

# Healthy Children in Slough



There are a wide range of factors that determine good health. Mental and emotional health is fundamental to good health and wellbeing. There are strong links between emotional health and wellbeing of children and young people, their educational performance and their personal and social development.

Children who lead healthy lifestyles are more likely to carry these behaviours into adulthood, and those who lead unhealthy lifestyles are more likely to continue this as adults and develop associated conditions such as chronic obesity, type 2 diabetes, heart disease and cancers. These are all conditions that have high prevalence in Slough adults.

Early identification and intervention for children and young people has a significant positive impact on adult outcomes; providing the necessary support to a child can help prevent emotional issues, behavioural difficulties, substance misuse, and the need for statutory care. It can help break the link between early disadvantage and poorer outcomes in life.

This new guide will help provide you with top hints and tips to best improve your child’s health and wellbeing.

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# Physical activity

Moving more and being physically active is essential in feeling and staying healthy and well! Not only does being active reduce the chances of serious illness, but it's a great way to get out, meet new people and make new friends. Keeping your muscles and bones moving helps maintain your strength and mobility, allowing you to keep doing the things you enjoy.

Physical activity or exercise doesn't mean sport. You don't have to join a club, buy all the gear, or run on a treadmill every day to be physically active. Neither do you have to be super fit to take part in exercise, in fact the more of a novice you are, the greater the effects.

Picking an exercise that suits you is also essential. Don't bother joining classes, or go out running if you don't enjoy it.



Choose something you enjoy and look forward to it so it becomes imbedded into your lifestyle. For example, this could be a healthy walk. Make exercise a habit!

Adults should be achieving a minimum of 30 minutes of physical activity a day, for at least five days a week. This amounts to 150 minutes a week. It doesn't necessarily matter how you achieve the 150 minutes a week, but we suggest doing more than 10 minutes in one go. Children and young people should aim for double this amount of exercise a week. This is because they are still growing; therefore putting a healthy amount of pressure on the body promotes better growth and repair of the muscles and bones.

# Being less sedentary

Most of us could benefit from spending less time sitting down, and that applies even if you're keeping active; people who spend long periods of time sitting have been found to have higher rates of diabetes, cardiovascular disease and poor mental health.

Sedentary behavior is increasingly common in a society where many of us do desk jobs, sit down to learn at home or school, travel in motor vehicles and spend leisure time in front of computers and televisions.

These small and simple changes could have a beneficial impact on your health:

- Try to take regular breaks from looking at a screen
- Stand instead of sitting
- Set a time limit on sitting, 20 minutes is the maximum recommended time
- Have an active lunch break by going for a walk
- Spread your steps throughout the day and walk regularly to the toilet, water fountain etc.
- Read standing up
- Stand up during advert breaks on TV



# Parity of esteem

## - valuing mental health equally as physical health

It is important to look after our mental wellbeing as well as our physical health.

For example, the Mental Health Foundation reports that depression increases the risk of death from heart disease by 67% and also increases the risk of death from cancer by 50%.

Research shows that by looking after our mental wellbeing we have a better chance of having improved physical health and vice versa.

The five ways to wellbeing are:

- connect with people
- be active
- take notice
- keep learning
- give

Completing these actions daily improves mental wellbeing.

For more information on how to look after your mental wellbeing visit [www.publichealthslough.co.uk/services/service/mental-health-wellbeing/](http://www.publichealthslough.co.uk/services/service/mental-health-wellbeing/)

For support if bereaved by suicide go to: [www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-east/bereaved-suicide-service-berkshire](http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-east/bereaved-suicide-service-berkshire)

