



## Best Start with HENRY in City and Hackney

FREE *Healthy Families* Workshops & Group Programmes for local parents and carers with children up to 5 years old

### Spring 2019

### Healthy Families Group Programme – 8 Weeks

Each week helps you provide a healthy, happy supportive environment for the whole family. Topics include building parenting confidence, physical activity for children, what children and families eat, healthy lifestyle habits and enjoying time as a family. This group gives you the tools to help get your little one off to a great start!

Crèche Included		Healthy Snack Provided	Free Parent Toolkit
Dates	Venue	Time	Phone Number
Start: Mon 14 Jan	<b>Lubavitch Children's Centre</b> 1 Northfield Road Stamford Hill N16 5RL	1:00-3:30pm	020 8809 9050  Facilitators: Toby & Taseen
Taster: Mon 14 Jan  Start: 21 Jan	<b>Fernbank Nursery School</b> 1A Fountayne Road Cazenove N16 7EA	9:30am-12:00pm	020 8806 6622  Facilitators: Carol & Asmat
Taster: Tue 29 Jan  Start: Tue 5 Feb	<b>Woodberry Down Children's Centre</b> Springpark Drive, off Green Lanes N4 2NP	3:30-6:00pm	020 8815 3250  Facilitators: Elgrina & Tina
Taster: Wed 23 Jan  Start: Wed 30 Jan	<b>Comet Children's Centre</b> 20 Halcomb Street Hackney N1 5RF	9:15-11:45am	020 7749 9850  Facilitators: Tina & Amanda
Taster: Wed 27 Feb  Start: Wed 6 Mar	<b>Sebright Children's Centre</b> Haggerston Park Queensbridge Road E2 8NP	9:30am-12:00pm	020 7749 1210  Facilitators: Sofina & Asmat
Start: Wed 13 Mar	<b>Linden Children's Centre</b> 86-92 Rectory Road Stoke Newington N16 7SH	12:30-3:00pm	020 7254 9939  Facilitators: Mark & Alitcia

To register for a group programme, please contact your local children's centre to book a place.

henry.org.uk/hackney  
hcsupport@henry.org.uk  
07519109876



### Healthy Families Workshops – Starting Solids

Introducing solid foods is a whole new chapter for you and your baby. When your baby is around 6 months old, it's time to begin introducing solid foods. This workshop will help you decide what foods to start with, how to make mealtimes an enjoyable experience and help your baby grow up enjoying a wide range of healthy foods.

**No Booking Required**

**Your Baby is Welcome to Join**

**2-Hour Workshop**

Dates	Venue	Time	Phone Number
Thu 31 Jan 28 Feb 28 Mar 25 Apr	<b>Woodberry Down Children's Centre</b> Springpark Drive, off Green Lanes N4 2NP	10:00am-12:00pm	020 8815 3270
Wed 12 Feb 12 Mar 23 Apr	<b>Tyssen Children's Centre</b> Oldhill Street, London N16 6LR	10:00am-12:00pm	020 8806 4130
Mon 7 Jan 4 Feb 4 Mar 1 Apr	<b>Linden Children's Centre</b> Rectory Road, London N16 7SH	10:00am-12:00pm	020 7254 9939
Tue 29 Jan 26 Feb	<b>Lubavitch Children's Centre</b> Northfield Road, London N16 5RL	9:30-11:30am	020 8809 9050
Mon 21 Jan 11 Mar	<b>Millfields Children's Centre</b> Elmcroft Street, London E5 0SQ	1:00-3:00pm	020 8525 6410
Thu 17 Jan 14 Feb 21 Mar 18 Apr	<b>Ann Tayler Children's Centre</b> Triangle Road, London E8 3RP	1:00-3:00pm	020 7275 6020
Wed 9 Jan 3 Apr	<b>Sebright Children's Centre</b> Haggerston Park Queensbridge Road E2 8NP	1:30-3:00pm	020 7749 1210
Mon 25 Mar	<b>Wentworth Nursery &amp; Children's Centre</b> Granard House, Bradstock Road E9 5BN	10am-12pm	020 8985 3491
Fri 26 Apr	<b>John Cass Family &amp; Child Centre</b> St James's Passage, Duke's Place EC3A 5DE	1:30-3:30pm	020 7283 1147

### Healthy Families Workshops – More!

A range of supportive, interactive workshops to help you give your child the best start in life, including Let's Get Active, Eating Well for Less, Portion Sizes, Fussy Eating, What's in Our Food and Healthy Drinks for Young Children.

No Booking Required

1.5-Hour Workshop

Free Parent Resources

Date	Venue	Time	Phone Number
<b>Fussy Eating</b> Thu 10 Jan Thu 7 Feb	<b>Shoe Lane Library</b> Hill House 1 Little New Street EC4A 3JR	10:30am-12pm	020 7583 7178
<b>Fussy Eating</b> Fri 22 Feb	<b>Fernbank Children's Centre</b> 1A Fountayne Road N16 7EA	10-11:30am	020 8806 6622
<b>Healthy Drinks for Young Children</b> Wed 23 Jan	<b>Lubavitch Children's Centre</b> Northfield Road N16 5RL	9:30-11:15am	020 8809 9050
<b>Eating Well for Less</b> Thu 7 Mar	<b>Wentworth Nursery &amp; Children's Centre</b> Granard House, Bradstock Road E9 5BN	9:30-11:00am	020 8985 3491
<b>Let's Get Active</b> Thu 14 Mar	<b>Ihsan Children's Centre</b> 66-68 Cazenove Road N16 6AA	10:30am-12pm	020 8806 1147
<b>What's In Our Food</b> Fri 1 Feb  <b>Let's Get Active</b> Fri 15 Mar	<b>Dalston C.L.R. James Library</b> 24-30 Dalston Lane E8 3BQ	10:30am-12pm	020 8356 3000
<b>Let's Get Active</b> Fri 8 Mar 5 Apr	<b>Stamford Hill Library</b> Portland Avenue N16 6SB	10:30am-12pm	020 8356 3000
<b>Let's Get Active</b> Fri 1 Mar	<b>Barbican Library</b> Silk Street EC2Y 8DS	10:30am-12pm	020 7638 0569
<b>What's In Our Food</b> Mon 18 Mar	<b>Stoke Newington Library</b> 184 Stoke Newington Church Street N16 0JL	10:30am-12pm	020 8356 3000