

HEALTHIER SLOUGH

Information, advice and contacts for a healthier and more active life

Being active and eating well is the most beneficial way of looking after your own health.

If you could put the effects of an active lifestyle and a balanced and healthy diet, into a tablet, it would be the most effective medicine ever made.

In Slough, two thirds of adults are overweight and out of 152 local authorities in England, Slough is the 47th most inactive. Within this leaflet there is information on activity and diet and how to achieve healthy amounts of both. Information regarding carers support, volunteering opportunities and events/activities in Slough is also available inside.



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BENEFITS OF BEING ACTIVE

Physical activity

Physical activity is essential in feeling, looking, and staying healthy and well! Not only does being active reduce the chances of serious illness, but it's a great way to get out, meet new people and make new friends. Keeping your muscles and bones moving helps maintain your strength and mobility, allowing you to keep doing the things you enjoy. Physical activity or exercise doesn't mean sport. You don't have to join a club, buy all the gear, or run on a treadmill every day to be physically active. Neither do you have to be super fit to take part in exercise, in fact the more of a novice you are, the greater the effects. Picking an exercise that suits you is also essential. Don't bother joining classes or go out running if you don't enjoy it.

Choose something you enjoy and look forward to it, so it becomes imbedded into your lifestyle. For example, this could be a healthy walk. Make exercise a habit! Adults should be achieving a minimum of 30 minutes of physical activity a day, for at least five days a week. This amounts to 150 minutes a week. It doesn't necessarily matter how you achieve the 150 minutes a week, but we suggest doing more than 10 minutes in one go. Children and young people should aim for double this amount of exercise a week. This is because they are still growing; therefore, putting a healthy amount of pressure on the body promotes better growth and repair of the muscles and bones.

Being less sedentary

Most of us could benefit from spending less time sitting down, and that applies even if you're keeping active. People who spend long periods of time sitting have been found to have higher rates of diabetes, cardiovascular disease, and poor mental health.

Sedentary behaviour is increasingly common in a society where many of us do desk jobs, travel in motor vehicles, and spend leisure time in front of computers and televisions, so why not move more?

- Try to take regular breaks from looking at a screen.
- Stand instead of sitting.
- Set a time limit on sitting, 30 minutes for example.
- Have an active lunch break at work.
- Spread your steps throughout the day and walk regularly to the toilet, water fountain etc.
- Walk more where possible.



Types of exercise

Your preference and ability will shape what exercise is more suited to you. You should be aiming for 150 minutes of activity a week for adults and older adults.

The following diagrams give a few examples and ideas.

For more information about the recommended guidelines visit: www.gov.uk/government/collections/physical-activity-guidelines



BENEFITS OF BEING ACTIVE

Physical activity for children and young people (5-18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS
 DEVELOPS CO-ORDINATION
 IMPROVES CONCENTRATION & LEARNING
 PROMOTES HEALTHY MUSCLES & BONES
 IMPROVES HEALTH & FITNESS
 PROMOTES HEALTHY WEIGHT
 IMPROVES SLEEP
 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least 60 minutes per day across week

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS
 PROMOTES HEALTHY WEIGHT
 IMPROVES SLEEP
 CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
 DEVELOPS MUSCLES & BONES
 ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

PLAYGROUND
 JUMP
 CLIMB
 HAND PLAY
 TRENCH DIGGER
 RUN
 Under-1s at least 20 minutes active play
 OBJECT PLAY
 DANCE
 GAMES
 PLAY
 WALK
 RIDE
 HOOP
 KICK
 BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity ~~FOR~~ Disabled Adults

Make it a daily habit

Improves mental health and quality of life
 Makes maintaining a healthy weight easier
 Makes daily tasks easier and increases independence
 Creates opportunities to meet new people and feel part of the community
 Helps to prevent chronic disease
 Strengthens muscles and bones
 Improves mobility and balance
 Improves fitness

Disabled adults

Physical activity makes you feel good

Being inactive is harmful to health

Don't be still for too long

Give things a go and enjoy what you do

Use a little movement to better than no exercise

Be strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week at moderate intensity activity

Remember the talk test:

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

Equality
 Inclusivity
 Finding what's fun
 Exploring what activities make you feel good

Benefits of physical activity

Meet new people
 Mental health
 Muscles and motor skills
 Confidence and concentration
 Sense of achievement
 Calmer, less stressed
 Balance and coordination

How much physical activity should I do?