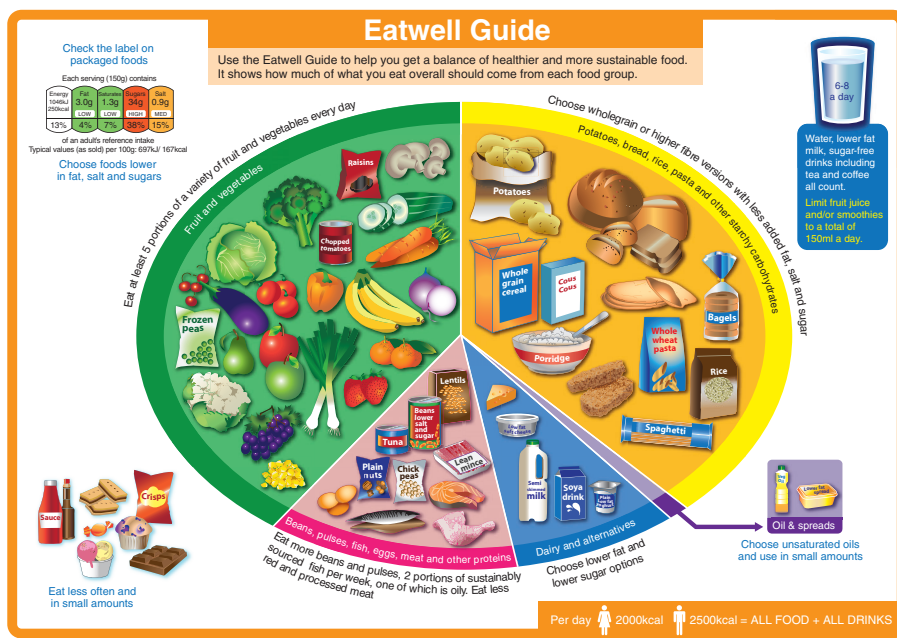


Kooth is a free online service that offers emotional and mental health support for children and young people. When you sign up you can choose an avatar, which helps to keep you safe and anonymous. You can have a “drop-in” chat with a counsellor or therapist or book a one-to-one session. Kooth’s counsellors and therapists are available until 10pm, 365 days a year. You can talk to other young people anonymously on the forums whenever you like, and keep an online journal.

For more information about mental health services for children and young people in Slough, visit: [www.slough.gov.uk/health-and-social-care/child-and-adolescent-mental-health-service.aspx](http://www.slough.gov.uk/health-and-social-care/child-and-adolescent-mental-health-service.aspx)

# Eating and drinking well

Eating a healthy, balanced diet is an important part of maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



## Eat at least five portions of a variety of fruit and veg a day

More than half of the adult residents in Slough (54.7%) do not meet the recommended '5-a-day' on a 'usual day'. Fruit and vegetables should make up more than a third of the food we eat each day.

Aim to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

(Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.)

Fruit and vegetables are a good source of vitamins, minerals and fibre.



**Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible**

Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also higher-fibre versions of white bread and pasta.



**Eat some dairy items, choose lower-fat and lower-sugar options**

Milk, cheese and yoghurt are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt. You can also try alternatives (such as soya drinks and yoghurts).



**Eat some beans, pulses, fish, eggs, meat and other protein. Aim for at least two portions of fish every week - one of which should be oily, such as salmon or mackerel**

These foods are good sources of protein, vitamins and minerals. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.



**Choose unsaturated oils and spreads and eat in small amounts**

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in calories and should be eaten less often.



**Eat foods high in fat, salt and sugar less often and in small amounts**

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. These foods are not needed in your diet and should be eaten less often and in small amounts.



**Drink plenty of fluids**

Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.



For more advice on eating better head to

[www.publichealthslough.co.uk/services/service/eat-better/](http://www.publichealthslough.co.uk/services/service/eat-better/)



# Oral health

Slough currently has the highest tooth decay rate in the South East and, each year, hundreds of children need a general anaesthetic to have teeth removed.

For some healthy smile tips, visit [www.publichealthslough.co.uk/services/service/oral-health/](http://www.publichealthslough.co.uk/services/service/oral-health/)

## Three steps to a healthy smile

- Visit the dentist regularly - free for children under 18yrs. (visit [www.nhs.uk](http://www.nhs.uk) or call 111 to find one near you).
- Brush twice a day for two minutes using fluoride toothpaste.
- Swap sugary foods and drinks for lower sugar alternatives.





# Protecting your health

Here's a checklist of the vaccines that are routinely offered to everyone in the UK free of charge on the NHS and the ages at which they should ideally be given.

If you're not sure whether you or your child have had all your routine vaccinations, ask your GP or practice nurse to find out for you. It may be possible to catch up later in life.

