

HENRY Healthy Families programme

We're here to help you give your little ones a great start in life.

The HENRY programme is completely FREE to join for parents and carers of children aged 0 to 4 years old and living in the Better Start Bradford area.



The programme provides everything you need to help your little one get off to a great start.

We cover 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 eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is either an online or in-person session. See below for dates.

You'll also receive a free toolkit with lots of fantastic resources.

The programme is an opportunity to share ideas and experiences with other families in a safe environment.

Programme details

Dixon's March Bank Primary School
Barkerend Road
BD3 8QX

Running weekly on a Tuesday afternoon for 8 weeks from 17th May (with a 1 week break for half-term) 1pm-3pm
FREE Creche spaces available



Get in touch to sign up now!

Contact Us

For more information or to book on, please call, text or what's app HENRY 07709 640454 or speak to a member of school staff.

