



Any family who is looking to make changes together to be healthier and happier can request a free place. HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life.

Who is HENRY for?



Is there a cost?

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There is no cost for parents to attend. On completion families will receive 5 x Free leisure vouchers for weekly use of **Swim, Soft play & Junior gym** activities.

To sign up to HENRY programme please scan the QR code and complete the registration form



FREE SCHOOL HOLIDAY ACTIVITIES AVAILABLE

Summer is almost here and what better way for the kids to spend their holiday than taking part in exciting activities and making new friends?

It can be tough for parents finding things to occupy children during the holidays, that's why Barking and Dagenham council are hosting a variety of sports and activity camps. Attending a camp is a great way for children to get outside and enjoy the fresh air, learn new skills and mingle with kids outside their immediate circle. It's a growing experience that will make them better people one day, with brighter memories of their school holidays.

Who is the programme for: Young people and children who live or go to school in the area

Activities will be available from Monday 25 July until Friday 26 August 2022

Please visit <https://lbbd.gov.uk/newme-healthy-lifestyles> and select the schools out tab for full programme list and booking information