

What's on



Best Start Family Hub Chalvey Grove



Sep-Dec 2026

Monday

HCRG Development Reviews
Appointment only 8.45am-3pm

Sport in Mind
Mum and Baby (under 12mths)
Movement and Gentle exercise
10-11am More information click here:
[Sport in Mind - Mum & Baby East](#)
[Berkshire Timetable - July 2026](#)

Cippenham Baptist Church
Bumps to Babies

Elmshott Lane, SL1 5QS
10.15-11.30am All welcome
Expectant parents to 2 years

Slough Best Start Family Hubs
Let's Get Moving

Walkers to Pre-schoolers
Upton Lea Community Centre, SL2 5JW
1.30-2.15pm Term-time only
Starts Monday 14 September.
No need to book, just turn up.

Slough Best Start Family Hubs
Infant Massage Course
14 Sep, 21 Sep, 28 Sep, 5 Oct, 12 Oct
1-2.30pm Costs apply.
For more information email:
family.hubs@slough.gov.uk

Tuesday

Slough Best Start Family Hubs
Cost of Living Drop-in
22 Sep, 27 Oct, 24 Nov 9-11.30am

Slough Best Start Family Hubs
Feeding and Weaning Support Drop-in
9-11.30am 6 Oct, 3 Nov, 1 Dec

Slough Best Start Family Hubs
Parenting Puzzle

9.15-11.15am 3, 10, 17 and 24 Nov, 1 Dec
To book please email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Crawlers to Walkers
Booking required see below 9.30-11am

Slough SEND Information, Advice and
Support Service - Chat to SENDIASS
8 Sep, 13 Oct, 10 Nov, 8 Dec 9.30am-3pm

To book an appointment email: sendiass@slough.gov.uk

Slough Best Start Family Hubs
Volunteer Information Session
Drop-in 10-11.30am 15 Sep, 17 Nov

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

HCRG 0-19 Health Drop-in at Cippenham Nursery
St Andrew's Way, SL1 5NL 1.30-3.30pm
4th Tuesday of the month. No appointment needed

Slough Library Service
Storytime at Cippenham Library
Elmshott Lane, SL1 5RB 2-2.30pm
No booking required

Frimley Health Antenatal Classes
Part 1: 3rd Tuesday of the month 2-4pm
Contact your midwife for more info

Slough Best Start Family Hubs and HCRG
Postnatal Session
Part 2: Baby and You 2-4pm
4th Tuesday of the month. To book email:
hcrgh.sloughchildandfamilywellbeing@nhs.net

Wednesday

NHS Getting Help Team
Invitation only 9am-5pm

Trinity Tots
106 Windsor Road, SL1 2JA
Baby and Toddler Group - £2 per family
10.15-11.45am Term-time only

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

Slough CLASS Adult learning
Various locations and times.
Please see our Facebook page or visit
www.slough.gov.uk/adult-learning

Best Start Family Hub
Chalvey Grove
Chalvey Grove, SL1 2TE
(Chalvey)

Tel: 01753 574387

family.hubs@slough.gov.uk

Thursday

HCRG Development Reviews
Appointment only 8.45am-3pm

Slough Best Start Family Hubs
Play and Learn Terrific Two's
9.30-11am Invitation only
5 Nov, 12 Nov, 19 Nov, 26 Nov

Slough Best Start Family Hubs
2-year-old Funding Information Session
Invite only 9.30-11am 3 Dec

NHS Breastfeeding support
Appointment only 9.30am-1.30pm

Slough Library Service
Storytime at Cippenham Library
11-11.30am Elmshott Lane, SL1 5RB
No booking required

Homestart
29 Church Street, SL1 1PL
Baby and Me 11am-12.30pm
To book call 01753 572958

Frimley Health
Perinatal Mental Health Support
Invitation only 1-2.30pm

Friday

NHS Getting Help Team
Invitation only 9am-1pm

Slough Best Start Family Hubs
Play and Learn Crawlers to Preschoolers
Booking required see below 9.30-11am
No session 6 Nov

HCRG 0 to 19 Health Drop-in
9.30-11.30am 3rd Friday of the month

Slough Best Start Family Hubs
First Aid for Parents
(of non mobile babies) 1-3pm 6 Nov
To book email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Bumps to Crawlers
1.30-2.30pm Booking required see below

HCRG HENRY workshops
3rd Friday of the month
For more information email
Hcrgh.sloughchildandfamilywellbeing@nhs.net

For further
information
about Family
Hub services
click here



www.slough.gov.uk
Slough
Borough Council

Early Years Provision
8am to 6pm all year.
Contact the hub for
more information.



More information on our sessions

Healthy Start Vitamins

To collect vitamins, please bring your healthy start card and/or Red Book along to the hub reception during the 0-19 Drop-in.

Domestic Abuse Support

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

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.

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:

Chalvey Grove Family Hub

Facebook Page:

[Slough Best Start Family Hubs and Early Years](#)

Slough Parenting Groups referral form

Being a parent or carer is full of special moments, but it can also feel challenging at times. We're here to help. Our friendly parenting programmes offer practical tips, reassurance and support to make family life feel a little easier.



Parenting Puzzle

Join our 5 week programme looking at the importance of tuning in to young children, the power of play and promoting positive approaches to discipline and boundary setting.

Let's Get Moving

Is a physical play session for Walkers to Preschoolers. Using a range of balls, hoops and activities we aim to help children build motor skills, strength and coordination through active movement.

Have you registered with your Best Start Family Hub?

Please scan the QR code for a registration form.



Infant Massage

A 5 week course to support you to explore the benefits of Infant Massage with a certified instructor from the International Association of Infant Massage. Costs apply.

Chat to SENDIASS

Free impartial and confidential advice and support to parents, carers, and young people with SEND.

Other Local Library Sessions

Britwell Library
Thursday 10.30-11am

The Curve
Saturday 11-11.30am

Breastfeeding Support

Please call your nearest Family Hub or check out the Anya.health app, with advice and support available 24/7 for all families living in Slough.



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 go to [How to apply - Get help to buy food and milk \(Healthy Start\)](#)

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.