## 8 weeks

- 6-in-1 vaccine, given as a single jab to protect against six separate diseases: diphtheria; tetanus; whooping cough (pertussis); polio; Haemophilus influenzae type b (Hib) and hepatitis B
- Pneumococcal (PCV) vaccine
- Rotavirus vaccine
- MenB vaccine

## 12 weeks

- 6-in-1 vaccine, second dose
- Rotavirus vaccine, second dose

## 16 weeks

- 6-in-1 vaccine, third dose
- Pneumococcal (PCV) vaccine, second dose
- MenB vaccine second dose

## 1 year

- Hib/MenC vaccine, given as a single jab containing vaccines against meningitis C (first dose) and Hib (fourth dose)
- Measles, mumps and rubella (MMR) vaccine

- Pneumococcal (PCV) vaccine, third dose
- MenB vaccine, third dose

## 2 to 11 years (including children in reception class and school years 1 to 7)

- Children's flu vaccine (annual)

## 3 years and 4 months

- Measles, mumps and rubella (MMR) vaccine, second dose
- 4-in-1 pre-school booster, given as a single jab containing vaccines against diphtheria, tetanus, whooping cough (pertussis) and polio

## 12-13 years

- HPV vaccine, which protects against cervical cancer and genital warts - two injections given 6-12 months apart

## 14 years

- 3-in-1 teenage booster, given as a single jab containing vaccines against diphtheria, tetanus and polio
- MenACWY vaccine, given as a single jab containing vaccines against meningitis A, C, W and Y

For more information on vaccinations visit [www.publichealthslough.co.uk/campaigns/iamvaccinated/](http://www.publichealthslough.co.uk/campaigns/iamvaccinated/) or to see what additional vaccinations there are for special groups or for when travelling visit: [www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations)

# Green gyms

Slough Borough Council has installed a number of outdoor gyms in parks and recreation grounds across the borough.

A fantastic opportunity to enjoy the great outdoors and get fit at the same time!

Equipment in the outdoor gyms includes cross trainers, static cycles, resistance machines, hand cycles, sit up benches, parallel bars and box jumps.

You can find your nearest outdoor gym at:

- Bloom Park, Langley, SL2 5NP
- Brammas Close, Slough, SL1 2TP
- Buttermere Avenue Park, 25 Buttermere Avenue, SL1 6EF
- Chalvey Recreation Ground, Ladbrooke Road, SL1 2TS
- Cippenham Recreation Ground, Station Road, SL1 6JJ

- Deerwood Park, Earls Lane, Cippenham, SL1 5TD
- Eltham Avenue, Richards Way SL1 5EU
- Faraday Recreation Ground, Franklin Avenue SL2 1RX
- Godolphin Recreation Ground, SL1 3DN
- Grampian Way, Langley, SL3 8UG
- Granville Recreation Ground, Waterbeach Road, SL1 3JT
- Harvey Park, Tamar Way SL3 8TA
- Kedermister Park, Reddington Drive, Langley, SL3 7QD
- Kennedy Park, Long Furlong Drive, Britwell, SL2 2PQ
- Langley Memorial Park, Langley Road, SL3 8HF
- Manor Park, Villiers Road, SL1 3AA
- Maplin Park, 51 Market Lane, SL3 8BH
- Mercian Way Recreation Ground, Mercian Way, Cippenham, SL1 5LY
- Norway Drive, Norway Drive, SL2 5QW
- Pippins Park, 21 Raymond Close, SL3 0PP
- Rochford Gardens, Uxbridge Road, SL2 5XA
- Salt Hill Park, Bath Road, SL1 3SS
- Springate Field, Springate Field SL3 7DH
- The Cherries, The Cherries, SL2 5TS
- Upton Court Park, Upton Road, SL3 7LU
- Upton Lea Mirador Crescen,t SL2 6LN



# Facilities in Slough



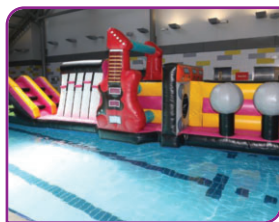
## Arbour Park

Arbour Park Community Sports Stadium is one of the latest additions to Slough's fantastic new sports and leisure facilities. Arbour Park's new floodlit 3G artificial pitch is one of twenty eight in the country and the only one in the Berks and Bucks FA region.