When starting build up slowly
Ask: Can you do this today?

Do bite-size chunks of physical activity throughout the day

For good health benefits do **20 mins** of physical activity per day

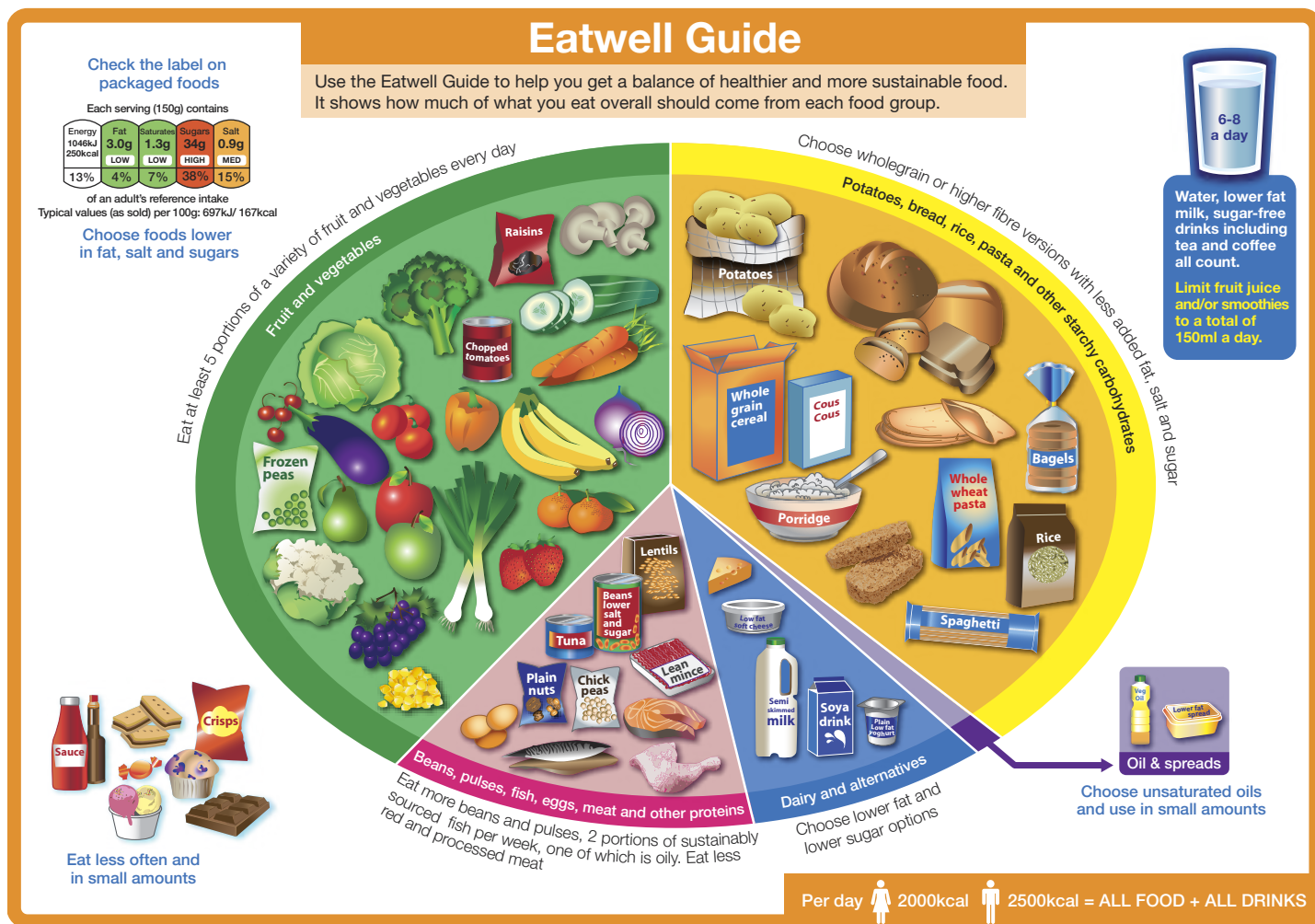
Do challenging but manageable strength and balance activities 3 times per week

Small amounts of physical activity are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

TIPS FOR A HEALTHY DIET

Eating and drinking well



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Eating a healthy, balanced diet is an important part of maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

The Eatwell Guide divides the foods and drinks we consume into five main groups. Try to choose different foods from each of the food groups to help you get a wide range of nutrients that your body needs to stay healthy and work properly.

