

Monday (September 2019)

GENERAL

Issued by **Slough foodbank**

9.00-17.00	Advice & Support	SEND (Special Educational Needs & Disabilities) , St Martin's Place, 51, Bath Rd Slough SL1 3UF 01753 787693 (24hr answerphone)	For parents + carers of young people up to 25
10.00	Healthy Walks	Active Slough, Salt Hill Park, Bath Road, SL1 3SS	1 st and 3 rd Mondays
10.00	Healthy Walks	Active Slough, Upton Court Park, Upton Court Rd. SL3 7LU	2 nd and 4 th Mondays
10.00-12.00	Job Club	Britwell centre, Wentworth Avenue, SL2 2DS 01753 522869	Drop in
10.00-14.00	Advocacy	Advocacy in Slough, 27 Church St. Slough SL1 1PL 01753 415299	Drop in
10.30-11.30	Disability Football	Active Slough Montem Leisure Centre, Montem Lane. SL1 2QG	free
14.00-17.00	Help with Substance Misuse	Turning Point, Elliman Resource Centre, 27 Pursers Court, Slough SL2 5DL Vikki Lake 01753 692548	18+ yrs Drop-in
17.00-18.30 Excl B.Hs	Youth Film Club	Resource Film Club, Y.E.S Shop, Queensmere Shopping Centre, Slough SL2 5AY 01753 553374	11-18yrs & 19-25yrs with learning difficulties or disabilities

This information is correct, as far as we are aware, at the time of printing. Slough Foodbank accepts no responsibility for inaccuracies.

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9.00-17.00	Advice & Support	SEND (Special Educational Needs and Disabilities), St Martin's Place, 51 Bath Rd. Slough SL1 3UF 01753 787693 (24hr answerphone)	For parents & carers of young people up to 25yrs
9.30-12.00	Sewing Class	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
10.00-11.30	Community Coffee Shop	Langley Library, Trelawney Avenue, SL3 7UF 01753 542153	
10.00-12.00	Immigration and General Advice	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
10.00-14.00	Advocacy	Advocacy in Slough, 27 Church St. Slough SL1 1PL 01753 415299	Drop-in
12.30-15.00	Sewing Class + crèche	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
13.00-16.00	A2 Dominion Housing Assoc	Cippenham Library, Elmshott Lane, Cippenham SL1 5RB 01628 661745	Advice drop in Second Tues of the month
13.00-16.00	Job Club	Langley Library, Trelawney Avenue, SL3 7UF 01753 476611 to book	1 to 1 appointments only
14.00-17.00	Help with Substance Misuse	Turning Point, Elliman Resource Centre, 27 Pursers Court, Slough SL2 5DL Vikki Lake 01753 692548	18+ years Drop-in
18.30-19.30	Road Running	Get Active Slough, Upton Court Park, Upton Court Rd SL2 7LU 01753 875784	Free
19.00-21.00	Cippenham Book Club	Cippenham Library, Elmshott Lane, Cippenham SL1 5RB 01628 661745	First Tues of the month

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9.30-12.00	Job Club	Library @The Curve William Street, SL1 1XY	Drop in
10.00-14.00	Advocacy	Advocacy in Slough, 27 Church St. Slough SL1 1PL 01753 415299	Drop in
11.00-12.00	Book Club	Cippenham Library, Elmshott Lane, Cippenham SL1 5RB 01628 661745	Third Wednesday of the onth
14.00-15.00	Britwell Book Club	Britwell Centre, Wentworth Ave SL2 2DS 01753 522869	Last Wed of month
14.00-17.00	Help with Substance Misuse	Turning Point, Elliman Resource Centre, 27 Pursers Court, Slough SL2 5DL Vikki Lake 01753 692548	18+ yrs Drop-in
16.00-18.00	Computer Basics	Cippenham Library, Elmshott Lane, Cippenham SL1 5RB 01628 476611 – to book	
18.00-19.15	Run Talk Run 18+	Active Minds. Red Lion, Langley	Free. A slow and steady 5K that supports mental health
18.30-19.00	Bootcamp	Lynch Hill Enterprise Academy, Stoke Road SL2 5AY	Free
18.30-19.30	Running Group	Active Slough, Eltham Avenue Rec Ground, SL1 5UP	Free
19.00-20.00	Beginner Track Running	Thames valley Athletics Centre, SL4 6HN	Free

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Thursday (September 2019)

GENERAL

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9.30-12.00	Job Club	Library @The Curve William Street, SL1 1XY	Drop in
10.00	Healthy Walks	Active Slough, Salt Hill Park, Bath Road SL1 3SS	Free
10.00-12.00	Immigration & General Advice	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
10.00-14.00	Advocacy	Advocacy in Slough, 27 Church St. Slough SL1 1PL 01753 415299	Drop-in
10.00-14.30	Spoken English Class	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
14.00-16.00	Job Club	Slough Refugee Support, 28 Bath Rd. Slough SL1 3SR 01753 537142	For refugees and asylum seekers
14.00-17.00	Help with Substance Misuse	Turning Point, Elliman Resource Centre, 27 Pursers Court, Slough SL2 5DL Vikki Lake 01753 692548	18+ yrs Drop in
19.00-21.00 4th Thurs in month	Support Group	Bipolar UK, The Quaker Meeting House, 74 Ragstone Road, SL1 2PX 0333 323 3885	Adults with Bipolar

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Friday (September 2019)

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9.30-10.30	Beginners' Running	Upton Court Park, Upton Court Rd, SL3 7LU	free
10.00-11.00	Walk Talk Walk 18+	Active Minds. Salt Hill Park (meet in activity centre)	Free. A relaxed walk with the opportunity to talk openly and in confidence
10.00-14.00	Advocacy	Advocacy in Slough, 27 Church St. Slough SL1 1PL 01753 415299	Drop-in
10.30-11.00	Seated Exercise	Active Slough, The Curve, 1 William St, SL1 1XY	
11.00-12.00	Senior Moments Reading Group	Library @The Curve William Street, SL1 1XY	Last Friday of the month
14.00-17.00	Help with Substance Misuse	Turning Point, Elliman Resource Centre, 27 Pursers Court, Slough SL2 5DL Vikki Lake 01753 692548	18+ yrs Drop-in
14.30-15.30	Local M.P Surgery	Britwell Centre, Wentworth Ave SL2 2DS 01753 522869	First Friday of the month
14.30-15.30	Local M.P Surgery	Langley Library, Trelawney Avenue, SL3 7UF 01753 542153	Third Friday of the month

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