



Flying Start Luton Activities

15 April to 24 May

(Summer Term 1)

Email/Call:
flyingstart@eyalliance.org.uk



01582 368245



***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**

MOST CENTRE SESSIONS COST £1

(Cash AND Card now accepted at some sessions)

New to Flying Start? Register here:

www.flyingstartluton.com/registration-form

More information will be available at:

www.flyingstartluton.com

Check out our Social Media! Facebook: @FSLuton

Twitter/X: @FS_Luton and Instagram: flyingstartluton

Please note: Some groups are limited to one/two a week

 = Online on Zoom/ Teams



VENUES AND ADDRESSES

Flying Start Family Hub in **Foxcubs** Nursery, Runley Road (LU1 1TZ)

Park Town Family Hub, Bailey Street (LU1 3DU)

Flying Start Family Hub in **Pastures** Way Nursery, Pastures Way (LU4 0PE)

Hockwell Ring Community Centre and Family Hub, Mayne Ave (LU4 9LB)

Farley Community Centre, Delphine Close (LU1 5RE)

CYCD, 94-106 Leagrave Road (LU4 8HZ)

St Francis Church, Carteret Road (LU2 9JZ)

Chaul End Community Centre, Dunstable Road (LU4 8QN)

Bushmead Hub, Hancock Drive (LU2 7SF)

Chantry Community Hub, Wedgewood Road (LU4 0RH)

The Olive Tree Church, Blenheim Crescent (LU3 1HB)

Whipperley Infant Academy, Family Hub (LU1 5QY)

Red Cross, 232 Dunstable Road (LU4 8JL)





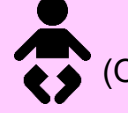










Stopsley Community Primary Family Hut, (LU2 7UG)

Bramingham Primary School, Freeman Ave (LU3 4BL)







MONDAY: No sessions 15 April AM (Staff Training) or 6 May (Bank Holiday)

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|  Baby Weighing + Parent Chat (Drop In) for under 2s / 5s Last Mon (29/4, 20/5) Time: 9.15am to 10.30am @ Stopsley |  Sensory Play (Drop In) for non walkers 3 months + Last Mon (29/4, 20/5) Time: 9.15am to 10.30am @ Stopsley |  Little Explorers* Every Week from 22/4 (except 6/5) for new walkers under 2 Time: 10am to 11am @ Hockwell |  Play and Learn* Every Week from 22/4 (except 6/5) for over 1s Time: 10am to 11am @ Park Town |  Baby Rhyme and Sign* Every Week from 22/4 (except 6/5) for non walkers 3 months + Time: 10am to 10.45am (Open from 9.30am) @ Foxcubs |
|  Parenting Workshops on Zoom* Time: 1pm to 2.30pm Sleep and Bedtime Routines- 20 May |  Stay and Play (Drop in) for under 3s- £2 a family Every Week (except 6/5) Time: 1.15pm to 2.30pm @ The Olive Tree Church (LU3 1HB) |  Baby Massage 5-Wk Course- £10* for parents of 6 weeks to 6 months Dates: 15/4 to 20/5 (not 6/5) Time: 1.30pm to 2.30pm (Open from 1pm) @ Foxcubs (FULL) |  Sensory Play * for non walkers 3 months + Every Week (except 6/5 and 13/5) Time: 1.30pm to 2.30pm @ Chantry |  Keeping Baby Safe Zoom Workshop* for pregnant & new parents (< 3m) Date: 29 April Time: 5pm to 7.30pm |