These food groups include:

- fruit and vegetables
- potatoes, bread, rice, pasta, and other starchy carbohydrates
- dairy and alternatives
- beans, pulses, fish, eggs, meat, and other proteins
- oils and spreads.

The proportions shown in the Eatwell Guide are representative of the food you eat over a period of a day or even a week, not necessarily at each mealtime.

Dry January going alcohol free for the whole month

What to look forward to during Dry January:

- Your wallet will be fatter
- Your nights sleepier
- Your mood calmer
- Your smile brighter.

Check out Alcohol Change UK's [tools and resources](http://alcoholchange.org.uk) (alcoholchange.org.uk)

TIPS FOR A HEALTHY DIET

Eat at least five portions of a variety of fruit and veg a day

More than half of the adult residents in Slough (54.7%) do not meet the recommended '5-a-day' on a 'usual day'. Fruit and vegetables should make up more than a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. (Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.) Fruit and vegetables are a good source of vitamins, minerals and fibre.



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible

Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also higher-fibre versions of white bread and pasta.



Eat some dairy items, choose lower-fat and lower-sugar options

Milk, cheese and yoghurt are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt. You can also try alternatives (such as soya drinks and yoghurts).



Eat some beans, pulses, fish, eggs, meat and other protein. Aim for at least two portions of fish every week - one of which should be oily, such as salmon or mackerel

These foods are good sources of protein, vitamins and minerals. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.



Choose unsaturated oils and spreads and eat in small amounts

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in calories and should be eaten less often.



Eat foods high in fat, salt and sugar less often and in small amounts

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. These foods are not needed in your diet and should be eaten less often and in small amounts.



Drink plenty of fluids

Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.



Cutting down on alcohol

After a long day, many of us like to unwind with a nice glass of something. But it's funny how drink can sneak up on us. The odd glass in the evening can quickly become two or three regular glasses, most evenings.

The trouble is that drink sneaks up on bodies too - it can give our organs a hard time. Regularly drinking above the guidelines can lead to serious health problems, from liver damage to a greater risk of getting cancer or having a heart attack. And don't forget that alcohol also contains empty calories, which could contribute to weight gain.

How many calories are in your drink?

With a pint of beer, the same as a packet of crisps, and a standard bottle of alcopop the same as three teacakes, the calories from alcohol soon add up.

Drink	Calories (kcal)
A standard glass (175ml) of 12% wine	126kcal
A pint of 5% strength beer	215kcal
A pint of 4.5% cider	210kcal
A standard bottle (330ml) of 5% alcopop	237kcal
A single gin and slimline tonic	56kcal
A single vodka and diet coke	54kcal

WHERE TO GET ACTIVE IN SLOUGH



Arbour Park

Arbour Park Community Sports Stadium is the latest addition to Slough's fantastic new sports and leisure facilities that offer superb state-of-the-art modern corporate and sports facilities. Arbour Park's new floodlit 3G artificial pitch is one of 28 in the country awarded the prestigious FIFA Quality Pro certificate and the only one in the Berks and Bucks FA region. Home of Slough Town FC. Tickets range from £3-£15 and carers of people with disabilities can access a free carer's pass.



Salt Hill Activity Centre

Salt Hill Activity Centre is an all-weather, indoor, fun and adventure centre for the whole family, based in the heart of Slough. The centre boasts a range of exciting activities, including ten pin bowling, a trampoline park, a games area, and an adventure soft play zone for the little ones.

