

Barnet Healthy Weight Nursing Team-Brief Intervention Training/Parent courses/virtual programmes/coffee morning's/School & Early years health promotion

Training	Audience	Content	Date & time	Duration	How to book	Venue
Brief Intervention Training-	School/Early years staff/Health Professionals in Barnet	Raising the issue of weight	Tuesday 20 th April	1.5 hours	Tina.roberts7@nhs.net	Virtual
Primary School	Reception-Year 6 Individual class or whole school	Health Promotion-A range of topics/choice of school	From Monday 15 th March	30minutes each class-times to be decided by school	Tina.roberts7@nhs.net	Virtual
Early Years Parent Programme	Parents 0-5 years	Infant feeding breastfeeding Snacking Fussy eating Healthy eating & me size portions Sleep routine Active toddlers	Monday 19 th April 10-11am	1 hour weekly for 6 weeks	Tina.roberts7@nhs.net	Virtual
- Junior Health 4 Life Programme Nutrition and Exercise	Parents and children aged 4-8 years	Eatwell Guide Portion sizes Food labels/snacking/oral health Fast & Processed food Food habits &	Tuesday 20 th April 4-5pm	1 hour for 6 weeks	Tina.roberts7@nhs.net	Virtual

		behaviours Physical Activity, hydration & sleep				
Senior Health 4 Life Programme- Nutrition & Exercise	Parents and children aged 9+	Eatwell Guide Portion sizes Food labels/snacking/oral health Fast & Processed food Food habits & behaviours Physical Activity, hydration & sleep	Thursday 22 nd April 4-5pm	1 hour for 6 weeks	Tina.roberts7@nhs.net	Virtual
Coffee mornings	ALL	Open forum for parents to discuss concerns around nutrition and healthy eating in children	Wednesday 10 th March 10-11am	Fortnightly	Tina.roberts7@nhs.net	Virtual