

Families, Food & Feelings Parent Group

Parenting Group for parents
& carers of children

**Brandon
Centre**

Here for Young People

Families, Food & Feelings Parent Group

For parents & carers
of children

Brandon Centre has been commissioned by Islington and Camden to deliver the Families, Food and Feelings parent group to parents/carers of children aged 5-17. The group aims to support families to live healthier lives both physically and emotionally. Many of the parents/carers who attend the group are struggling to get their children to eat a healthy diet or be active enough. This is a common challenge in our modern lifestyles but the group facilitators can help you to encourage your children to have a healthy relationship with food and exercise. The group also focuses on the link between physical health and your child's emotional well-being. The group provides practical advice and strategies as well as support.

Description of group and what sessions include:

In today's modern world of convenience food and online entertainment, many parents and carers struggle to motivate their children to eat a healthy diet and be more physically active. Brandon Centre is offering parenting sessions to parents/carers, who would like to learn practical skills and feel supported in encouraging their children to have healthier behaviours linked to food, exercise and weight. The aim of the group is to offer a welcoming, non-judgmental and supportive space where parents can share ideas and experiences, and learn from both facilitators and each other.

Families, Food & Feelings is a parenting group for parents & carers of children, who struggle with excess weight and healthy eating habits. A group of parents will meet for approximately 2 hours for 6 consecutive weeks and learn about the following topics:

- Healthy lifestyle & eating habits
- The link between emotional and physical wellbeing
- Your family's relationship to food
- Parenting skills that help promote healthy habits in your child
- Role modelling healthy behaviours for your child
- Boundaries & managing your child's behaviour particularly around eating
- Addressing challenges to healthy living & eating
- Parental support & self-care

Who is the group for?

This group is for parents/carers of children, who are aged 5-17 and live, attend school or have a GP in either Islington or Camden.

When and where are the groups held?

These groups will take place 3-4 times per year at a local community or health centre in either Camden or Islington. The location of the venue will vary for each of our groups and will be confirmed a month prior to the group starting. Parents will be offered the option to attend either a morning or evening group.

Who runs the groups?

The group is run by qualified facilitators with experience and knowledge of child development, health behaviour and emotional wellbeing.

How do I join the group?

You can self-refer by calling the Enhanced Healthy Living team on **020 7267 4792** or by sending an email to **brandoncentre.healthyliving@nhs.net**

Alternatively, your GP or other professional can refer you by filling out our referral form available on our website **www.brandoncentre.org.uk** and sending it to the same email address as above.

Good to know

- Many parents struggle to get their children to eat their 5-a-day of fruit and vegetables
- Children should be physically active for at least 60 minutes a day
- Excess weight in childhood can increase the risk of developing both mental health and physical health difficulties
- This group is free for all Camden and Islington parents
- There is a choice of a morning or evening group
- This group is supportive and non-judgmental and you only have to share what you're comfortable with
- We ask that parents commit to attending all 6 sessions to get the most out of the group
- Light refreshments will be provided

Contact details

If you would like to get in contact with us for more information or to self-refer, you can call Brandon Centre on **020 7267 4792** or email **brandoncentre.healthyliving@nhs.net**

Address

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