TUESDAY

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|---|--|---|---|--|
|  Baby Weighing (Drop In) for under 2s Every Week Time: 9am to 10.30am @ Farley C/Centre |  Breastfeeding Café (Drop In) for pregnant and BF parents Every Week Time: 9.15am to 10.45am @ Farley C/Centre |  Early Days Postnatal Group (Drop In) for parents of 0 to 4 months Every Week Time: 9.15am to 10.45am @ Farley C/Centre |  Stay and Play* for under 5s Every Week Time: 9.30am to 10.30am @ Bramingham Primary (LU3 4BL) |  Sensory Play * for non walkers 3 months + Every Week (Except 14/5) Time: 10am to 11am (Open from 9.30am) @ Foxcubs |
|  Parent Chat @RhymeTime (Drop In) for parents of under 5s First Tues (7/5) Time: 10am to 10.30am @ Central Library (LU1 2NG) |  Sensory Play (Drop In) for non walkers 3 months + Every Week Time: 10am to 11am (Open from 9.30am) @ Pastures |  Little Explorers* for new walkers under 2 Every Week Time: 11am to 11.45am @ Farley C/Centre |  Pregnancy Club (In Person & ZOOM)* for pregnant people only (no partners) Last Tuesday of Month (30/4 + 28/5) Time: 12.30pm to 1.30pm @ Farley C/Centre |  Little Explorers* for new walkers under 2 Every Week Time: 1.30pm to 2.30pm @ Park Town |
|  Play and Learn* for over 1s Every Week Time: 1.30pm to 2.30pm @ Hockwell |  Baby Massage 5-Wk Course- £10* for parents of 6 weeks to 6 months Dates: 16 April to 21 May (not 13/5) Time: 1.45pm to 2.45pm @ Chantry (FULL) |  Parent Chat @RhymeTime (Drop In) for parents of under 5s Last Tues (30/4) Time: 2.15pm to 2.45pm @ Lewsey Library (LU4 0SW) |  Managing Healthy Relationships Workshop* for any stage of pregnancy Time: 5 to 7pm Date: 23 April @ Hockwell |  Birth and Baby Stuff 3 Week Course* for 28 weeks+ (MUST BOOK) Time: 5 to 7pm (3 to 5pm week 3) Dates: 2 to 16 April @ Hockwell 7 to 21 May @ Park Town |






WEDNESDAY

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|  Parent Chat @RhymeTime (Drop In) for parents of under 5s First Weds (1/5) Time: 9.30-10 and 10.30am-11 @ Leagrave Library (LU3 2NL) |  Play and Learn* for over 1s Every Week Time: 9.30am to 10.30am @ CYCD |  Sensory Play* for non walkers 3 months + Every Week Time: 10am to 11am (Open from 9.30am) @ Park Town |  Little Explorers* for new walkers under 2 Every Week Time: 10am to 11am @ Foxcubs |  Parent Chat @ Tot Stop (Drop In) for parents of under 5s Third Weds (17/4 and 15/5) Time: 10am to 11.30am @ Luton Christian Fellowship (LU1 3AL) |
|  Parenting Workshops on Zoom* Time: 1pm to 2.30pm S/Solids Next Steps (6-12m)- 17 April Behaviour (over 1) - 1 May Starting Solids (3-6m) - 15 May Toilet Training (over 1) - 22 May |  Baby Weighing and Breastfeeding Cafe (Drop in) for under 2s Every Week Time: 1pm to 3pm @ Hockwell |  Early Days Postnatal Group (Drop in) for parents of 0 to 4 months Every Week Time: 1pm to 3pm @ Hockwell |  Play and Learn* for over 1s Every Week Time: 1.30pm to 2.30pm @ Park Town |  Rhyme and Play Time (drop in) for under 5s Every Week Time: 1.30pm to 2.30pm @ Red Cross (LU4 8JL) |

