

OUTER EAST FAMILY HUB

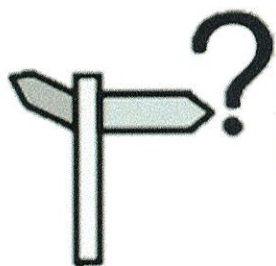
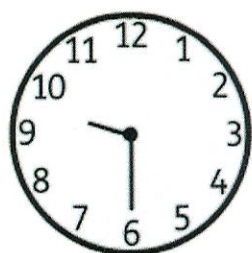
SEND Parent Carer

MONTHLY DROP INS

Come and see us at our monthly drop ins to get personalised support, helpful advice, and connect with others in the community.

Whether you're navigating services or facing the challenges of raising a child with possible or diagnosed additional needs, you're not alone. These sessions are designed to empower parents and carers, helping you feel supported, informed, and confident in speaking up for your child's needs.

Amanda Parkinson, SEND Specialist Co-Ordinator at Chapeltown Family Hub, will be hosting these sessions each month. With over 30+ years' experience in a variety of roles, Amanda brings her knowledge, access to useful resources, and a compassionate approach.

**When:**

9:30am-12pm

Monday 5th JanuaryMonday 2nd FebruaryMonday 2nd March**Where:**

Moor Allerton Community Hub

Moor Allerton Centre

King Ln

LS17 5NY


Leeds
Family
Hubs

Healthy Families: Growing Up



Join our
parent
group

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.

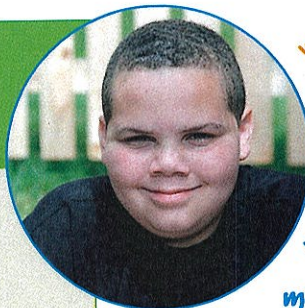
The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- 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

Get
in touch
to sign up
now!

Programme details

Find out more:



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

"This was so much better than I expected. I would encourage every parent to do it."



Contact Us

Email: HENRY5-12@leeds.gov.uk
For more information and tips on keeping healthy as a family, visit:
www.nhs.uk/change4life

