

From  
**Live Life  
BETTER  
DERBYSHIRE**

# Healthier Futures With Live Life Better Derbyshire.



A free health and wellbeing service for families in Derbyshire.



To find out more:

Call 0800 085 2299 (option 2)

or visit [www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

healthier futures 

FREE Family Services for Healthier Living

# Top tips to get you started on your healthy journey.



Visit our website to find out more about our free family support services:  
[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)



Try out some new tasty, healthy recipes with your family. A great place to start is at: [www.foodafactoflife.org.uk/recipes](http://www.foodafactoflife.org.uk/recipes)



The NHS has lots of healthy families support, plus a handy food scanner app. Visit: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)



Explore ways to get active and move more as a family. The NHS has guidance on how much exercise your child needs. Visit: [www.nhs.uk/live-well/exercise/exercise-guidelines](http://www.nhs.uk/live-well/exercise/exercise-guidelines)



Visit the HENRY website for lots of advice and support: [www.henry.org.uk/parents](http://www.henry.org.uk/parents)



The Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins. Find out more at: [www.gov.uk/healthy-start](http://www.gov.uk/healthy-start)



The Five Ways to Wellbeing are simple things you can do to help boost your mood. Visit: [www.derbyshire.gov.uk/wellbeing](http://www.derbyshire.gov.uk/wellbeing)



And finally think about what you are doing well as a family, and make a note of any changes that you would like to make

# Hello & Welcome!

To our free, healthier futures service, that offers support and advice on how to keep your whole family happy, healthy, and well.

## What we offer

**Healthier Futures with Live Life Better Derbyshire includes HENRY as part of our family support offer.**

The HENRY programmes, aimed at parents and carers of children aged 0 -12 years, are delivered by Live Life Better Derbyshire and Derbyshire County Council's children's centres and are offered online and face to face to suit your needs.

The HENRY courses last eight weeks, however Live Life Better Derbyshire will support you and your family for up to 12 months.

The HENRY approach supports healthy eating and well being. Every parent who joins learns something new and useful.

This can help give your child a great start in life and help them get ready for school.

Our programmes help you provide a healthier, supportive environment for the whole family.



# Who is eligible to take part?

## You can take part in our Healthier Futures programme if you:

- ✓ Are a parent or carer of a child aged 0-12 years we have a variety of programmes and workshops available
- ✓ Are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight
- ✓ Have a Derbyshire postcode or are registered with a Derbyshire GP



## Healthier Futures with Live Life Better

Derbyshire may consider professional referrals for families with children below the 85th BMI centile if we feel this may be of benefit.



## How to take part

**Parents and carers can self-refer onto any of the programmes that we run.**

Alternatively, you can talk to a health or social care professional who can refer on your behalf.

Parents, carers and professionals can refer into our service online here:

[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)



# Courses on offer

## Eight-Week HENRY courses



### **HENRY. Healthy Families Right from the Start.**

Eight weeks of group-based support on a range of topics to support healthy families - for parents and carers of children aged 0-5 years old

### **HENRY. Healthy Families Growing up.**

Eight weeks of group-based support on a range of topics to build healthy family habits - for parents and carers of children aged 5-12 years old.

Our eight-week programmes are delivered by Live Life Better Derbyshire and Derbyshire County Council's children's centres.

You will need to book online here: [www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

## One-off sessions

We also deliver one-off sessions - ideal if you are short on time, or you would like to try a taster session before committing further.

Please choose from the following online sessions and book your place online at:

[www.livelifebetterderbyshire.org.uk/healthierfutures](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

All one-off workshops are delivered online and last 90 minutes

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### **Healthy eating basics on a budget**

For parents/carers of children aged from 0 to 12 years

### **Top tips for making Healthier Changes**

For parents/carers of children aged from 0 to 12 years

### **Talking about body image and weight with your child**

Covering body image, emotional wellbeing and how to have confidence-building conversations with children aged 5 to 12 years

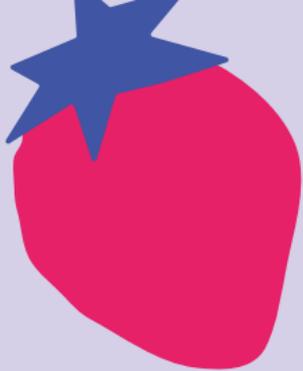
### **Selective eating**

For parents/carers of children aged from 8 to 12 years

### **HENRY Fussy eating**

For parents/carers of children aged from 1 to 7 years





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