

# What's on



## Monday

**Homestart HENRY Workshop**  
Let's Get Active  
**9.30-11.30am** 2 Feb  
To book a place please email  
[office@homestartberkshireeast.org.uk](mailto:office@homestartberkshireeast.org.uk)

**Slough Family Hubs**  
Play and Learn Bumps to Crawlers  
Please see booking details below  
**10-11am** 1st and 3rd Monday

**NHS Frimley Health & Slough Family Hubs Neonatal Natter**  
Invitation only **10-11am**  
2nd and 4th Monday

**Frimley Health Antenatal and Postnatal Pelvic Health**  
Appointment only **11.30am-2.30pm**

**Slough CLASS Adult Learning**  
Various locations and times. See our Facebook page for details or visit  
[www.slough.gov.uk/adult-learning](http://www.slough.gov.uk/adult-learning)

## Tuesday

**HCRG Development Reviews**  
Appointment only **8.45am-3pm**

**NHS - Frimley Health Neonatal Outreach Clinic**  
Appointment only **9am-4pm**

**Slough Family Hubs**  
Weaning your Premature Baby  
**12.30-2pm** 6 Jan, 3 Feb, 3 Mar  
To book your place email  
[family.hubs@slough.gov.uk](mailto:family.hubs@slough.gov.uk)

**NHS, HCRG & Family Hubs Antenatal Sessions**  
**4-6pm** 1st and 2nd Tuesday  
For more info contact your midwife

**Best Start Family Hub Penn Road**  
Penn Road, SL2 1PG  
(Manor Park)  
Tel: 01753 574420  
[family.hubs@slough.gov.uk](mailto:family.hubs@slough.gov.uk)

## Best Start Family Hub Penn Road



## Wednesday

**Slough Children First SENDAID**  
Appointment only **9am-12noon**  
To book an appointment email  
[earlyhelp@sloughchildrenfirst.co.uk](mailto:earlyhelp@sloughchildrenfirst.co.uk)

**Slough Family Hubs**  
Play and Learn Walkers to Preschoolers  
Please see booking details below  
**9.30-11am**

**St Johns Church Community Pantry and Coffee Morning**  
Stoke Poges Lane, SL1 3LW **10am**  
Open to all the community

**Slough Family Hubs**  
Volunteer Information Session  
Drop-in **10-11.30am** 25 Feb

**Slough Library Service**  
Storytime at The Curve  
William Street, SL1 1XY **10.30-11am**  
Followed by Duplo time 11-11.30am  
No booking required. Term-time only

**Early Years Provision**  
**8am to 6pm** all year

**Jan to Mar 2026**

## Thursday

**Berkshire Vision Support Group**  
Invite only **9am-12noon**  
22 Jan, 26 Feb, 26 Mar, 26 Apr

**Slough Family Hubs**  
Play and Learn Terrific Two's  
Invitation only **9.30-11am**  
Four-week programme  
5 Mar, 12 Mar, 19 Mar, 26 Mar

**Slough Family Hubs**  
Feeding and Weaning Support  
Drop-In **9.30-11.30am** 5 Feb, 5 Mar

**Slough Family Hubs**  
Britwell Library Music or Story Session  
**10.30-11.30am** Term time only

**HCRG 0 to 19 Health Drop-in**  
**1.30-3.30pm**  
1st Thursday of the month

**Slough Family Hubs**  
Benefits Advice and Support Session  
Drop-in **2-4pm** 8 Jan, 12 Feb, 12 Mar

**St Johns Church Drop-in Café**  
Stoke Poges Lane, SL1 3LW  
**5-8pm** with meal at 6pm  
Open to all the community

## Friday

**HCRG Development Reviews**  
Appointment only **8.45am-3pm**

**Slough Early Years Service SEN Group**  
Invite only **10am-12noon**

**NHS - Talking Therapies Wellbeing Service**  
No appointment necessary  
**10am-2pm** 6 Feb, 17 Apr

**Slough Family Hubs**  
Play and Learn Crawlers to Preschoolers  
Please see booking details below  
**1.30-3pm**

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 reception during the 0-19 Drop-in.

## New HENRY Workshops

(Health Exercise & Nutrition for the Really Young)  
The HENRY programme is a UK-based initiative designed to support families with children aged 0-12 years in adopting healthier eating and lifestyle habits.

## Domestic Abuse Support

For support with domestic abuse issues please email: [sloughdass@cranstoun.org.uk](mailto:sloughdass@cranstoun.org.uk) or contact the Family Hub team

## Other Local Library Sessions

**The Curve**  
Wednesday 10.30-11am  
Saturday 11-11.30am

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

## 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 \(Healthy Start\)](#)

## Play and Learn

To book a Play and Learn session you must call between 8.30-9am on the morning of the session. Spaces are limited so we advise you to call early to book.

## Have you registered with your Best Start Family Hub?

Please scan the QR code for a registration form.



## NEW: Facebook Group

Once you have registered, join our Facebook group to keep up to date with what is going on in your local area:  
**Penn Road Family Hub**

## Talking Therapies Wellbeing Service

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