



HENRY Growing Up (5-12 year olds)

- An 8 week course for parents with children aged 5-12 year olds which supports families to make healthier changes, exploring key themes such as emotional well-being, whole family lifestyle habits, food, parenting and physical activity
- Programme co-ordinated by the Health and Wellbeing service, launched in October 2021
- 28 trained HENRY facilitators from various organisations, Council, schools and voluntary sector
- 17 courses completed, delivered at community venues and schools
- 124 parents engaged and 77 completed the course
- Targets families living in the most deprived areas and with the highest child obesity rates
- Website and digital referral forms available
- HENRY facilitators supported with quarterly development sessions
- Physical activity bags made for parents to take home and piloted physical activity and cooking session to embed as part of this programme
- Celebration event to take place in November 2023

 **17%**
increase in parenting confidence

 **24%**
improvement in overall family lifestyle

 **17%**
decrease in children's screen time



Deb Lowe
Advanced Health Improvement Specialist
Adults and Health
Leeds City Council

Parent feedback

"The Healthy Families programme completely changed my lifestyle."

"It was great learning different things to help my family be more healthy. We have more family time now and eat more healthy food."

"It's changed my life. I feel confident."