Family Wellness



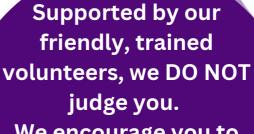
WITH

Slough

PARENTS!

We can help you and your under 5s!

Healthy food swaps
Simple meals & cooking
Get moving more...
Lots of new ideas!



We encourage you to make your children's lives more healthy and we can help you feel happier too!



CALLUS NOW! WE CAN HELP YOU FROM JUNE 2023





This project is running until March 2024.

Join us and you can improve your family's wellness and health!

For more information please contact: office@hsslough.co.uk
01753 572958

Our referral form can be completed here: https://hsslough.co.uk/selfreferral/

FUNDED BY



Family Wellness Hamt
With Slough

PARENTS!

- Do you struggle to maintain healthy food choices and healthy snacks for your children under 5?
- Do you need encouragement to get out with the kids or ideas to get your children moving more at home?
- Would you like to learn some easy, cheap and healthy recipes to cook from scratch?
- Would you like to improve your and your child's mental health?

YES?

- Home-Start Slough volunteers visit parents and children in their homes for up to 2 hours every week for approximately 12 weeks. You must have at least one child under 5 years.
- Friendly volunteers will encourage and support you, without any judgement, to understand what changes, big or small, you can make within your whole family to encourage long-term health and wellness.
- Build your family's awareness, make healthier choices & move more!

JOIN US! YOU CAN SELF REFER FROM JUNE 2023!

This project runs from April 2023 - March 2024

Join us and you can improve your family's wellness and health!

For more information please contact: office@hsslough.co.uk
01753 572958

Our referral form can be completed here: https://hsslough.co.uk/selfreferral/

