

## Referral to HENRY 1-to-1 programme

The HENRY 1-to-1 programme provides support and guidance to parents/carers so they and their children can eat more healthily, feeling supported, motivated and equipped with the skills and strategies to make changes and achieve their goals. The programme applies a solution-focused and strengths-based approach to build parents' skills and confidence in maintaining a healthy lifestyle.

✓ Inclusion criteria	× Exclusion criteria
<p><b>Family has at least one child under 4 years living within LEAP Lambeth wards AND one of the following:</b></p> <p>Child eats a very limited range of foods</p> <p>When a baby or young child has put on weight more rapidly than expected</p> <p>One or both parents are overweight</p> <p>Professional is concerned about child's weight or family's nutritional needs.</p> <p>Parent self-refers with a concern about family nutrition, eating habits or physical activity</p>	<p>Food neophobia where the child is not growing well</p> <p>Nutritional deficiencies e.g. iron deficiency</p> <p>Patients on oral nutritional supplements</p> <p>Constipation and diarrhoea</p> <p>Non oral feeding</p> <p>Multiple allergies. Children would require referral to specialised allergy services</p> <p>Children with long-term conditions including diabetes or morbidities</p>

***The HENRY 1-to-1 programme is specially designed for children under 4 years who live within LEAP wards of Coldharbour, Vassal, Tulse Hill and Stockwell.*** Please check postcode at <https://www.leaplambeth.org.uk/> (NB: children can be referred up until the day before their 4<sup>th</sup> birthday, this also includes unborn children).

### Refer a family if:

- A parent expresses anxiety about feeding a child (e.g. "My child only eats....")
- You have concerns that poor oral health is related to a child's diet
- There are concerns linked to parental weight status (Maternal obesity is biggest risk factor for child obesity)
- You notice rapid weight gain in a baby or young child
- A parent expresses low confidence around parenting / providing a healthy lifestyle
- There appears to be lack of enjoyment of family life (e.g. "I feel stressed all the time")

### For further information:

- For any further questions on making a referral please contact a member of the Family Nutrition Team at [lambeth.support@henry.org.uk](mailto:lambeth.support@henry.org.uk) or call 07923 217 516 or 07923 217 516
  - Please find more information on other offered services by visiting [www.leaplambeth.org.uk](http://www.leaplambeth.org.uk) or [www.henry.org.uk](http://www.henry.org.uk)
- All referrals must be made with the consent of the family. You will be asked to confirm that the family has consented to the referral.**