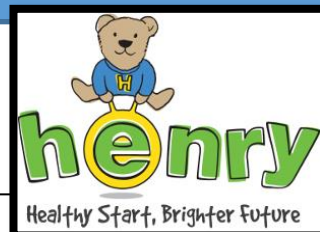


# HENRY Newsletter for Parents

December 2022



## Update from Kingston's HENRY Coordinators

Hello from the Kingston HENRY team,

We would like to introduce ourselves as the coordinators of the HENRY programmes in Kingston as part of the Health Visiting and School Health Team. HENRY continues to grow within Kingston and we are delighted to be able to offer FREE Healthy Families Group programmes, 1:1 programmes and workshops. These are currently delivered online.

## 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 practitioners work alongside with parents/carers to set goals that work for them, to support the whole family to make positive lifestyle changes, so they can lead happy, healthy lives.

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, and self-esteem.

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](mailto:henry@yourhealthcare.org)



## Upcoming HENRY Programmes and workshops

### Growing up (5-12's) Programme

Morning group - Thursdays  
10.00-11.15am

**Taster session:** 19<sup>th</sup> January 23  
**Dates:** 26<sup>th</sup> January- 23<sup>rd</sup> March

### Growing up (5-12's) Programme

Evening group - Wednesdays  
7.30-8.45 pm

**Taster session:** 22<sup>nd</sup> Feb  
**Dates:** 1<sup>st</sup> March – 3<sup>rd</sup> May  
**Break:** two weeks over Easter

### Growing up (5-12's) Programme

Morning group - Fridays 10.00-11.15am

**Taster session:** 24<sup>th</sup> Feb 23  
**Dates:** 3<sup>rd</sup> March – 5<sup>th</sup> May  
**Break:** two weeks over Easter

### Right from the start (0-5's) Programme

Morning group - Mondays 10-11am

**Taster session:** 9<sup>th</sup> January  
**Dates:** 16<sup>th</sup> Jan – 13<sup>th</sup> March  
**Break:** 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.
- Talking to other parents helped me a lot
- We now eat together as a family more, and bedtime is calmer.