Visit the website for more information on membership prices and activity sessions www.everyoneactive.com/centre/salt-hill-activity-centre



Langley Leisure Centre

Langley Leisure Centre is the perfect place to either begin or continue your fitness journey, offering a huge range of activities, making use of class-leading facilities. The newly refurbished 100-piece gym features state-of-the-art equipment, while swimming pools offer a variety of aquatic activities, including our award-winning swimming lessons. Furthermore, you can enjoy a choice of group fitness classes that are ideal for everyone, regardless of age or fitness level. Customers can also relax and unwind in the spa pool or steam room. You can also request a guest pass to the centre to try the facilities for free.

Visit the website for more information on membership prices and activity sessions www.everyoneactive.com/centre/langley-leisure-centre



Slough Ice Arena

This is open for everyone to enjoy the ice, whether you're a beginner, or a seasoned skater. As well as the ice, there's also a well-equipped gym for you to enjoy, alongside a brand-new climbing wall, dedicated Clip 'n' Climb wall and an all-new café. As well as those taking part in activities, spectators are also provided for, with new fully glazed barriers and new spectator seating and lighting. You can also request a guest pass to the centre to try the facilities for free.

Visit the website for more information on membership prices and activity sessions www.everyoneactive.com/centre/slough-ice-arena



The Centre

Slough's brand new-new leisure centre, The Centre, represents a huge leap forward for the leisure provision in the town. Among many features to enjoy at The Centre, there's a huge 115 station gym, an eight-lane, 25-metre swimming pool and a versatile four-court sports hall, all three of which will offer a whole host of fabulous ways to help you have fun and get active. The new centre also features three group fitness studios, a smaller teaching pool with movable floor, a sauna and steam room, two spa treatment rooms and a café too. You can also request a guest pass to The Centre to try the facilities for free.

Visit the website for more information on membership prices and activity sessions www.everyoneactive.com/centre/the-centre-slough

REFERRAL SCHEME

Everyone Active's GP Exercise Referral scheme

Everyone Active's GP Exercise Referral scheme, operated in partnership with EXi, is the perfect way for people with long-term health conditions to increase physical activity levels and improve health. We want everyone to be able to enjoy and maintain at least half an hour of physical activity, five times a week.

The main aim of the scheme is to improve the health and wellbeing of individuals. This is done by promoting and providing opportunities for increased physical activity. This is specifically for people with defined medical conditions.

Everyone Active's GP Exercise Referral scheme also aims to provide opportunities for people with

underlying medical conditions or at risk of developing medical conditions to become more active, provide access to safe and effective exercise in a supervised environment and raise awareness of the benefits of physical activity and long-term behaviour change.

The 12-week scheme will provide supervised aerobic exercise sessions with a progressive programme that is both goals orientated and meets the American College of Sports Medicine (ACSM) guidelines for whatever condition or conditions the patient is referred for. The scheme offers a range of exercise opportunities where possible, including gym-based, group fitness, walking schemes and aqua-based opportunities.

Who can be referred onto the GP Exercise Referral scheme?

Most people with long-term health conditions will be accepted onto the GP Exercise Referral scheme. These include asthma, arthritis, high blood pressure, diabetes and obesity, as well as depression, anxiety, osteoporosis and plenty of other conditions, including rehabilitation from Covid-19.

To get started, please speak to your local centre or health professional about being referred onto the scheme, where you will be able to use a range of facilities with expert guidance and support.

For further information visit: www.everyoneactive.com/content-hub/home-workouts/gp-referral/



everyone
ACTIVE

Wellbeing for Slough directory

Find a health, social or physical activity near you by searching in the Wellbeing for Slough health and social directory [OneSlough - Slough Directory or Services \(sloughhealth.org\)](http://OneSlough - Slough Directory or Services (sloughhealth.org))

ACTIVE SLOUGH

Sessions, training and volunteering

Active Slough



A programme of sport and physical activity

Whatever your age or ability, there's something for you.

The Active Slough team wants to help the community get healthier. Active Slough works to make physical activity an easy, practical, attractive choice, especially for people who are currently less likely to take part in sport or activity, such as:

- women and girls
- people with disabilities
- those with lower income
- older people.

We support local sports clubs, organisations, and groups to deliver sport and physical activities for all ages. Activities include:

- football
- dance
- yoga
- seated exercises
- boxercise
- cricket and many more.

Do you run a local sports club or organisation?

