

## Henry Programmes and Workshops

### East Renfrewshire

#### **Starting Solids**

The Arc Barrhead- 15<sup>th</sup> Jan 2026 1pm-2:30pm

Eastwood Health Centre (silverbirch room)- 22<sup>nd</sup> Jan 2026 1pm-2:30pm

Eastwood Health Centre (silverbirch room) – 12<sup>th</sup> Feb 2026 1pm-2:30pm

Busby church hall- 29<sup>th</sup> Jan 2026- 1pm-2:30pm

#### **Fussy Eating**

The Arc Barrhead- 5<sup>th</sup> Feb 2026 1pm-2:30pm

Eastwood Health Centre- 26<sup>th</sup> Feb 2026 1pm-2:30pm

Fussy eating and understanding childrens behaviour workshop will take place at Braidbar Primary school and 5-12 programme will be running after that.

0-5 Henry Programme- Venue to be confirmed. Details to follow

**Louise Tough 07387 414 287 to call or referral through QR code**