## Salt Hill Activity Centre

Salt Hill Activity Centre includes ten pin lanes in a separate area with its own bar, a large soft play area, a trampoline park with interactive board and battle pits, a high wire climbing zone with tight ropes and suspended mid-air tubes, indoor caving, party rooms, café, bar and additional car parking spaces.



## Langley Leisure Centre

Langley Leisure Centre is one of the borough's prime leisure sites, and has recently re-opened after a multi-million pound refurbishment which has extended and renewed the facilities available, as well as providing improved car parking.



## Slough Ice Arena

The Slough Ice Arena includes a new ice rink, new fully-glazed barriers, new changing rooms and toilets, new spectator seating and lighting, café, climbing wall and a clip 'n' climb feature and a gym.



## The Centre

The new centre, which opened in 2019, includes a 25m, eight lane, swimming pool, a 15m by 8.5m teaching pool with moveable floor, a unisex changing village (wet), a poolside sauna and steam room, a four court sports hall, a 115 station gym, three exercise studios, male and female changing facilities (dry) and a café.

# Active Slough



The Active Slough team aim to be the inspiration behind a healthier lifestyle for the local community through supporting organisations and groups in delivering cultural activities.

## Active Tots!

Due to popular demand, in 2018 Active Slough teamed up with local organisations delivering in Slough to bring physical activity choices to those who want an early start.

## Active Junior

Various projects aimed at encouraging children aged between 5-11 years to engage in sport and physical activity. Active Slough believe setting a positive image of exercise is vital for children, and want to encourage physical exercise as a habit for people growing up in our community.

## Active Teen

Designed by teenagers for teenagers, this programme has been successfully running since 2013 and offers a variety of sport, dance and exercise activities across Slough.

## Active Adults

A physical activity programme aimed at helping older adults and carers to get more active. A range of free suitable

activities are available around Slough, offering all abilities the opportunity to be more active.

## Active Life

A physical activity programme aimed at helping adults and carers to get more active. A range of free activities are available around Slough, offering all abilities the opportunity to be more active.

## Slough Healthy Walks

A variety of volunteer-led walks around Slough; a great way to socialise and get active whilst enjoying parks and green spaces across Slough.

## Seated exercise

Perfect for people trying to get into activity, returning to activity or people who are unable to complete exercise whilst standing.

## Run with Active Slough

Free dedicated adult running groups for all ability levels in parks across Slough  
[www.facebook.com/ActiveSloughRunning](http://www.facebook.com/ActiveSloughRunning)

**To find something active to do locally head to**

[www.publichealthslough.co.uk/search-local-activities/](http://www.publichealthslough.co.uk/search-local-activities/)

# Support for carers

## Valuing our carers

It is estimated that there are 11,600 carers living in Slough.

We know they provide a very important role in promoting and maintaining the wellbeing of others. It is therefore crucial they are supported to lead as full a life as possible, alongside their caring role.

The Care Act 2014 has increased the rights and recognition of carers in the adult social care system by putting them on an equal footing to the person they care for. The Care Act also places a duty onto councils to involve carers in the assessment of the person they care for.

## Strength based approach

In Slough, we are meeting our statutory duties of care and support for people, including carers, by using strength based conversations in our social care teams and with our providers. This moves away from a traditional needs based assessment towards discussion with the carers about how they want to live their lives.

The approach will be proportionate to the support carers are seeking. It will:

- Help people recognise that they are a carer.
- Discuss with carers what they can do with their skills and available resources.
- Support carers to maximise their relationships with friends, family, other people and organisations in their communities to help them in their caring role.
- Look at what is important to carers, seeing them as more than just needing support and providing care; instead as experts in charge of their own lives.
- Give carers the information needed to help them make their own decisions.
- Provide reassurance that direct support will be available at crisis points, when they need more than what is available through their own networks, community groups and other local services. This support could include short breaks or a direct payment.

