



# HENRY 5-12 Healthy Families Growing Up

## Outline of the 5-12 parent course

The HENRY 5-12 programme is an 8 week course delivered by local HENRY facilitators for up to 12 parents. Courses focus on building your confidence and strengths as a parent, and explores key themes such as; emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting and physical activity.

## Who is HENRY for?

Any family who is looking to make changes together to be healthier and happier can request a **free** place. HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life.

## Upcoming parent courses

### Course details.

Venue: Sue Bramley Community hub, Bastable Ave, Barking IG11 0LH

Start date: Tuesday 30 November 2021

At: 9.30am to 11.30am

### Course details.

Venue: Dagenham library, 1 Church Elm Ln, Dagenham RM10 9QS

Start date: Wednesday 1 December 2021

At: 9.30am to 11.30am

## How to register for a course or express interest

If you would like to register for a course or find out more, please complete this expression of interest form

[https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu\\_ADFtvJEEqzhBm10VszL-n8hUMVROMFVFSTdWTVo3STE0SDZMTU1WMzA4WC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu_ADFtvJEEqzhBm10VszL-n8hUMVROMFVFSTdWTVo3STE0SDZMTU1WMzA4WC4u)

For more information please contact [healthy.lifestyles@lbbd.gov.uk](mailto:healthy.lifestyles@lbbd.gov.uk) or visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle>