

Introducing a brand new service for families in Hampshire...


Hampshire

Healthy Steps

**Supporting Your Family's
Health & Wellbeing**

Building healthy habits in childhood helps our children grow into healthy adults. Hampshire Healthy Steps offers support for families with children aged 2 to 12, providing practical advice on healthy eating, physical activity, sleep, and dental care.

Find Out More...

 www.hampshirehealthysteps.org.uk

 Hampshire Healthy Steps

 @hampshirehealthysteps



BARNARD'S

Funded by
 Hampshire
County Council

Would you like to find out more about the free support you can receive from Hampshire Healthy Steps? Get in touch...



Email: healthysteps@barnardos.org.uk



Call: 08081691674



Send us your details via our website:
www.hampshirehealthysteps.org.uk

Once you have contacted us...

- ➔ We will get in touch with you within two working days to discuss your enquiry
- ➔ We will take time to understand what you and your family need and how we can support you
- ➔ We will offer you a place on our activity sessions within a month – you can choose the time, dates and venues that suit you best
- ➔ You can set goals for yourself and your family, and we will support and celebrate your whole family along the way!
- ➔ At the end of the programme you will have a range of resources, information and practical tools to take away.