

HENRY programme for parents

The Public Health Nursing team will be running free online HENRY courses starting at the end of February for parents and carers of children aged 0 to 5 years old, in the Bridgwater and Taunton areas.

The HENRY programme provides everything needed to help little ones get off to a great start.

It covers the 5 following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eat
- Family lifestyle habits
- Enjoying life as a family

Each week there is a 1-hour live session and a couple of videos to watch before each session. Parents / carers also receive a free toolkit with lots of fantastic resources (seen below). The programme is an opportunity to share ideas and experiences with other families in a safe environment!



Courses will start on the following dates:

Bridgwater – Wednesday 26th February at 1.00-2.30pm

Taunton – Wednesday 26th February at 1.30-3.00pm

If you live in Bridgwater or Taunton and you are interested in joining a course or would like more information, please contact HENRY@somerset.gov.uk

Once registered, parents / carers will receive information on how to join the course online.