

IMPROVE YOUR

Family Wellness

**HOME
START**
Slough

WITH

PARENTS!

We can help you and
your under 5s!

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



Supported by our
friendly, trained
volunteers, we **DO NOT**
judge you.
We encourage you to
make your children's
lives more healthy and
we can help you feel
happier too!

**CALL US
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



Slough Borough Council

IMPROVE YOUR

Family Wellness

HOME
START
Slough

WITH

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/>

FUNDED BY

