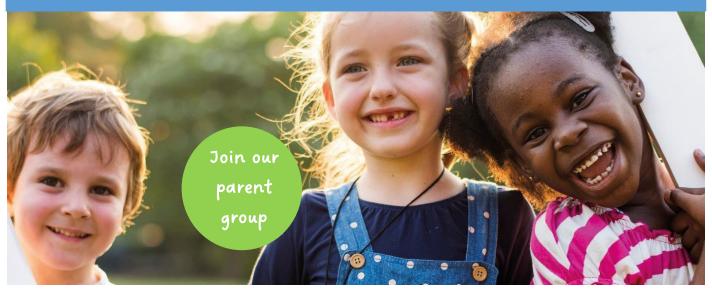
Healthy Families: Growing Up



Healthy, thriving children and families



HENRY's free Healthy Families: Growing Up programme is for parents and carers of primary school age children. It will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- · Enjoying life as a family

Who can attend?

This course is being delivered by Inner West Cluster.

If your child is aged 5-11 and attends one of our

Cluster schools, you are welcome to attend.

Cluster schools include:

Armley Park Castleton
Christ Church Cobden
Five Lanes Greenhill
Lawns Park Lower Wortley
St Bartholomew's Whingate



"This was the best thing I could possibly have done to help me be a better mum"





Programme details

Start date: Monday 29th September 2025

Time: 12.30-2.30pm

Venue: St John's Church, Dixon Lane Road, LS12 4RU

Duration: 8 weeks (exc. Half term)

For further information or to secure a place, please contact:
Kayleigh Loveday, Family Support Worker on
07712214151 or k.loveday@castletonleeds.org.uk