

Summer 2020 Better Start Bradford Bowling and Barkerend, Bradford Moor and Little Horton



We are still here to help and are working via phone and video calls during COVID-19 coronavirus

Eat Well for Less workshop

Free workshop delivered 1-to-1 over the **phone** or **video call** for families in the Better Start Bradford area with a child under 4 and covers:

- Tips for shopping on a budget
- Menu planning to avoid waste and encourage healthy eating
- Shopping to a menu plan and budget
- HENRY recipes for simple, healthy low-cost meals

Families with babies aged 0-6 months - Starting Solids

Have you just started introducing your baby to solid foods or are you just about to? Starting solids is a whole new chapter for you and your baby and it can feel a bit daunting, but HENRY can help.

We can offer information about how to spot signs that your baby is ready to try solid food, how to know when your baby is hungry and when they've had enough, suggest foods to start with and lots of ideas to make mealtimes an enjoyable experience for both you and your baby.

We can send information by **email** or **post** or we can give you a call to discuss in more detail. For wider Bradford, contact henry@bradford.gov.uk

Families with children under 4 – HENRY 1-to-1 Programme

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

If the answer is **yes**, please contact us to find out more about the HENRY 1-to-1 programme, which can be delivered by **phone** or **video** and with an **interpreter** if needed. You will receive a free toolkit of resources, including our Healthy Families book, which contains recipes, information and more! For wider Bradford, contact henry@bradford.gov.uk

Families with children under 4 – HENRY Virtual Group Programme

We are starting two virtual group programmes in the Better Start Bradford area soon! For more information, get in touch.

HENRY website

For recipe ideas, coronavirus support and useful healthy living tips for the whole family, visit: <https://www.henry.org.uk>

For more information, please contact henrybsb@henry.org.uk
or text/call/WhatsApp 07709 640454



HENRY Bradford



henry.healthyfamilies



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