Thank you for registering for HENRY’s *Raise, Engage, Refer* training. This document provides the advance information you need about the course and the preparation required.

**Where is the training taking place?**

If the venue details are TBC, we will email you with the final details in your area once the information has been shared with us.

**What do I need?**

* a pen
* a packed lunch

**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)

**Who is the training for?**

This 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!**