

What's on

Chalvey Grove Children's Centre and Family Hub

January to
March 2025

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
Starts on 13 Jan

**Slough Children's Centres
Play and Learn**

Walkers to Pre-schoolers
Booking required see below
1.30-3pm

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

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

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

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

Chalvey Grove Children's Centre

Chalvey Grove, SL1 2TE (Chalvey)

Tel: 01753 574387

Childrens.Centres@slough.gov.uk

Early Years Provision 8am to 6pm all year.

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

Sit down one-on-one with
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
Thursday 11-11.30am

The Curve
Saturday 11-11.30am

Pregnancy movement and stretch

Gentle stretch and
movement class
for pregnant
women.

Mum and Baby gentle exercise

Gentle exercise and
movement class for
mums with babies
under a year old.

Have you registered with your Children's Centre and Family Hub?

Please scan the
QR code for a
registration form.



For Breastfeeding support

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

NEW: Facebook Group

Join our Facebook group
to keep up to date with
what is going on in your
local area:
**Chalvey Grove
Family Hub**