

Henry: A great start



A free, fun, 8 week group of 2 hour sessions for parents.

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?

Groups are separated into two age ranges:

**HENRY: Healthy Families -
for parents/carers with
children aged
0 to 5yrs (incl.)**

**HENRY: Growing Up -
for children and
their parents aged
4 to 12yrs.**



Children 0 - 12 yrs

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It couldn't be easier...

There is no criteria, and no forms to complete - just call the contact details below, however, we will need to ask you some information to be able to ensure you access the right course at the right time.

You can also submit a form online at www.startingwellworcs.nhs.uk

Bromsgrove

call Pear Tree Family Hub on 01527 835775

Malvern Hills

call Sunshine Family Hub on 01684 577442

Redditch

call Holly Trees Family Hub on 01527 61360

Worcester City

call Tudor Way on 01905 749149 or Saffron on 01905 767107

Wychavon (Droitwich, Evesham and Pershore)

call Wands Family Hub on 01905 827391

Wyre Forest

call Brookside Family Hub on 01562 827207

We look forward to taking your call!

Parenting support is also available from other providers. Parents can speak to their child's school, health visitor or school nurse for more information.

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