



Henry

Healthy Start, Brighter Future



CROYDON
www.croydon.gov.uk

Who is HENRY?

- ▶ HENRY is a national children's charity that focuses on supporting families to lead healthier lives.
- ▶ We are an evidence based service that encompasses a whole host of different topics relating to healthy family lifestyle and getting children off to the best start - including.. healthy eating, family activity, emotional and mental health, parental confidence and parenting skills, oral health and much more.
- ▶ We work in many areas across the UK, often in deprived areas with families and practitioners from different communities and cultural backgrounds.

What is the HENRY approach?

- ▶ Most of us working with families recognise that simply providing information isn't usually enough to result in meaningful and lasting change. As practitioners we play an important role in creating the conditions for change.
- ▶ The HENRY approach works by supporting families in a “partnership” approach, whereby we:
 - ▶ ...start where families are
 - ▶ ...help families identify what is going well
 - ▶ ...build parental confidence
 - ▶ ...support families to make small, manageable steps toward their preferred future

Our aims in Croydon

1. To ensure all professionals who work with families and young children are delivering consistent messages around weight, food, nutrition and activity and have the confidence to hold conversations about behavioural change, weight and obesity in the context of families' lives
2. Reduce the number of children starting primary school overweight and obese
3. Contribute to a reduction in long term health inequalities caused by childhood obesity

HENRY in Croydon

- ▶ HENRY has been commissioned by Croydon Council as the provider for the Early Years Healthy Behaviours service (Tier 1 and Tier 2) until 2026.
- ▶ Tier 1 relates to workforce training for local practitioners
 - ▶ Practitioners who work directly with families with children 0-7yrs are eligible.
 - ▶ We are targeting practitioners that work with “high-risk” parents
- ▶ Tier 2 relates to direct delivery of group programmes for families
 - ▶ Families with children 0-7yrs, who live in Croydon are eligible.
 - ▶ We are targeting the areas of highest deprivation and highest rates of obesity, particularly children that are measured as above the 91st centile or have “risk factors”.

HENRY Programmes: Healthy Families, Brighter Future

- ▶ HENRY programmes run over 8 consecutive weeks, covering a variety of topics.
- ▶ We will deliver programmes face-to-face in local community venues, as well as having an option to join online.
- ▶ Families receive a toolkit full of resources.



HENRY Core Training

The importance of childhood for lifelong wellbeing and obesity prevention

Risk and protective factors for child obesity and a healthy start

The 5 elements of a healthy start – parenting, lifestyle habits, nutrition, physical activity and emotional wellbeing

Working in partnership with families – a strength-based, solution-focused approach to supporting behaviour change

Emotional dimensions of change – links between behaviours, feelings and needs – and the power of empathy as a catalyst for change

National guidance on healthy nutrition and physical activity for babies and children of all ages



How to get in touch!

- ▶ If you would like to refer a family to join a group programme or refer yourself or a colleague to join training, please contact us at:
 - ▶ croydon@henry.org.uk 020 8156 6400
- (Service manager: rebecca.mcdonald@henry.org.uk)
- ▶ Or visit our website for more information
<https://www.henry.org.uk/croydon>