Thank you for registering to join HENRYGroup Facilitation Training for our *Healthy Families: Growing Up* 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 to bring with me?**

* A pen
* A packed lunch
* A mobile phone (to complete the training review)
* An extra layer you can wear indoors in colder weather – we may need to open a window to reduce the risk of transmission of Covid-19

**What do I need to do in advance?**

* Watch the video on HENRY website [www.henry.org.uk/henryapproach](http://www.henry.org.uk/henryapproach)
* Take another look at the *A Healthy Start* practitioner handbook from your Core Training
* Be putting the HENRY approach into practice in your work
* Leave the evening of Day 1 reasonably free to help you prepare for a short practice session on Day 2

**Who is the training for?**

This training is for practitioners who have completed the 2-day HENRYCore Training and who will go on to deliver HENRY’s evidence-based 8-week *Healthy Families: Growing Up* programme for parents and carers of 5 to 12 year-olds.

**By the end of the training you will:**

* Have increased skills, knowledge and confidence to lead the programme for parents and carers of children
* Understand the content of the 8-week *Healthy Families: Growing Up* programme for parents
* Feel confident to use the detailed session plans and resources that accompany the programme
* Have developed and enhanced group facilitation skills to deliver the interactive programme in a way that mirrors the HENRY approach and ethos of partnership and building on parents’ strengths
* Understand and feel confident to manage issues that can arise in groups, using listening, empathy and solution-focused support

**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!**