For more information contact Slough Borough Council Adult Social Care

Telephone: 01753 475111

Web: [www.slough.gov.uk/health-and-social-care/carers.aspx](http://www.slough.gov.uk/health-and-social-care/carers.aspx)

## Slough Carers Support Service

If you are providing unpaid care or support to an adult family member or friend in Slough, you can find free independent information, advice and support through Slough Carers Support. They will also provide details about a range of other activities including carer groups, events, training, good neighbour/befriending and a carer's discount card.

For more information contact:  
01753 303428

[www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)



## Support for carers of people with mental health problems

Berkshire Healthcare Foundation Trust (BHFT) offer carers assessments and a range of specialist provision to carers supporting people with mental health problems. There is a carer lead in post across the Community Mental Health Team at New Horizons, and the Older People's Mental Health Team at Upton Hospital.

The Slough Community Mental Health Team runs a monthly peer support and information group called the Carer Café, as well as a carer training programme that is aimed at enhancing carers' knowledge and skills in their caring role.

The Older People's Mental Health Team provide a range of specialist support to carers, including access to a dementia advisor for patients who have recently been diagnosed by the Memory Clinic. They will be supported as well as signposted to relevant partner and specialist groups. They also support a carers forum, a dementia information group and offer cognitive behaviour therapy groups to carers.

For further information about carer support for those that care for someone seeing the Community Mental Health Teams in Slough, call 01753 690950 (New Horizons/Adult Community Mental Health Team) or 01753 635220 (Older People's Mental Health Team) and ask to speak to the carer lead.



# Slough Young Carers

## - advice and support for remarkable young people

Slough Young Carers is for 8-19 year olds in Slough. The sessions offer advice, support and a break for young people to enjoy a range of age appropriate activities such as ice-skating, cinema, bowling and even day trips out.

- Are you under the age of 19?
- Do you have a relative that has an illness, disability or addiction?
- Do you help to look after them?

If the answer to all these questions is YES, then you're a young carer.

Slough Borough Council has a duty to ensure all young carers screenings are carried out. It is important that this is completed in order for help and support to be provided.

The screening tool can be completed by individuals or professionals.

Please contact Young People's Service via email: [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk) or head to <https://sloughyoungcarers.org/>



## Where and when can you join in?

**WHERE:** The YES shop  
in Slough Queensmere  
(next to Robert Dyas)

**WHEN:** 11-19 year olds sessions run  
every fourth Saturday of each  
month from 1pm



# Online parenting

Slough residents have free access to four online parenting guides which include top tips from childcare, education and NHS health experts.

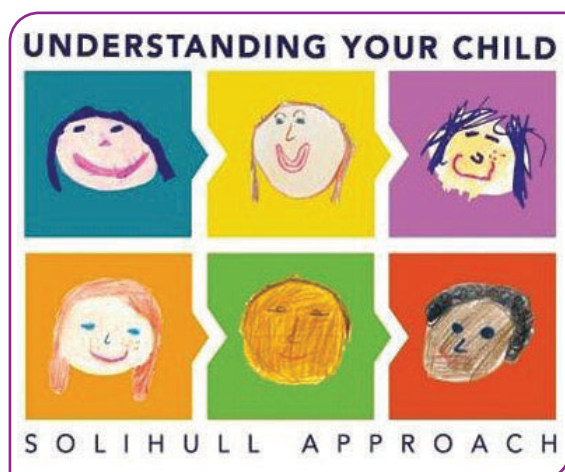
- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are also available in different languages.

These guides are provided by the Solihull Approach and brought to you by Frimley Local Maternity System which is part of Frimley Health and Care Integrated Care System (ICS), a partnership of NHS, health services, local authorities, voluntary sector and local people working to improve health and care services.

For more information and to access the programme please go to:

[www.publichealthslough.co.uk/campaigns/online-parenting/](http://www.publichealthslough.co.uk/campaigns/online-parenting/)



# Family Information Services

Slough Family Information Service offers FREE impartial information and guidance about a wide range of services for children, young people and their families.

## How can we help you?

We provide information on:

- Support and advice for families with children and young people
- Childcare for children aged 0-13
- Financial support and help with childcare costs
- Free early education for 2, 3 and 4 year olds
- Children's Centres and family services
- Schools and school-based family services
- Activities for children, young people aged 0-19 and families
- The Local Offer including activities and services for children and young people with special educational needs and disabilities (SEND)
- Adult education and employment

## How to find the information you need

### Speak to us in person:

You can speak to us at our regular outreach sessions which are held in community venues such as libraries, children's centre or schools.

