

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

**Believe in  
children**  
Barnardo's



**NHS**

**Southern Health**  
NHS Foundation Trust

Delivered in partnership by Barnardo's and  
NHS Southern Health Foundation Trust.

## Free Courses and Workshops for Parents

**Five to Thrive**  
4-week Course

**Suitability: 6 weeks – 6 months**

**Introduction to Solids**  
45-minute Workshop

**Suitability: Around 6 months**

**Family Food, Fun & Fitness**  
1 ½ hour Workshop

**Suitability: 1 Year+**

**Baby Talk**

1 ½ hour Workshop

**Suitability: 9–24 months**

**Toddler Talk**  
1 ½ hour Workshop

**Suitability: 2–3 Years**

**School Readiness**

1 ½ hour Workshop / 4-Week Course

**Suitability: 3 Years+**

For more information or booking details, visit our  
website (scan the QR code opposite) or email us  
at [hfh@barnardos.org.uk](mailto:hfh@barnardos.org.uk)

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)



Hampshire Healthy Families



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@Hantsfamilies

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We are a social **buggy walking group** for parents and carers (including dads!) meeting once a week at a designated starting point in your area.

Our walks are free to join and last approximately 1 hour.

**Fancy a stroll?** Find out about your nearest walks using the QR code opposite, or visit our website for more information.

**[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)**

