

# Slough Borough Information Sheet

## Local Council Information and Support Slough

The One Slough partnership has opened up a new call centre to ensure all Slough residents can get the support they need during this difficult time.

The number to contact is **01753 944198** and will be staffed on Monday to Friday from 9.00 – 16.00 and at the weekend from 10.00 – 15.00. Alternatively, residents can still register on-line at [www.sloughcvs.org/covid19](http://www.sloughcvs.org/covid19)

Hestia Slough Domestic Service – 01753 477352

Hestia provides domestic abuse services for Slough residents including advice, guidance and support

Older people and adults with physical disabilities, sensory needs, learning disabilities or ongoing health conditions - and carers of adults with any of these conditions - should call the Adult Social Care on 01753 475111 (option 1), or via our online enquiry form on the right.

## Supermarkets and Food Deliveries

### Iceland

418 Montrose Avenue, Slough, Berkshire 01753 358 180 Opening hours 10:00am – 7:00pm. The last hour of every day for NHS staff only.  
<https://www.iceland.co.uk/free-delivery.html>

### Sainsbury's

Farnham Road, Slough SL1 4XP 01753 822936 Every Monday, Wednesday and Friday, all our supermarkets will dedicate 08:00 to 09:00 to serving the elderly customers, disabled customers and their carers. Opening hours 08:00am – 20:00pm. <https://stores.sainsburys.co.uk/2127/slough>

### Lidl

360-362 Farnham Road, Slough 0800 977 7766 Opening hours 07:00am – 20:00pm

### ASDA

Telford Drive, Slough 01753 524 017 Opening times Mon – Sat 08:00-10:00pm Sun 10:00-16:00 <https://storelocator.asda.com/south-east/slough/telford-drive>

## Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.



## **Slough Foodbanks**

01753 550303 <http://slough.foodbank.org.uk> [office@slough.foodbank.org.uk](mailto:office@slough.foodbank.org.uk)  
411 Montrose Avenue, Slough SL1 4TJ, UK  
Office only - food cannot be collected from this address

**Slough (SBC) Distribution Centre-** Slough Baptist Church, Windsor Road, Slough, SL1 2EJ. Opening Times Mon 12:00 – 14:00 & Thu 11:00 – 14:00

**Langley Distribution Centre-** Langley Community Association Hall, 27 Harrow Road, Langley, Slough, SL3 8SH. Opening Times Tues 10:30 – 12:30.

**Clippenham Distribution Centre-** St Andrew's Church, Washington Drive, Clippenham, Slough, SL1 5RE. Opening hours Wed 11:00 – 14:00

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

## **Local Pharmacies**

### **Boots UK**

184 High Street St, Slough, SL1 1JR. Opening hours Mon – Fri 09:00 – 17:30 01753 527267

### **Kamal Enterprises Ltd**

16 Chalvey Road West, Slough, Berkshire, SL1 2PN 01753 526722 Opening times Mon – Fri 9:00am – 7:00pm Sat 9:00am – 12:00pm

### **Superdrug Pharmacy**

Unit 82 The Mall, Queensmere Centre, Slough, SL1 1DG 01753 533610 Opening times Mon – Fri 09:00am – 06:00pm Sat 09:00am – 05:30pm

## **Other Essential Shops and Surgeries**

### **Specsavers Optician and Audiologist**

194- 196 High Street, Slough. 01753 502700

### **Asda Opticians**

184 High Street, Slough 01753 520498

### **The Beeches Veterinary Hospital**

348-350 Farnham Road, Slough 01753 539353

**Medivet Wexham**

103 Knolton Way, Wexham, Slough. 01753 550044

**Wexham Road Dental Surgery**

Wexham Road, Slough, SL2 5JP

**Local Banks and Banking****Barclays Bank**

1 Queensmere, Slough, SL1 1DT. 0345 734 5345 Opening times Mon-Fri 09:00am-05:00pm Sat 09:00am-12:00pm <https://www.barclays.co.uk/ways-to-bank/online-banking/>

