

#### Monday

HCRG Development Reviews
Appointment only
8.45am-3pm

Mini football fun
18 months to 4 years
9.30-10.15am
Chalvey Community Hub, SL1 2SR
No booking required

Slough Children's Centres Play and Learn Walkers to Pre-schoolers Booking required see below 1.30-3pm

Starts on 13 Jan

Slough Children First SENDAID
Appointment only
9.30am-12noon
13 Jan, 10 Feb, 3 Mar
To book an appointment email
earlyhelp@sloughchildrenfirst.co.uk

NHS - Talking Therapies Wellbeing Service No appointment needed 10am-2pm 27 Jan, 24 Feb, 24 Mar

Sport in Mind
Mum and Baby gentle exercise
9.30-10.15am
Pregnancy movement and stretch
10.30-11.15am

#### Tuesday

Frimley Health
Antenatal and Post Natal
Pelvic Health
Appointment only
11.30am-3pm

Slough Children's Centres
Play and Learn
Crawlers to Walkers
Booking required see below
9.30-11am

Health and Wellbeing
Share your story workshop
2-5pm
7 Jan to 18 Feb inclusive

#### Wednesday

Childminder Support Group Registered childminders welcome Term time only 9am-11am

Slough Library Service Storytime at The Curve Followed by Duplo William Street, SL1 1XY No booking required 10.30-11am



Chalvey Grove, SL1 2TE (Chalvey) Tel: 01753 574387

**Chalvey Grove Children's Centre** 

Childrens.Centres@slough.gov.uk
Early Years Provision 8am to 6pm all year.

# Thursday

Slough Children's Centre
Welcome to your Children's Centre
No booking required
10.30-11.30am 23 Jan, 27 Mar

HCRG Development Reviews
Appointment only 8.45am-3pm

Slough Children's Centres
Feeding and Weaning Support
Drop-in 9.30am-12noon
Including a Healthy Eating Workshop from
10-11am on 13 Feb and 13 Mar. Please
email Jacqui.shadrache@slough.gov.uk for
more information and to book a place

Slough Domestic Abuse Service
Advice and Guidance
Domestic Abuse support and guidance
session. No appointment necessary

**10am-4pm** 9 Jan, 13 Feb, 13 Mar

NHS Breastfeeding support
Appointment only 9.30am-1.30pm

#### Friday

HCRG 0-19 Drop-in 9.30-11.30am 17 Jan, 21 Feb, 21 Mar

Play and Learn
Bumps to Crawlers
Booking required see below

9.30-11am

HCRG Parent Health Education session No booking required 9.30-11am



For further information about Family Hub services click here



# More information on our sessions

#### Healthy Start Vitamins

To collect vitamins, please bring your healthy start card and/or Red Book along to the centre reception.

## Talking Therapies Wellbeing Service

Help to work through problems and feel empowered to find solutions to issues such as benefits, debt, housing eviction, realistic goal setting, losing weight, improving fitness and more!



## Share your story workshop

Life Coach to share a meaningful moment from your life. Drop in on Tuesday afternoons or connect online to be part of this inspiring project. Your story matters!

#### **Healthy Start**

If you are on a low income and receiving certain benefits, you may be entitled to help to buy food and milk. For more information please see

How to apply - Get help to buy food and milk (Healthy Start)

#### **Stay and Play**

To book on to a Stay and Play session please call the centre between 8.30 and 9am on the morning of the session.

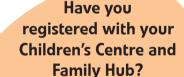
Spaces are limited so we advise you to call early.

Other Local
Library Sessions
Cippenham Library
Tuesday 2-2.30pm

The Curve Saturday 11-11.30am

Pregnancy movement and stretch

Gentle stretch and movement class for pregnant



Please scan the QR code for a registration form.



## For Breastfeeding support

Please contact Jacqui Shadrache on 07889 304302 or email Jacqui.Shadrache@slough.



## Facebook Group Join our Facebook grou

Join our Facebook group to keep up to date with what is going on in your local area:

**NEW:** 

Chalvey Grove Family Hub



Mum and

Baby gentle

exercise

movement class for

