



HENRY is on the way!

Marion Matheson and Laura MacKay from the Public Health team will soon be running the next HENRY programme in venues across the Western Isles.

HENRY equips families with children aged five and under with practical skills for healthier lifestyles.

It covers a range of topics including healthy eating, physical activity, weaning, oral health, active play, and sleep.

L-R: Laura MacKay and Marion Matheson.



Marion and Laura held a HENRY taster event on Monday 21 July at Laxdale Hall, which was attended by families keen to take part in the programme.

Colum Durkan, Director of Public Health, said "The HENRY programme supports families in giving their children the best start in life. Instilling good dietary habits, regular exercise, and healthy behaviours at an early age helps to prevent conditions such as obesity and diabetes as they grow up".

The programme is free, and anyone who would like more information or the details of upcoming sessions can contact Marion and Laura by emailing: wi.henry@nhs.scot

