



Eden Girls

30 October 2023

Dear Parent/Guardian

Assalaamu alaikum - Peace be with you,

Re: **Slough Free Community Offer**

We are excited to share some wonderful news with you about enrichment activities that are being offered for your children by the local authority. These activities aim to provide an opportunity for our students to develop new skills, build self-confidence, and promote overall well-being, all free of charge.

#### **Self-Defence Class for Girls**

This is an excellent opportunity for your daughters to learn practical self-defence skills in a safe and supportive environment.

When: Wednesdays, 6:00 PM - 7:00 PM

Where: Kayani Camp Boxing Camp, Unit 32, Queensmere

#### **Together as One: Girls Group**

A space for young women and girls to participate in fun activities and wellbeing workshops. This group is designed to provide a non-judgmental environment where girls can increase their confidence while enjoying the company of their peers.

When: Thursdays, 5:30 PM - 7:00 PM

Where: 29 Church Street, SL1 1PL

#### **Girls Activities - Learning Life Skills Workshops**

These workshops will cover various life skills that are essential for personal growth and development. They provide a valuable opportunity for girls to gain practical knowledge in a supportive setting.

When: Tuesdays, 4:00 PM - 6:00 PM

Where: Chalvey Community Hub

#### **Public Health Nursing for Slough at Checkout Superstore**

This is a drop-in to chat with a health visitor regarding valuable information on topics such as dental and oral health, sleeping routine, medical needs, emotional and wellbeing support, diet and more.

When: Tuesdays, 9:30 AM - 12:30 PM

Where: Checkout Superstore at Farnham Road, Slough SL2 1JD.

We strongly encourage your children to take advantage of these free community offers. Participation in these programs can help them gain valuable life skills, improve their self-esteem, and contribute to their overall well-being. For additional information, please refer to the attached flyers below that provide more details on each program.

Thank you for your continued support, and we look forward to seeing your children benefit from these fantastic opportunities.

Sincerely,

Maschil De Guzman

Assistant Principal



## **SBC COMMUNITY DETACHED TEAM**

# **WOMAN & GIRLS**

## **SELF DEFENCE TRAINING**

**WEDNESDAY's  
600PM-700pm  
KAYANI CAMP BOXING CLUB  
UNIT 32,  
QUEENSMERE**

Self Defence & Personal  
Safety Tips

★ **Increase Self Confidence**

★ **Increase Self Esteem**

★ **Develop Personal Safety**

**LED BY FEMALE  
INSTRUCTOR**

In partnership with  
**KAYANI CAMP**

Call Courtney to book or  
for more info

**07552 341323**



**FREE SESSIONAL PROGRAM**



girlsgroupslough



# GIRLS GROUP

Open to Young Women and Girls aged  
11-19 year olds (up to 25 with SEND)

Every Thursday Evening

5:30pm to 7:00pm

29 Church Street

SL1 1PL





# SBC DETACHED TEAM PRESENTS



## GIRLS ACTIVITY CLUB

fun, enjoyable and comfortable



### Nail Paint

**Tuesdays**  
**4pm till**  
**600pm**



### Make-up

*Plus much more!!!*

Arts & Crafts  
Multi Sports  
Career Advice/  
Support Physical  
Activity Bowling  
Gym Sessions Self  
Defence Sessions



Call Courtney or Stacie  
07552341323/07926065799

**Chalvey  
Community  
Hub**

**FREE SAFE  
OPEN SPACE**

**10-17 Years old**

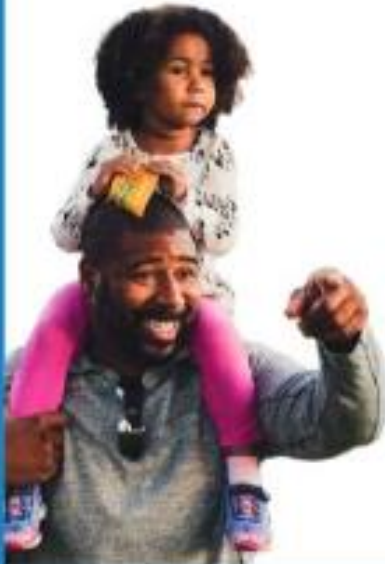


# Health Visitor Drop-In at Checkout Superstore



**Where:** Checkout Superstore,  
Farnham Road, Slough (SL2 1JD)

**When:** Every Tuesday from  
9.30am to 12.30pm



The drop-in chat sessions will start on Tuesday 3rd October and will take place every Tuesday at Checkout Superstore from 9.30am – 12.30pm.

You can find our contact details and more information on the reverse side of this page.





Come along to our Health Visitor Chat sessions for valuable information on various topics including:

- dental and oral health
- breastfeeding and weaning
- sleep routines
- emotional and mental wellbeing support
- medical needs
- diet and more



If you need further details about these sessions, don't hesitate to contact us.

## Get in touch



0800 772 3578

(Lines are open from  
**9am-5pm Monday to Friday**)



[SolItd.PublicHealthNursing4Slough@nhs.net](mailto:SolItd.PublicHealthNursing4Slough@nhs.net)



[www.PublicHealthNursing4Slough.co.uk](http://www.PublicHealthNursing4Slough.co.uk)



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