

Strong, Healthy and Attractive Chalvey!

Come and see the first draft of the Strong, Healthy and Attractive Chalvey community plan - let us know what you think and play a part in helping improve your community

Drop in events

- Alexandra Plaza, Chalvey, SL1 2NJ
Saturday 8 August 10am-1pm
- Pakistan Welfare Association
50 Darvill's Lane, Chalvey SL1 2PH
Tuesday 11 August 2-7.30pm
Wednesday 12 August 9am-12pm
Thursday 20 August 6-8pm (discussion event)

Online discussion events

- Email the team at community.development@slough.gov.uk to book your place
- Online
Wednesday 12 August 6-8pm
Tuesday 18 August 6-8pm

Email the team at community.development@slough.gov.uk for your copy of the plan or come along to any of the events above for a printed version.

Alternative versions of the plan including translated versions, large print and braille can be provided if requested, email community.development@slough.gov.uk

Disclaimer: all face-to-face events will be compliant with Covid-19 guidelines. We ask anyone planning to attend the face-to-face events to wear a face covering and comply with social distancing guidelines.

CHALVEY CAN... MOVE MORE AS A FAMILY

Free and low cost activities for families in Chalvey

- 1 Register with us for free
- 2 Try lots of different family activities
- 3 Have fun!

Prizes to be won including a new bike!



Call 01753 875177
 Email chalveycan@slough.gov.uk
 Web www.slough.gov.uk/chalveycan

CHALVEY CAN



Active Slough



- 1 Download the free Active 10 App and do 3 x 10 minute brisk walks in a week www.nhs.uk/oneyou/active10/home
- 2 Drink 8-10 glasses of water in a day
- 3 Climb Montem Mound
- 4 Skipping rope challenge
- 5 Eat 5 different fruits and 5 different vegetables in a week
- 6 Attend a 30 minute Active Slough online session www.facebook.com/activeslough
- 7 Try the Xplorer Trail at Herschel Park
- 8 2k your way: walk, jog, cycle, scoot
- 9 Walk 6,000 steps in a day
- 10 Frisbee social distance game

Take part between Monday 27 July and 31 August for your chance to win...

Register for the Family Challenge and get a welcome prize!

Weekly prizes for Family challenge pictures or videos sent in. We will contact you if you win!

3 videos/pictures = Free entry into our big prize draw to win a new bike!

Got a question?

To sign up or for more info email chalveycan@slough.gov.uk, call 01753 875177 or visit www.slough.gov.uk/chalveycan