### Look at our website:

The Slough Family Information Service website holds lots of information about services and activities in Slough  
[www.sloughfamilyservices.org.uk](http://www.sloughfamilyservices.org.uk)

### Call us on 01753 476589:

Our information line is available Monday to Friday, 9am to 5pm. An answerphone operates outside these hours.

Slough Family Information Service is a member of the National Association of Family Information Service (NAFIS) and has gained the Families First Quality Award.



# Healthy communication

Effective and healthy communication plays an important role in building positive relationships. Within a family, communicating and supporting each other can strengthen our relationships, so that we all feel secure, loved and valued.

For children, growing up in an environment where they experience adults who are able to communicate in a healthy way, not only provides a secure and stable environment, but can provide them with the tools they need to communicate effectively too.

We know that life can be busy and sometimes we may not feel that we have enough time to spend communicating effectively with our loved ones, but small changes in our own communication can have a big impact. Why not try some of these positive communication ideas to strengthen your family relationships?

- When your child or partner wants to talk, stop what you're doing and listen with full attention. Give people time to express their points of view or feelings. But sometimes you might have to respect their need not to talk - especially if they're teenagers. Instead, just remind them that you are there to listen when they are ready.
- Be open to talking about difficult things - like admitting to mistakes - and all kinds of feelings, including anger, joy, frustration, fear and anxiety. Just remember talking about feeling angry is different from getting angry, though.
- Be ready for spontaneous conversations. For example, younger children often like to talk through their feelings when they're in the bath or as they're getting into bed.
- Plan for difficult conversations, especially with teenagers. For example, sex, drugs, alcohol, academic difficulties and money are topics that families can find difficult to talk about. It helps to think through your feelings and values before these topics come up.
- Encourage your children and partner with praise. For example, *'It's a big help when you bring the bins in without being asked, Leo. Thanks!'*.
- Show appreciation, love and encouragement through words and affection. This can be as simple as saying *'I love you'* to your children each night when they go to bed.

For further information and advice, Slough's Family Information Service would be happy to help. Explore our website [www.sloughfamilyservices.org.uk](http://www.sloughfamilyservices.org.uk) or contact us on [FIS@slough.gov.uk](mailto:FIS@slough.gov.uk)

# Slough 2K: Conception to Reception

## Why are the first 1001 days critical?

Throughout this period of foetal development, infancy and toddlerhood the brain is growing and developing. Those first 1001 days are critical not only because optimal brain development throughout them gives a baby the best possible start in life, but also because early intervention and development at this age has the biggest benefit to the child's overall life.

## So what is Slough 2k and what are the 2000 days in Slough?

Slough2k looks holistically at a child's most important time, from conception through to age 5 when they enter primary school.

We have put together a comprehensive local offer of the various services and support tools available in Slough to look after the health and wellbeing of children and their parents/carers.

## How do I access the resource?

To access the resource simply go to [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk) - under "Services for young people"

### Categories



Getting Pregnant



I'm Pregnant



Labour and birth



Your new-born



Babies and toddlers



## Healthier, happier you

Health & Wellbeing Slough (HWS) is a tailored service to support the health and wellbeing of Slough residents. This new service will provide a holistic approach offering one-to-one sessions, educational resources and signposting to support people to lead a healthier lifestyle; reducing their risk of developing health conditions such as diabetes or heart disease.

Health & Wellbeing Slough offers a range of services for you and your child. These services include:

- Online and face to face weight management programmes
- Oral Health advice and support
- Stop smoking services
- Exercise and physical activity referral
- Falls prevention
- NHS Healthchecks
- Advice on reducing your alcohol consumption

## How do I contact HWS?

Through the website:

<https://healthandwellbeingslough.co.uk/>

By email: [info.hws@nhs.net](mailto:info.hws@nhs.net)

By telephone: 01753 373646



# Other relevant support

## 0-19(25) Public health nursing

Public Health Nursing 4 Slough provides an integrated 0-19 public health nursing service, and up to 25 years for individuals with Special Educational Needs and Disability (SEND).