**Lloyds bank**

123 High Street, Slough 0345 602 1997 Opening times Mon – Fri 10:00am-02:00pm <https://online.lloydsbank.co.uk/personal/a/registration/onlinepersonalregistration.jsp>

**NatWest**

118 High Street, Slough 0345 788 8444 Opening times Tues, Wed, & Thurs 10:00am – 01:00pm <https://www.nwob.com/Default.aspx?CookieCheck=2020-04-15T14:23:01&InnerPage=OLE>

**Local Support****Slough Advice Centre** 0344 515 1380 [slough@shelter.org.uk](mailto:slough@shelter.org.uk)

[slough@shelter.org.uk](mailto:slough@shelter.org.uk) This is a website of information and advise services in Slough.

**Citizens Advice Bureau**

Key House, 106 High Street, Yiewsley, Middlesex 03448 487 903

**Citizens Advice Bureau**

27 Church Street, Slough, SL1 1PL 08451 203 712  
<http://www.citizensadvice.org.uk/>

**Age UK**

104 High Street, Town Centre, Slough 01753 822 890  
[info@ageconcernsabe.org.uk](mailto:info@ageconcernsabe.org.uk) <https://www.ageconcernsabe.org.uk/>

**Barnado's**

225 High Street, Slough 01753 577 537  
<https://www.barnardos.org.uk/>

**Sue Ryder Social Care**

222-224 High Street, Slough 01753 579 869 <https://www.sueryder.org/>

## Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: [www.nhs.uk](http://www.nhs.uk) or call 111

Support for mental health issues: [www.mind.org.uk/information-support/coronavirus](http://www.mind.org.uk/information-support/coronavirus) or [www.mind.org.uk](http://www.mind.org.uk) or call 020 8519 2122

Senior citizen's support: [www.ageuk.org.uk](http://www.ageuk.org.uk) or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: [www.headspace.com](http://www.headspace.com) or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Online Counselling – Cognitive Behavioural Therapy: [www.iesohealth.com](http://www.iesohealth.com) or call **0800 074 5560**

Domestic abuse advice: [www.womensaid.org.uk](http://www.womensaid.org.uk) or call 0808 2000 247 (women) 0808 801 0327 (men), [www.refuge.org.uk](http://www.refuge.org.uk) and [www.mankind.org.uk](http://www.mankind.org.uk) or call **01823 334244**

Citizens Advice England [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/) or call 03444 111 444

**Gyms, libraries, council healthy walks and fitness classes** are closed however here are some exercises you can do at home:

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|----------------------------|---|--|
| Over 70s Sitting exercises | <a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>   | Home Keeping Fit - Online only   |
| Gym free exercises         | <a href="https://www.nhs.uk/live-well/exercise/gym-free-exercises/">https://www.nhs.uk/live-well/exercise/gym-free-exercises/</a>   | Cheap and fun gym-free activities to improve health and fitness.   |
| CBeebies                   | <a href="https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids">https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids</a> | Fun exercises to do at home with kids  |
| World Stories with Kids    | <a href="https://worldstories.org.uk/">https://worldstories.org.uk/</a>   | Stories available in numerous languages: <a href="https://worldstories.org.uk/library">https://worldstories.org.uk/library</a> |

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|--------------------------|--|---------------------------------------|
| CBBC                     | <a href="https://www.bbc.co.uk/cbbc">https://www.bbc.co.uk/cbbc</a>  | Games, quizzes and puzzles            |
| BBC                      | <a href="http://www.bbc.co.uk/scotland/brainsmart/games/">http://www.bbc.co.uk/scotland/brainsmart/games/</a>  | Brain games for adults                |
| Games online             | <a href="https://www.chess.com/">https://www.chess.com/</a><br><a href="https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly">https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly</a> | Chess<br>Monopoly (for adults & kids) |
| Mind                     | <a href="https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/">https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/</a>                                    | Distraction when you're in crisis     |
| NHS                      | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/</a>  | Free Pilates for beginners            |
| British Heart Foundation | <a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses</a>                          | Chair based yoga                      |