

If you would like to know more about any of these courses you can contact your Family Centre by phone, email or by visiting our website.



### Website



### Facebook



### Instagram



### How to get in touch and find out more:

Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

Website: [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)



<https://families.barnardos.org.uk/>

### West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW  
PO30 2AX  
Tel: 01983 529208

### North East Locality Hub

Ryde Family Centre  
George Street, Ryde IOW,  
PO33 2JF  
Tel: 01983 617617

### South Wight Locality Hub

Sandown Family Centre  
The Fairway, Sandown  
PO36 9EQ  
Tel: 01983 408718

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

# Healthy Balance Workshop



There when you need us



## 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).



Although, if your child is between 6-12 months we recommend attending our Introducing Solids Workshop.

The Healthy Balance workshop is designed to give families tools and ideas to help combat 'fussy eating', discuss the benefits of family mealtimes and encourage everyone to eat from the 4 main food groups using the Eatwell guide (for over 2yr olds):



- Fruits & Vegetables
- Carbohydrates (potatoes, bread, rice, pasta)
- Protein (beans, pulses, fish, eggs, meat)
- Dairy & Dairy Alternatives

## Topics covered

What we eat

Balancing your plate

Tuning in to mealtimes

Family Rewards & choices

Me size meals

Shopping habits

Looking at labels

Physical Activity

Scan for Change4life website



Scan for Live Well Eat Well website



## What will it be like?

The workshop is one session lasting approximately **1.5 hours** and is delivered **via Zoom** by two trained facilitators and incorporates information from NHS Change4life and NHS Live Well Eat Well.

It's an interactive workshop with opportunities to ask questions which runs all through the year. 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.