

A great start in life

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.
Thank you for this life changing opportunity."*

Free HENRY programme starting soon:

Beginning on 31st January 2025 and on once a week for 8 weeks.
9:30- 11:30am

At Biddick Hall & Whiteleas Family Hub

Booking Essential: Speak to school or contact the family hub on:
0191 423 4980



www.henry.org.uk

Pick up a leaflet for more information