

# 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](mailto:k.loveday@castletonleeds.org.uk)