

HENRY Newsletter for Parents

February 2023



Update from Kingston's HENRY Coordinators

Hello from the Kingston HENRY team,

A warm welcome to our second edition of the HENRY newsletter. HENRY continues to grow within Kingston and we are delighted to be able to offer FREE online Healthy Families Group programmes, 1:1 programmes and workshops.

Exciting news to share is that now every family who joins a HENRY Growing up programme is offered 6 weeks' worth of BRITE Boxes. BRITE Box is a weekly recipe meal kit which contains all the ingredients for a family to prepare and cook a healthy, balanced meal together.



What is HENRY all about?

We know that everyone wants the best for their children, but it can be hard to ensure a healthy lifestyle for the whole family. The HENRY team offer 8-week programmes and one-off workshops for parents and carers of children between 0-12.

HENRY is for everyone, and topics covered include understanding children's behaviour, setting boundaries, parent wellbeing, healthy lifestyles, supporting children eating a wide range of foods, screen time, being active, family routines, sleep, self-esteem, and much more.

The programme is **FREE to attend for parents/carers** of children attending Kingston Schools.

You can self-refer by clicking [here](#) or via the QR code or to find out more please feel to email us on henry@yourhealthcare.org



Upcoming HENRY Programmes and workshops

Growing up (5-12's) Programme

Evening group - Wednesdays
7.30-8.45 pm

Taster session: 22nd Feb

Dates: 1st March – 3rd May

Break: two weeks over Easter

Growing up (5-12's) Programme

Morning group - Fridays 10.00-
11.15am

Taster session: 24th Feb 23

Dates: 3rd March – 5th May

Break: two weeks over Easter

Growing up (5-12's) Programme

Morning group – Tuesdays
10:00-11:15am

Taster session: 25th April

Dates: 2nd May – 27th June

Break: 1 week for half term

Growing up (5-12's) Programme

Morning group – Friday
mornings 10-11.15am

Taster session: 12th May

Dates: 19th May – 14th July

Break: 1 week for half term

Healthy families

- **What do parents say who have already accessed HENRY?**
- I enjoyed that I was not being 'told what to do', but instead we had discussions around what would work for my family.
- The possibility to talk and listen with other parents, getting ideas to cope with difficulties.
- The food boxes are brilliant