support their physical development.

Book an appointment at one of our face-to-face sessions or a virtual appointment to receive 1-to-1 support from our HENRY nutritionists.

Does your child struggle with fussy eating? Battles around food can be a very stressful part of daily family life. Our HENRY practitioners can provide support to help you find strategies that work for your family.

Walthamstow Children & Family Centre 313 Billet Road, E17 5PX Tuesdays: 1-3pm January 18 February 1 & 15 March 1, 15 & 29	Leytonstone Library Church Lane, Leytonstone, E11 1HG Wednesdays: 1-3pm January 12 & 26 February 9 & 23 March 9 & 23
--	---

Please book these sessions through wfsupport@henry.org.uk / 020 8496 5223

Support Sessions alongside Child Health Clinics

Have you made an appointment with the Health Visiting team for a consultation or weight clinic? Why not speak to a HENRY practitioner after your child's appointment. You can find us at the following sessions:

Leyton Children & Family Centre 215 Queens Road, E17 8PJ Tuesdays: 9.30-11.30am January 11 & 25 February 8 & 22 March 8 & 22	Chingford Children & Family Centre 5 Oaks Groves, E4 6EY Thursdays: 1.30-3.30pm January 20 February 3 & 17 March 3, 17 & 31
---	--

Book Child Health appointments through 0-19universalspawf@nelft.nhs.uk / 030 0300 1970

To keep everyone safe, the booking requirements and sessions may change. Check for updates on our website events page or contact the team: 0208 496 5223 / wfsupport@henry.org.uk

Starting Solids Workshop

Join us for this free group workshop which explores when, how and what to feed your baby. Contact us to reserve your spot.

Chingford CFC Wyemead Monday 17th January 9.30-11.30am	Leytonstone CFC The Junction Centre Tuesday 10th February 1.30-3.30pm	Walthamstow CFC Higham Hill Tuesday 1st March 9.30-11.30am	Leyton CFC Queens Road Thursday 24th March 9.30-11.30am
---	--	---	--

Virtual Sessions		
Wednesday 2nd February 2-3.30pm	Tuesday 22nd February 2-3.30pm	Tuesday 15th March 2-3.30pm

Healthy Families Group Programme

This free programme is for parents and carers of children aged up to 5 years old. Over the 8 weeks, you'll find out more about parenting confidence, emotional wellbeing, eating well as a family and helping physical development - so that you provide a great start in life for your child and the whole family takes steps towards a healthier lifestyle. Contact us to register for a programme.

Every Monday starting 31st January to 28th March, from 1.30-2.30pm
Online via Google Meet

Every Friday starting 11th March to 13th May, from 10-11am
Online via Google Meet (will break for Easter Holiday)

New dates to be added over time, get in touch to join the waiting list

Term time only

