**Starting Solids Workshop**

****

**A FREE interactive session for parents/carers and their babies (aged under 6 months)**

**Starting solids – get some help navigating the confusing world of getting your baby started on solid food**

 **Workshops at the Hackney Playbus**

**Monday 20th August, 1-3pm, Rowley Gardens, N4 1HH**

**Wednesday 29th August, 1-3pm, Shoreditch Park, N1 5EF**

More information about the Best Start in City & Hackney Service

Instagram: @henryincityandhackney

Email: hcsupport@henry.org.uk

Website: https://henry.org.uk/hackney

Facebook: [www.facebook.com/HENRY.HealthyFamilies](http://www.facebook.com/HENRY.HealthyFamilies)

**Let’s Get Active Workshop**

****

**A FREE interactive session for parents/carers and their babies/children 0-5 years old**

**Let’s get active – join in and learn a whole host of active games and play ideas you can enjoy at home with your baby to support their physical development**

**Workshops at the Hackney Playbus**

**Wednesday 22nd August, 10am-12noon, Gilpin Square, E5 0HL**

More information about the Best Start in City & Hackney Service

Instagram: @henryincityandhackney

Email: hcsupport@henry.org.uk

Website: https://henry.org.uk/hackney

Facebook: [www.facebook.com/HENRY.HealthyFamilies](http://www.facebook.com/HENRY.HealthyFamilies)