

Healthy Teeth Workshop

Join us for this interactive workshop run by our Senior Dental Nurse to learn about preventative care for children's teeth and explore any questions around dental health for your child.



in partnership with



Walthamstow CFC <i>Higham Hill</i>	Leytonstone CFC <i>The Junction Centre</i>	Virtual
Monday, 20th September 9.30-11.30am	Thursday, 14th October 1-3pm	Wednesday, 15th September 2-3pm
Tuesday, 7th December 9.30-11.30am		Wednesday, 10th November 6.30-7.30pm

HENRY Best Start Services

The HENRY Best Start service in Waltham Forest supports families with children aged 0-5 to provide the best and healthiest start in life for their children.

The Best Start service provides support for:

- Healthy Eating and Active Play
- Oral Health
- Infant Feeding - breast, bottle, or mixed feeding
- Speech and Language Development



Scan for our Events Page



Get in touch to find out more:

HENRY Office: 020 8496 5223

wfsupport@henry.org.uk

www.henry.org.uk/walthamforest

WFHENRYHealth

HENRYinwalthamforest

WFHENRYHealth



Healthy Families

Nutrition, Wellbeing & Active Play



Everyone wants their children to have a great start, but with so much advice it can sometimes be hard to know what to do for the best as parents, especially in the early years. That's where the Best Start service comes in. We can support you to get your child off to a healthy start.

We offer practical and emotional support for parents of babies and young children to develop a healthier family lifestyle.

020 8496 5223

wfsupport@henry.org.uk

Healthy Families Support Sessions

Come along to our support sessions to discover some fun and helpful ways to get your little one off to a great start - enjoying a wide range of healthy foods as well as active play to support their physical development.

Book an appointment at one of our face-to-face sessions or a virtual appointment to receive 1-to-1 support from our HENRY nutritionists.

Does your child struggle with fussy eating? Battles around food can be a very stressful part of daily family life. Our HENRY practitioners can provide support to help you find strategies that work for your family.

Walthamstow - Wood Street Library 1 Troubridge Square, Wood Street, E17 3GN Tuesdays & Fridays: 1-3pm September 21 October 8 & 19 November 5, 16 & 30 December 14	Leytonstone Library Church Lane, Leytonstone, E11 1HG Wednesdays: 1.30-3.30pm September 15 & 29 October 13 & 27 November 10 & 24 December 8 & 22
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Please book these sessions through wfsupport@henry.org.uk / 020 8496 5223

Support Sessions alongside Child Health Clinics

Have you made an appointment with the Health Visiting team for a consultation or weight clinic? Why not speak to a HENRY practitioner after your child's appointment. You can find us at the following sessions:

Chingford CFC 5 Oaks Groves, E4 6EY Thursdays: 1.30-3.30pm September 9 & 23 October 7 & 21 November 4 & 18 December 2 & 16	Leyton CFC 215 Queens Road, E17 8PJ Tuesdays: 9.30-11.30am September 14 & 28 October 12 & 26 November 9 & 23 December 7 & 21
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Book Child Health appointments through 0-19universalspawf@nelft.nhs.uk / 030 0300 1970

To keep everyone safe, the booking requirements and sessions may change.
 Check for updates on our website events page or contact the team:
 0208 496 5223 / wfsupport@henry.org.uk

Starting Solids Workshop

Join us for this free group workshop which explores when, how and what to feed your baby. Contact us to reserve your spot.

Chingford CFC Wyemead Monday 20th September 9.30-11.30am	Walthamstow CFC Higham Hill Tuesday 19th October 9.30-11.30am	Leyton CFC Queens Road Thursday 11th November 9.30-11.30am	Leytonstone CFC The Junction Centre Thursday 16th December 1.30-3.30pm
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Virtual Sessions (via Google Meets)			
Thursday 9th September 10-11.30am	Wednesday 6th October 10-11.30am	Wednesday 3rd November 2-3.30pm	Wednesday 1st December 2-3.30pm

Healthy Families Group Programme

This free programme is for parents and carers of children aged up to 5 years old. Over the 8 weeks, you'll find out more about parenting confidence, emotional wellbeing, eating well as a family and helping physical development - so that you provide a great start in life for your child and the whole family takes steps towards a healthier lifestyle. Contact us to register for a programme.

Every Monday starting 27th September to 22nd November, from 10-12pm
The Paradox Community Centre - 3 Ching Way, E4 8YD

Every Thursday starting 14th October to 9th December, from 1.30-2.30pm
Online via Google Meets

Every Thursday starting 25th November to 27th January, from 10-11am
Online Via Google Meets (will break for Christmas Holiday)

New dates to be added over time, get in touch to join the waiting list

*Term time only - Crèche provided

