



Scan or click for our [Health and Nutrition](#) Padlet, where you will find lots of information on our courses, useful links and further support.



Creating Healthy Habits

How to get in touch and find out more

If you would like to know more about any of these courses you can contact your Family Hubs by phone, email or by visiting our website. You can book on to them by visiting our Eventbrite page or making a request through our website.

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
01983 529 208

South Wight Locality

Sandown Family Hub
The Fairway, Sandown
PO36 9EQ
01983 408718

North East Wight Locality

Ryde Family Hub
George Street, Ryde,
PO33 2JF
01983 617 617

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk

[Website](#)



[Facebook](#)



[Instagram](#)



An informative one-off workshop for the whole family to support healthy habits including health messages.

Barnardo's Registered Charity Nos. 216250 and SC037605
24423shc23



Our Creating Healthy Habits workshop is designed to give you information on healthier eating options, ways to keep physically active, sleep recommendations, oral health advice and toileting tips. Supporting you in making an informed decision on ways to create healthy habits for you and your family.

This interactive workshop is delivered online for approximately 2 hours. It is for anyone who wants to know more about the following topics:

- Eat Well Guide
- Getting portion size right for you
- Tuning In To Mealtimes
- Praise & involving children
- Budgeting & Meal Prep
- Looking at Labels
- Physical Activity
- Ways to encourage sleep
- Oral Health advice
- Toileting tips



What will it be like?

The workshop is a one-off session lasting approximately **2 hours** and is delivered **via Teams** by two trained facilitators and incorporates information from NHS Better Health, Healthier Families, CBeebies Parenting, Sleep charity and ERIC the bladder and bowel charity.

It's an interactive workshop with opportunities to ask questions and share ideas in a safe space. You will receive an email after the session with a link to our online noticeboard with information from the session and there will be an evaluation using Microsoft Forms.

Who's the workshop for?

The workshop is not restricted to an age bracket as it is designed to encompass the whole family (adults and children). There are workshops available throughout the year and is bookable via Eventbrite.

If you are interested in attending this workshop, scan the QR code or click the link to book yourself a place.

[Click Here to Book](#)