The team of health visitors, school nurses, nursery nurses and health care assistants provides a supportive, focused and caring culture. The team provides additional support, resources, and innovative ways of working with families in the local community.

This service provides a range of support and advice to families, including infant feeding, sleeping, safety, common illness, general child development.

For more information visit [www.publichealthnursing4slough.co.uk](http://www.publichealthnursing4slough.co.uk) or call on 01753 373464

## Sexual health

Talking about sex should no longer be a taboo subject, as it is a normal part of most people's lives. Whatever your sexuality or preference we are not here to judge but to help inform your choices and to support you to remain healthy. The Berkshire sexual health service is completely free and includes a range of support for children and young people and older adults alike.

For advice and guidance visit [www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk) where you can learn about support and resources available, access to the Slough Garden Clinic and information on child sexual exploitation.



# Better by...



Slough Borough Council is aiming to continue to embed a sustainable travel culture in Slough by delivering activities to promote sustainable and healthy travel. Better by will engage with community groups and local champions to ensure our initiatives are accessible to everyone.

## What support is available?

The following free activities are available to you through the Better by programme.

### Cycle training

Through our provider Cycle Experience, you can improve your skills and competency in cycling, regardless of your ability.

### Personalised travel planning

Our travel advisors can provide this 1-2-1 service to help you identify the best way to commute sustainably to wherever you need to go, using Google Maps data.

## Public transport information

Provision of information and advice on public transport options.

## Travel events

Our highly skilled travel advisors can organise and attend events around the community to encourage, promote and reward sustainable travel.

### Cycle Hire

Hire a bike from our growing network of hire bikes.

Contact: [betterby@slough.gov.uk](mailto:betterby@slough.gov.uk) for more information.

## Save...





# Other useful links

- General public health support and advice [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk)
- Social Care Intervention [www.scstrust.co.uk/first-contact/](http://www.scstrust.co.uk/first-contact/)
- Adoption and fostering support [www.scstrust.co.uk/](http://www.scstrust.co.uk/)
- Domestic abuse support in Slough [www.hestia.org/](http://www.hestia.org/)
- Advice on modern slavery [www.slough.gov.uk/council/strategies-plans-and-policies/modern-slavery.aspx](http://www.slough.gov.uk/council/strategies-plans-and-policies/modern-slavery.aspx)



This document can be made available on audio tape, braille or in large print, and is also available on the website where it can easily be viewed in large print.

## Healthy Children in Slough

If you would like assistance with the translation of the information in this document, please ask an English speaking person to request this by calling 01753 875177.

यदि आप इस दस्तावेज़ में दी गई जानकारी के अनुवाद किए जाने की सहायता चाहते हैं तो कृपया किसी अंग्रेजी भाषी व्यक्ति से यह अनुरोध करने के लिए 01753 875177 पर बात करके कहें.

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿਚਲੀ ਜਾਣਕਾਰੀ ਦਾ ਅਨੁਵਾਦ ਕਰਨ ਲਈ ਸਹਾਇਤਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਸੇ ਅੰਗਰੇਜ਼ੀ ਬੋਲਣ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ 01753 875177 ਉੱਤੇ ਕਾਲ ਕਰਕੇ ਇਸ ਬਾਰੇ ਬੇਨਤੀ ਕਰਨ ਲਈ ਕਹੋ।

Aby uzyskać pomoc odnośnie tłumaczenia instrukcji zawartych w niniejszym dokumencie, należy zwrócić się do osoby mówiącej po angielsku, aby zadzwoniła w tej sprawie pod numer 01753 875177.

Haddii aad doonayso caawinaad ah in lagu turjibaano warbixinta dukumeentigaan ku qoran, fadlan weydiiso in qof ku hadla Inriis uu ku Waco 01753 875177 si uu kugu codsado.

اگر آپ کو اس دستاویز میں دی گئی معلومات کے ترجمے کے سلسلے میں مدد چاہئے تو، براہ کرم ایک انگریزی بولنے والے شخص سے 01753 875177 پر کال کر کے اس کی درخواست کرنے کے لئے کہیں۔