THURSDAY: Some sessions not on 2 May due to polling

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|  Sensory Play (Drop In) <i>for non walkers 3 months +</i> Every Week (except 2/5) Time: 9.30am to 10.30am <i>(Open from 9am)</i> @ St Francis |  Baby Weighing (< 2yrs) / Early Days Postnatal Group (< 4m) (Drop In) Every Week (except 2/5) Time: 9.30am to 11.30am @ St Francis |  Breastfeeding Café (Drop In) <i>for pregnant & breastfeeding parents</i> Every Week (except 2/5) Time: 9.30am to 10.30am @ St Francis |  Bush Babies (Drop in*-£3) <i>for under 5s</i> Every Week (except 2/5) Time: 10am to 11.30am @ Bushmead Hub |  Parent Chat @ Rhyme Time (Drop In) <i>for parents of under 5s</i> Last Thurs (25/4, 23/5) Time: 10am to 10.30am @ Marsh Farm Library (LU3 3TL) |
|  Mini Movers (Drop in) <i>for confident walkers over 1</i> Every Week (except 2/5) Time: 10.45am to 11.30am @ St Francis |  HENRY 8-Week Parenting Course on Zoom* <i>for parents of 6m to 5 years</i> Dates: 9 May to 4 July Time: 1pm to 2.30pm |  Immunisation Clinic (Drop in) <i>for children from 15 months to 5 years</i> Date: 9 May Time: 1pm to 3.30pm @ Hockwell |  Play and Learn (Drop in) <i>for under 5s</i> Every Week Time: 1.30pm to 3pm @ Whipperley |  Parent Chat @ Rhyme Time (Drop In) <i>for parents of under 5s</i> First Thurs (2/5) Time: 2pm to 2.30pm @ Stopsley Library (LU2 7UG) |

FRIDAY

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|  Early Days Postnatal Group (Drop In) <i>for parents of 0 to 4 months</i> Every Week Time: 9.30am to 11.30am @ Pastures |  Baby Weighing (Drop In) <i>for under 2s</i> Every Week Time: 9.30am to 11.30am @ Pastures |  Breastfeeding Café (Drop In) <i>for pregnant and breastfeeding parents</i> Every Week Time: 9.30am to 11.30am @ Pastures |  Baby Rhyme and Sign* <i>for non walkers 3 months +</i> Every Week Time: 10am to 10.45am <i>(Open from 9.30am)</i> @ Hockwell |
|  Play and Learn* <i>for over 1s</i> Every Week (except 24/5) Time: 10am to 11am @ Park Town | | | |

SATURDAY

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|  Birth and Baby Stuff 1-Day Course* <i>for parents to be from 28 weeks</i> Dates: 27 April and 18 May (MUST BOOK) Time: 9.30am to 2.30pm @ Chaul End |  Dads Group (Drop In) <i>for Men with children Under 8</i> Dates: 27 April and 18 May Time: 10am to 11.30am @ Park Town |
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SEE THE LATEST TIMETABLE ON OUR WEBSITE! PLEASE SCAN THE QR CODE:

Flying Start are also working with Nurseries in Luton to run Stay and Play Sessions. Separate timetable available on the same webpage: <https://www.flyingstartluton.com/whats-on-for-parents/flying-start-groups-services/>

Other community groups can be found here: <https://www.flyingstartluton.com/whats-on-for-parents/local-groups-services/>

FREE ONLINE PARENTING COURSES! Visit www.inourplace.co.uk and use access code **HATTERS** to register for free

Notice: Some parenting workshops are available in video format on demand!

e.g. Toileting, Childhood Illnesses, Oral Health and Sleep/Bedtime Routines



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|  | ANTENATAL |  | BREAST FEEDING |  | BABY WEIGHING |  | BABIES |  | OLDER BABIES |  | OVER 1s |  | PARENT INFO |  | DADS |
|---|-----------|---|----------------|---|---------------|---|--------|---|--------------|---|---------|---|-------------|---|------|

Healthy Start Vitamins (£2 Drops, £1 Tablets or Free with HS Card)

Available at the Park Town Family Hub, Monday to Friday 9am to 3pm (Term-time) and other venues when sessions are running.

You can apply for the Healthy Start Scheme to get them free at www.healthystart.nhs.uk

You can see other locations such as Active Luton centres to collect from here: www.flyingstartluton.com/healthy-start/



SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF 1 MAY 2023