Join our mailing list for details around what's happening in the sports industry, funding opportunities, promotion and best practice sharing between other clubs and organisations. Email activeslough@slough.gov.uk

Winter programme

Running from 9 January to 20 March 2023.

Whatever your age or ability, there's something for you. The Active Slough team want to help the community get healthier. Active Slough works to make physical activity an easy, practical, attractive choice, especially for people who are currently less likely to take part in sport or activity.

For more information use the QR code or visit: www.slough.gov.uk/active-slough-1/about-active-slough



Volunteering

Active Slough is always on the lookout for volunteers, activators, and leaders. You don't need to be a sporting superstar or fitness guru, we're looking for people who are enthusiastic, good communicators and willing to support sessions.

For young volunteers (aged 16-25) we run a recognised volunteering scheme, linked to Inspired, which enables young people to gain awards in return for volunteer hours contributed to the Active Slough programme.

As a volunteer with Active Slough, you can receive the following:

- free volunteer t-shirt
- free water bottle
- opportunities to access free training opportunities (including first aid, safeguarding and sports coaching qualifications)
- opportunities for paid work.

For more information on coaching/volunteering, contact the team via activeslough@slough.gov.uk



Coaching

To get more people, more active, more often, it's essential we support coaches in Slough to enhance their skills and be advocates for sport in the local area. We are dedicated to offering coaches targeted opportunities to improve the quality of delivery across our Active Slough programme.

We work closely with local partners, National Governing Bodies of Sport, and Sports Coach UK to develop Slough's coaching workforce, running several qualifications workshops and training opportunities.

We can provide coaching bursaries, enabling you to access a training qualification at little or no cost, in return for community hours contributed to the Active Slough programme.

Are you a qualified sports coach or exercise instructor?

Email your CV to activeslough@slough.gov.uk to join our coaches and instructors list, which is shared locally and regionally, for paid and voluntary opportunities delivering sport specific sessions or leading exercise classes.

INFORMATION ON LOCAL GROUPS



Project 500

Project 500 is all about tackling the imbalance of women coaches to male coaches. We currently have a community of 50 female coaches who come from a variety of sports. These coaches share best practice, workshop opportunities and coaching bursaries available. This group is a great place to connect and develop as a female coach. To join the P500, visit getberkshireactive.org/forms/view/2573

Coaching bursaries

We, at Get Berkshire Active, are committed to: making it easier for people from a wider range of backgrounds to become coaches, develop a learning culture focused on ongoing improvement and the development of coaching expertise and support coaches to become better equipped to provide experiences based on the needs and goals of the individual being coached. For more information or to apply, please email izzy.heath@getberkshireactive.org

Starting Life Well Fund

The Starting Life Well Fund is a programme funded by Sport England to support community sports clubs and non-sporting community organisations to deliver sport and physical activity sessions to young people. This fund will be available to organisations to provide regular physical activity opportunities for inactive young people in a fun and accessible way, based on individual and community needs. These projects will also tackle wider social outcomes, such as opportunities for people living with disabilities and diverse communities, as well as access to employment, reducing mental illness, social isolation, and criminality. For more information and expression of interest, visit getberkshireactive.org/starting-life-well-fund

Is Slough missing an exercise class or sports activity?

Let us know what you think the area is missing. It could be a yoga class for older people in Manor Park, teen disability football session in Chalvey or a drop-in recreational volleyball session for working adults. Scan the QR code to have your say.



Solutions4Health Health and wellbeing Slough

We provide innovative and sustainable lifestyle and clinical services that improve healthcare for all, especially those who experience inequitable health outcomes.

We support people to stay healthy and work to prevent illness, reducing the need for hospital services and improving management of chronic conditions.

We strive to provide more than healthcare - human care is at the centre of everything we do.

Services provided

- Stop Smoking
- NHS Health Checks
- Falls Prevention
- Weight Management
- Drink Less
- Oral Health
- Emotional Wellbeing
- Move More

To find out more, visit [Home - HWSSlough \(healthandwellbeingslough.co.uk\)](http://Home-HWSSlough.healthandwellbeingslough.co.uk)



SLOUGH PARKS AND GREEN SPACES

The council manages more than 254 hectares of public parks, open green space and play areas in Slough. You can [search our directory to find one near you \(www.slough.gov.uk/directory/7/locations-of-parks-and-green-spaces\)](http://www.slough.gov.uk/directory/7/locations-of-parks-and-green-spaces).

