

What's on

Chalvey Grove

Children's Centre and Family Hub

September to
December 2024

Monday

**Solutions4Health
Development Reviews**
Appointment only
8.45am to 3pm

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

**Slough Children First
SENDAID**

Appointment only
9.30am to 12noon
16 Sep, 14 Oct, 11 Nov, 16 Dec
To book an appointment email
earlyhelp@
sloughchildrenfirst.co.uk

**Talking Therapies
Wellbeing Service**
10am to 2pm Drop in
23 Sep, 28 Oct, 25 Nov, 23 Dec

Sport in Mind
Mum and Baby gentle exercise
9.30 to 10.15am
Pregnancy movement
and stretch
10.30 to 11.15am
No booking required

Tuesday

**Slough Children's Centre
Welcome to your
Children's Centre**
No booking required
1.30 to 2.30pm
17 Sep, 15 Oct, 12 Nov, 10 Dec

**Slough Children's Centres
Buggy/Less Walk**
No booking required
1.30 to 2.30pm
1 Oct, 29 Oct, 26 Nov

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

Wednesday

Childminder Support Group
Registered childminders
welcome
9.30 to 11am Term time only

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

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

Thursday

**Solutions4Health
Development Reviews**
Appointment only
8.45am to 3pm

**Slough Children's Centres
Feeding and Weaning Support**
Drop-in
9.30am to 12noon Weekly

**Slough Domestic Abuse Service
Advice and Guidance**
No appointment necessary
10am to 4pm
12 Sep, 10 Oct, 14 Nov, 12 Dec

NHS Breastfeeding support
Appointment only
9.30am to 1.30pm

Friday

**Solutions4Health
0-19 Drop-in**
9.30 to 11.30am
20 Sep, 18 Oct, 15 Nov, 20 Dec

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

Chalvey Grove Children's Centre

Chalvey Grove, SL1 2TE (Chalvey)

Tel: 01753 574 387

childrenscentres@slough.gov.uk

Early Years Provision 8am to 6pm all year.

For further
information
about Family
Hub services
click here

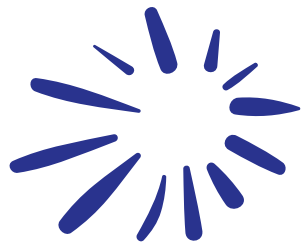


www.slough.gov.uk
Slough
Borough Council

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.



Play and Learn

To book on to a Play and Learn session please call from 8.30am on the morning of the session. Spaces are limited so we advise you to call early to book.



Foodbank Voucher

Please contact the Centre if you require a food bank voucher and someone will be able to help you.

Welcome to your Children's Centre

A new session for expectant and new parents to come along and meet the team and find out what is on offer at their local Centre.

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!



Other Local Library Sessions

Cippenham Library
Tuesday 2 to 2.30pm
Thursday 11 to 11.30am

The Curve
Wednesday 10.30 to 11am
Saturday 11 to 11.30am

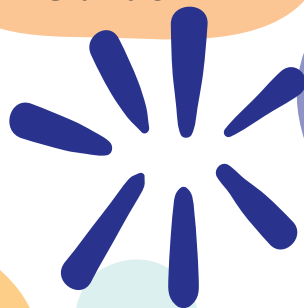
For Breastfeeding support

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



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) or contact the centre and someone will be able to help



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.

Buggy Walks

Buggy walks are a great way for expectant or new parents to get active while caring for their baby, these walks are open to all families.

