

What is the difference

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Healthy Start, Brighter Future

in partnership with



# Healthy Eating

7<sup>th</sup> January - 5<sup>th</sup> April 2019

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 a parent/carers, especially in the early years. That's where the Best Start service comes in.

We offer practical and emotional support for parents/carers of babies and young children to develop healthy eating and lifestyle habits right from the start.

This flyer provides you with details of what is on offer for families aged children 0-5. See inside for further details



## Other support for a great start in life

This Healthy Eating service is part of the wider HENRY Best Start service to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Infant feeding – breast, bottle, or mixed feeding
- Dental health
- Speech and language development

Or call us directly on **020 8496 5223**  
we can tell you all about what help is available locally

## HENRY Drop-In Sessions & Workshops

### Drop-in Sessions - delivered by HENRY

If you would like information about diet and nutrition, physical activity and healthy lifestyles or have concerns about your child's eating or weight, pop in and have a chat. Our open walk-in sessions are run by our Dietitian or Nutritionist - no appointment needed. Please bring your child's red book.

Dates applicable from 7<sup>th</sup> January to 5<sup>th</sup> April (term-time only). For an updated timetable call 020 8496 5223

<b>Tuesday</b>	1:30-3:00 pm	Walthamstow Children & Family Centre Hub 313 Billet Road, Walthamstow, E17 5PX
<b>Thursday</b>	9:30-11:30 am	Langthorne Health Centre, 13 Langthorne road, Leytonstone, E11 4HX
	1:30-3:00 pm	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY
<b>Friday</b>	9.30- 11:30 am	Seddon Centre, Clyde Place, Leyton, E10 5AS

### Starting Solids Workshops - delivered by HENRY

Please call to book your free place 020 8496 5223 (maximum 12 families per session). Join us for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby. Dates and time may change.

<b>Walthamstow Children &amp; Family Centre Hub (Higham Hill)</b>	<b>Chingford Children &amp; Family Centre Hub (Wyemead)</b>	<b>Leytonstone Children &amp; Family Centre Hub</b>	<b>Leyton Children &amp; Family Centre Hub (Queens Road)</b>
25 <sup>th</sup> January 10:00am - 12pm	20 <sup>th</sup> February 10:00 am-12:00 pm	18 <sup>th</sup> February 9:30-11:30 am	6 <sup>th</sup> March
15 <sup>th</sup> March 10am - 12pm	17 <sup>th</sup> April 10:00 am-12:00 pm		10:00 am-12:00 pm

## Lloyd Park- Food Themed Activities

### Children and Family learning - delivered by Lloyd Park Childrens

**Charity** Please call for more information 020 8527 1737 Dates and time may change.

#### Introduction to Starting solids

Come along to You & Your New Baby sessions with an introduction to starting your baby on solids.

<b>The Lloyd Park Centre, Winns Avenue entrance, E17 5JW</b> 11 <sup>th</sup> February 1 <sup>st</sup> April 1:30-3:00 pm	<b>Chingford Children &amp; Family Centre Hub (Wyemead)</b> 30 <sup>th</sup> January 20 <sup>th</sup> March 1:30-3:00 pm	<b>Langthorne Pavillion Birch Grove E11 4YG</b> 22 <sup>nd</sup> January 12 <sup>th</sup> March 10:00-11:30 am	<b>Leyton Children &amp; Family Centre Hub</b> call to book 23 <sup>rd</sup> January 20 <sup>th</sup> March 1:00-2:30 pm
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#### Eating well for families

This session explores how to support your child in eating a variety of foods. At the end of each session, children and adults sit together to discover new tastes and smells.

<b>Walthamstow Children &amp; Family Centre Hub (Higham Hill)</b>	<b>Chingford Children &amp; Family Centre Hub (Wyemead)</b>	<b>Leytonstone United Free Church</b>	<b>Leyton Children &amp; Family Centre Hub</b>
7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> March 1:30 - 3:00 pm	26 <sup>th</sup> Feb, 5 <sup>th</sup> , 12 <sup>th</sup> March 9:30-11:30 am	14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> March 1:30-3:00 pm	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> Feb 9:30-12:00 pm

#### Exploring food

This session explores how to support your child in eating a variety of foods. You can find out more about portion sizes and how to help make mealtimes a happier time for everyone.

<b>St Michael's Hall Northcote Road, E17 6PQ</b>	<b>Paradox Centre 3 Chingford way E4 8YD</b>	<b>Langthorne Pavillion Birch Grove E11 4YG</b>	<b>Seddon Centre Clyde Place E10 5AS</b>
30 <sup>th</sup> Jan, 6 <sup>th</sup> , 13 <sup>th</sup> Feb 1:30-3:00 pm	31 <sup>st</sup> Jan, 7 <sup>th</sup> , 14 <sup>th</sup> Feb 10:00-11:30 am	29 <sup>th</sup> Jan, 5 <sup>th</sup> , 12 <sup>th</sup> Feb 1:30-3:00 pm	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> March 9:45-11:15 am

### Get in touch to find out more:

HENRY office: 020 8496 5223 e-mail: wfsupport@henry.org.uk



@WFHENRYHealth

www.henry.org.uk/walthamforest