Our aim is to bring people and communities together, increasing health and wellbeing in an urban environment by offering a range of sports fields, play areas, riverside walks, woodlands, gardens and natural landscapes helping Slough to be a more attractive and prosperous town to live and work in.

Great for young people

With 76 outdoor [playgrounds and play areas \(www.slough.gov.uk/directory/7/locations-of-parks-and-green-spaces\)](http://www.slough.gov.uk/directory/7/locations-of-parks-and-green-spaces) across the borough, there are plenty of opportunities for young people to enjoy the play facilities in our green spaces.

Dogs in Parks

It is your responsibility to make sure you clear up after your dog and that it is kept under control. You can [report dog related issues \(www.slough.gov.uk/xfp/form/195\)](http://www.slough.gov.uk/xfp/form/195) if you have any concerns about a dog and use the [report dog fouling form \(www.slough.gov.uk/xfp/form/242\)](http://www.slough.gov.uk/xfp/form/242) to report owners who are failing to remove their dog mess.

Volunteer at a park: Parks Volunteer Scheme

Volunteering in your local park or green space can be a very rewarding experience. You can learn new skills, meet new people and get a great sense of achievement knowing that your involvement has made a noticeable improvement to the borough's parks, green spaces, the environment and the community.

Activities

There are a number of active volunteers in Slough who work either in groups or as individuals with activities and tasks, suitable for all level of abilities, carrying out work as varied as:

- planting and maintaining flower beds
- seeding
- pruning
- weeding
- maintaining ponds
- running a variety of walks, events, fun activities and much more.

Many of the skills learnt whilst volunteering can be transferred to other voluntary work and can be useful when seeking employment.

How to join

If you have some spare time or interested in looking after our parks and gardens, we are currently seeking volunteers at Herschel Park.

- Make new friends
- Keep fit
- Help out in your local community
- Assist with making improvements to the park
- Join in activities and tasks, suitable for all level of abilities, including planting, seeding, pruning, weeding and much more.
- Help out with the running of a variety of walks, events and fun activities

Work parties take place every Tuesday from 10am to 3pm, a minimum of one Saturday a month and other times as required.

We are looking for volunteers at all of Slough's parks.

For more details email parks@slough.gov.uk



SLOUGH PARKS AND GREEN SPACES

Volunteer at a park: Park Friends groups

The Parks Friends groups and associations actively contribute to the management and upkeep of their local parks and green spaces, as well as arranging a number of activities.

The following parks in Slough have Friends Groups or associations:

- [Salt Hill Park](http://www.slough.gov.uk/parks-green-spaces/salt-hill-park) (www.slough.gov.uk/parks-green-spaces/salt-hill-park)
- [Herschel Park](http://www.slough.gov.uk/parks-green-spaces/herschel-park) (www.slough.gov.uk/parks-green-spaces/herschel-park)
- [Baylis Park](http://www.slough.gov.uk/parks-green-spaces/baylis-stoke-parks/2) (www.slough.gov.uk/parks-green-spaces/baylis-stoke-parks/2)

- Mercian Way Recreation Ground (West Cippenham Tenants and Residents Association)
- [Cocksherd and Bluebell Wood](http://www.evergreen2000trust.org.uk/) (www.evergreen2000trust.org.uk/)
- [Haymill Nature Reserve](http://www.friendsofhaymillvalley.blogspot.co.uk) (www.friendsofhaymillvalley.blogspot.co.uk)

Can I set up a Friends Group?

If your local park isn't listed above, contact us at parks@slough.gov.uk if you would like to set up a Friends Group or association.



