



## Healthy families Right from the start

Do you have a child with disabilities under 5?

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- See your child eat more fruit and vegetables?
- Gain ideas to help with family routine?

**0-5 Portage HENRY – Online via Teams**  
**1pm to 2pm**

**Coffee Morning - Tuesday 2<sup>nd</sup> May 2023**

**Programme start - Tuesday 9<sup>th</sup> May 2023**

## Healthy families Growing up

Do you have a child with disabilities child aged 5 to 12?

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

**CYPD-HUB HENRY – Online via Teams**

**12 – 1.15pm.**

**Programme start - Friday 13/09/202**

## **FREE Leisure Incentive**

8-week membership for Everyone Active for up to 5 family members in the same household. Access to **swimming and soft play during the 8 weeks.**

## **To Book**

Please contact Emma on 07518291711 or email [cypdhub@lbbd.gov.uk](mailto:cypdhub@lbbd.gov.uk)