

# What's on from HENRY?

## Autumn 1 2020 Better Start Bradford



**FREE HENRY 8 week Virtual Group Programmes for families with children aged 0-5 years**

You will need access to the internet to attend these programmes



Day and Time	Group Start Date	Facilitators
Tuesdays 10am – 11am	<b>Sign up:</b> Tuesday 22 <sup>nd</sup> September	Fiona & Diane
Tuesdays 1 – 2pm <b>URDU</b>	<b>Sign up:</b> Tuesday 22 <sup>nd</sup> September	Jaeesha & Satnam
Wednesdays 10am – 11am	<b>Starts:</b> Wednesday 23 <sup>rd</sup> September	Heather & Marie

If you need an **interpreter**, you may be eligible for our 1-to-1 programme – please contact us for more details

**Free one-off 60 minute Virtual HENRY workshops** – see overleaf for what is covered

We may also be able to offer these sessions on a 1-to-1 basis with an **interpreter** – call for details

You will need access to the internet to attend these sessions and do not need to attend all of them

Date and Time	Workshop (see next page/overleaf for details)	Facilitators
Tuesday 15 <sup>th</sup> September 1-2pm	<b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Fiona & Jaeesha
Wednesday 23 <sup>rd</sup> September 10am – 11am	<b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Diane & Fiona
Wednesday 7 <sup>th</sup> October 1-2pm	<b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Diane & Jaeesha
Monday 12 <sup>th</sup> October 1-2pm	<b>Healthy Teeth</b> - families of children aged 0-4 years	Fiona & Jaeesha
Thursday 22 <sup>nd</sup> October 10am – 11am	<b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Fiona & Jaeesha
Monday 9 <sup>th</sup> November 1-2pm	 <b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Fiona & Jaeesha
Wednesday 11 <sup>th</sup> November 10-11am	 <b>Starting Solids</b> – parents of 0-8 month olds <a href="#">Click to book</a>	Diane & Jaeesha

**1-to-1 Workshops** – these are delivered by phone/video call at a time that suits you – turn over for full details:

Eat Well for Less

Portion Sizes

Fussy Eating

**For more information, please contact [henrybsb@henry.org.uk](mailto:henrybsb@henry.org.uk)  
or text/call/WhatsApp 07709 640454**



HENRY Bradford



henry.healthyfamilies



@henryhealthy

Programme	What does it cover?
<b>Healthy Families Programmes</b>	
Virtual Group Programme	<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>Join us over 8 weeks as we explore these topics and more. With a free toolkit, book and certificate for each participant.</p>
1-to-1 Programme	Content as above - for families who are unable to access the Virtual group programme. This is delivered by phone or video call.
<b>Workshops</b>	
Eat Well for Less	<p>This workshop delivered 1-to-1 over the phone or video call covers:</p> <ul style="list-style-type: none"> <li>• Tips for shopping on a budget</li> <li>• Menu planning to avoid waste and encourage healthy eating</li> <li>• Shopping to a menu plan and budget</li> <li>• HENRY recipes for simple, healthy low-cost meals</li> </ul>
Fussy Eating	Fed up with stressful mealtimes? This one hour workshop delivered as a 1-to-1 session over the phone or video call covers ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family
Healthy Teeth	<p>Struggling to get your child to brush their teeth or not sure how to do it? Want to learn more about how to reduce the risk of cavities and how what we eat and drink affects our teeth? Interested in finding out top tips, latest guidance and where to find answers to questions? This one hour virtual workshop is for you!</p>
Portion Sizes	<p>How big is a portion? How many portions should my child have? And what kinds of foods are best? Do you want to gain confidence in providing healthy, child-friendly meals? This session covers:</p> <ul style="list-style-type: none"> <li>• Foods that are best for your child</li> <li>• The benefits of eating child-size meals</li> <li>• Explore different food groups and new meal ideas</li> </ul>
Starting Solids	<p>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.</p> <p>We can 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.</p> <p>We can send information by <b>email</b> or <b>post</b> or we can give you a call to discuss in more detail. For wider Bradford, contact <a href="mailto:henry@bradford.gov.uk">henry@bradford.gov.uk</a></p>

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