Active Slough WINTER PROGRAMME

These activities tie in with Public Health's aim to tackle obesity and empower adults and children to live healthier lives.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Learning Disability Football 11am-12noon Singh Sabha Sports Centre, SL1 3LW	Disability Dance 10-11am 73a Stoke Poges Lane, SL1 3NY	Beginners' Running Class 7.30am Combrook Village Hall, SL1 3BF	Learning Disability Football 11am-12noon Eton Willowbrook, SL4 6BL	Seniors' Exercise and Yoga 10.30am-12noon Arbore Park, SL2 5AY
Junior Football 5.15-6.15pm Arbore Park, SL2 5AY	Senior Exercise 11am-12noon Ujala Foundation, SL2 1BP	Pan-disability Gym 1-2pm Singh Sabha Sports Centre, SL1 3LW	Walking Netball 1-2pm Britwell Parish Hall, SL2 2PH	Britwell Yoga 11.45am-12.45pm Britwell Hub, SL2 2DS
Adults Run Class 5.30-6pm Arbore Park, SL2 5AY	Seated Exercise 1-2pm The Curve, SL1 1XY		Adult Men's Football 5.30-6.30pm Dixson Park Academy, SL3 7UX	
	Female Teen Basketball 4.45-5.45pm Manor Park Community Centre, SL1 2NP			

£10
ONE OFF
PAYMENT.
NO COST
WEEKLY

9 JANUARY TO 20 MARCH 2023

Participants need to sign-up in advance at www.slough.gov.uk/xfp/forms/184 or scan the QR code. A one-off £10 sign-up fee is required to join the programme, then there is no weekly cost until the programme changes beyond March 2023. If you sign-up, your household can access any session and only pay the fee once.

Disclaimer: I am aware of my own health and physical condition, and having knowledge that my participation in this program may be injurious to my health, am voluntarily participating in physical activities. Having such knowledge, I hereby acknowledge, release any representatives, agents and successors from liability for accidental injury or illness which I may incur in the Active Slough activity programme. I hereby assume all risk associated therewith and consent to participate in the Active Slough activity programme.



ARE WE
MISSING
SOMETHING.
LET US KNOW

www.slough.gov.uk

Slough

Borough Council



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SLOUGH PARKRUNS

What is Upton Court parkrun?

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate - it's up to you!

When is it?

Every Saturday at 9am.

Where is it?

The event takes place at Upton Court Park, Upton Court Road, Slough. See [Course page \(www.parkrun.org.uk/uptoncourt/course/\)](http://www.parkrun.org.uk/uptoncourt/course/) for more details.

What does it cost to join in?

Nothing - it's free! but please [register \(www.parkrun.org.uk/register/?eventName=uptoncourt\)](http://www.parkrun.org.uk/register/?eventName=uptoncourt) before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode ([request a reminder www.parkrun.com/barcodereminder/?country=](http://www.parkrun.com/barcodereminder/?country=)). If you forget it, [you won't get a time \(https://support.parkrun.com/hc/en-us/articles/200566883-Do-I-have-to-have-a-barcode-\)](https://support.parkrun.com/hc/en-us/articles/200566883-Do-I-have-to-have-a-barcode-).

How fast do I have to be?

We all take part for our own enjoyment. Please come along and join in whatever your pace!

Upton Court parkrun needs you!

It is entirely organised by volunteers email uptoncourt@parkrun.com to help.

We're friendly!

Every week we grab a post parkrun coffee in a local cafe - please come and join us!

What is Salt Hill junior parkrun?

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds).

When is it?

It is held every Sunday at 9am.

Where is it?

The event takes place at Salt Hill Park, Bath Road, Slough, SL1 3SS. See [Course page \(www.parkrun.org.uk/salthill-juniors/course/\)](http://www.parkrun.org.uk/salthill-juniors/course/) for more details.

What does it cost to join in?

Nothing - it's free! but please [register \(www.parkrun.org.uk/register/?eventName=salthill-juniors\)](http://www.parkrun.org.uk/register/?eventName=salthill-juniors) before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode ([request a reminder www.parkrun.com/barcodereminder/?country=](http://www.parkrun.com/barcodereminder/?country=)). If you forget it, [you won't get a time \(https://support.parkrun.com/hc/en-us/articles/200566883-Do-I-have-to-have-a-barcode-\)](https://support.parkrun.com/hc/en-us/articles/200566883-Do-I-have-to-have-a-barcode-).

How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

Salt Hill junior parkrun needs you!

It is entirely organised by volunteers email uptoncourt@parkrun.com to help.

junior parkrun

