



The HENRY Programme

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in. The HENRY programme is an 8-week programme for parents and carers with children aged 0 - 5 and 5 - 11 delivered across Hull's Family Hubs.

The HENRY programme is free to join and helps you give your child the best possible start in life. Courses are delivered in person at local Family Hubs, local venues and online which can be accessed via phone, tablet, and laptop.

Parents are able to contact their local Family Hub to find out how to get involved, professionals can use the Early Help portal to secure a place on behalf of parents.

HENRY Workshops

The HENRY programme offers various short workshops for parents and carers to give your family the best start in life including:

- ✿ Eat Well for Less
- ✿ Starting Solid Foods
- ✿ Fussy Eating
- ✿ Healthy Teeth





HENRY Right from the Start Programme

An 8-week programme for parents and carers with children aged 0 – 5.

🏠 **Venue:** Home-Start, Centre 88, Saner Street, Hull, HU3 2TR
Monday 16 October, 10am – 12pm

🏠 **Venue:** Parks Family Hub
Monday 15 January, 1.00 – 2.45pm

🏠 **Venue:** Priory Family Hub
Wednesday 17 January, 9.30 – 11.30am

🏠 **Venue:** Acorns Family Hub
January TBC

HENRY Healthy Families Growing Up Programme

An 8-week programme for parents and carers with children aged 5 -11.

🏠 **Venue:** Lemon Tree Family Hub
Tuesday 16 January, 10am – 12pm

🏠 **Venue:** Little Star's Family Hub
Thursday 11 January, 10am – 12pm





HENRY Workshops

Eat Well for Less - Explore budgeting, healthy meals, cost saving ideas, shopping tips and more.

- ✿ Chiltern Primary School, Chiltern Street, Hull, HU3 3PF
Monday 2 October, 9.30 – 10:30am
- ✿ Online workshop - this can be accessed via phone, tablet and laptop
Monday 9 October, 10 - 11am (email us to register your interest)
- ✿ Acorns Family Hub
Friday 10 November, 9.30 – 10.30am
- ✿ Lemon Tree Family Hub
Tuesday 14 November, 9.30 – 10.30am
- ✿ Acorns Family Hub
Tuesday 5 December, 10.30 – 11.30am
- ✿ Priory Family Hub
Wednesday 12 December, 10.30 – 11.30am
- ✿ Online workshop - this can be accessed via phone, tablet and laptop
Tuesday 9 January, 10.30 - 11.30am (email us to register your interest)
- ✿ Online workshop - this can be accessed via phone, tablet and laptop
Wednesday 17 January, 6 – 7pm (email us to register your interest)





Starting Solid Foods (0 – 8 months) - This workshop will help you decide when your baby is ready to try solid food, what to start with, when your baby is hungry and when they've had enough.

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| ✿ Marfleet Family Hub
Monday 7 October, 10 – 11:30am | ✿ Acorns Family Hub
Wednesday 25 October, 10 – 11:30am |
| ✿ Acorns Family Hub
Thursday 12 October, 1 – 2:30pm | ✿ Priory Family Hub
Wednesday 25 October, 1 – 2:30pm |
| ✿ Longhill Family Hub
Monday 16 October, 10 – 11:30am | ✿ Parks Family Hub
Monday 13 November, 10 – 11:30am |
| ✿ Little Stars Family Hub
Tuesday 17 October, 10 – 11:30am | ✿ Marfleet Family Hub
Thursday 7 December, 10am – 11:30am |
| ✿ Marfleet Family Hub
Monday 19 October, 10 – 11:30am | |

For more information contact your local Family Hub via the website below or email

healthylifestyleteam@hullcc.gov.uk

