

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

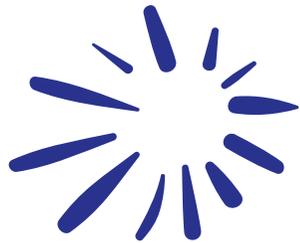


www.slough.gov.uk
Slough
Borough Council

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.



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.



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

Please scan the QR code for a registration form.



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!

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!



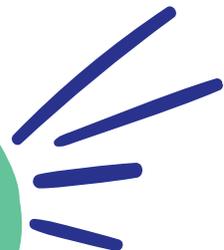
Other Local Library Sessions

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

The Curve
Saturday 11-11.30am

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)



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.

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**

