

# Flying Start Central

Children's Centre Activities 7 January to 5 April 2019  
(term-time only). All groups £1 per family unless stated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Specialist Support</b> Venue: Beech Hill Time: 8.30am to 1pm No charge	<b>Stay and Play for children under 5</b> Venue: High Town Time: 10am to 11.30am	<b>Epilepsy Support Grp</b> Venue: Beech Hill Time: 9am to 12.30pm Date: 30/1 No charge	<b>English A1*</b> Venue: Red Cross Time: 9.15am to 10.45am Cost: £7.50 per term	<b>Family Learning* (Enjoying Books Together)</b> Venue: Beech Hill Time: 9am to 11.30am No charge	<b>KOS, Dad's and 0 to 5s</b> Venue: Stopsley Time: 10am to 11.30am Dates: 19/1, 16/2
<b>Family Learning* (Enjoying Books Together)</b> Venue: Denbigh Time: 9am to 11.30am No charge	<b>Baby Talk for up to 12 months</b> Venue: Stopsley Time: 10am to 11.30pm	<b>Child Health Clinic ☐ for 0 to 5 years</b> Venue: Blenheim Time: 9.15am to 11am No Charge.	<b>Little Explorers for 0 to 5 years</b> Venue: Denbigh Time: 10am to 11.30am No Charge. By invitation	<b>Parenting Puzzle Course *</b> Venue: Beech Hill Time: 9.30am to 11.30am No Charge	
<b>Childminder Group for 0 to 5 years</b> Venue: Blenheim Time: 10am to 11.30am	<b>English Combined *</b> Venue: Beech Hill Time: 10.30am to 11.45am Cost: £7.50 per term	<b>PEEP (Play and Learn)* for 2 year olds</b> Venue: Denbigh Time: 10am to 11.00am No Charge	<b>Toddler Time for 12 to 24 months</b> Venue: Christchurch Time: 10am to 11.15am	<b>Stay and Play for children under 5</b> Venue: Blenheim Time: 10am to 11.30am	
<b>Baby Massage*</b> Venue: Stopsley Time: 10.30am to 11.30am Cost: £10 per course	<b>Strengthening Families*</b> Venue: Beech Hill Time: 10.30 to 2.30pm No charge	<b>Stay and Play for children under 5</b> Venue: Bushmead Time: 10am to 11.30am	<b>Stay and Play for children under 5</b> Venue: Blenheim Time: 10am to 11.30am	<b>Dance Explorers</b> Venue: Blenheim Time: 11.45 to 12.30pm Cost: £2 or £1 with Me Time Family	
<b>Henry Programme*</b> Venue: Beech Hill Time: 10am to 12 noon To book call 01582 548336	<b>Child Health Clinic ☐ for 0 to 5 years</b> Venue: Stopsley Time: 1pm to 2.30pm No Charge	<b>Family Law-Free Legal Advice*</b> Venue: Beech Hill Time: 12 noon to 2.30pm Last Weds of the month	<b>English A2*</b> Venue: Red Cross Time: 10.45am to 12.15pm Cost: £7.50 per term	<b>Baby Talk for up to 12 months</b> Venue: Beech Hill Time: 1.15pm to 2.30pm	

\*Booking required

☐ = Delivered in partnership with Cambridgeshire Community Services NHS Trust



**Luton**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Stay and Play for children under 5</b> Venue: Blenheim Time: 1pm to 2.30pm	<b>Take 5 Café for 0 to 6 months</b> Venue: Stopsley Time: 1pm to 2.30pm No charge	<b>Baby Massage*</b> Venue: Blenheim Time: 12.30pm to 1.30pm Cost: £10 per course	<b>Luton Rights Advice Appointments*</b> Venue: Beech Hill Time: 1.30pm to 3pm No charge	<b>Stay and Play for children under 5</b> Venue: Beech Hill Time: 1.15pm to 2.30pm	
<b>Stay and Play for children under 5</b> Venue: Stopsley Time: 1pm to 2.30pm	<b>Starting Solids Workshop* □</b> Venue: Stopsley Time: 1pm to 2.30pm Session on 26/2	<b>Opportunity Group</b> Venue: Denbigh Time: 1pm to 2.30pm No charge By invitation			
<b>PEEP (Play &amp; Learn)* for 2 year olds</b> Venue: Beech Hill Time: 1.15pm to 2.15pm No Charge		<b>Starting Solids Workshop* □</b> Venue: Blenheim Time: 1.30pm to 3pm Session on 30/1			
		<b>Bump to Babe* □ for 25+ weeks pregnant</b> Venue: Stopsley Time: 1pm to 3pm No Charge. To book call 01582 548356			
		<b>Stay and Play for children under 5</b> Venue: Beech Hill Time: 1.15pm to 2.30pm			
		<b>Twins and More for 0 to 5 years</b> Venue: Stopsley Time: 1.15pm to 2.45pm			
		<b>Think Baby for 0 to 12 months</b> Venue: Blenheim Time: 1.30pm to 2.45pm			

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**\* Where booking is required please call 01582 393440 unless otherwise stated.**

For health and safety reasons all venues have a limit on the number of people allowed. Prompt arrival is advised, however places cannot be reserved and admittance cannot be guaranteed. More information about courses is available at [www.flyingstartluton.com](http://www.flyingstartluton.com)

Please follow us on Facebook for the latest information: [www.facebook.com/FlyingStartCentralLuton](http://www.facebook.com/FlyingStartCentralLuton)

Healthy Start Vitamins are available at all Children's Centre Sessions and from Beech Hill reception

## Venue addresses and contact information

### **Beech Hill Primary**

**Address:** Dunstable Road, LU4 8BW

**Contact:** 01582 393440

### **Blenheim Crescent Baptist Church Hall**

**Address:** Blenheim Crescent, LU3 1HB

**Contact:** 01582 393440

### **Bury Park Community Centre**

**Address:** 161b Dunstable Rd, LU1 1HG

**Contact:** 01582 393440

### **Bushmead Christchurch**

**Address:** Hancock Drive, LU2 7SF

**Contact:** 01582 393440

### **Bushmead Community Hub**

**Address:** Hancock Drive, LU2 7SF

**Contact:** 01582 393440

### **Stopsley Baptist Church**

**Address:** St. Thomas' Road, Stopsley, LU2 7XP

**Contact:** 01582 393440

### **Denbigh Primary School**

**Address:** Cavendish Rd, LU3 1JG (Entrance next door to Denbigh Pre-School)

**Contact:** 01582 393440

### **High Town Methodist Church Hall**

**Address:** 47 High Town Road, LU2 0BW

**Contact:** 01582 393440

### **Red Cross**

**Address:** 232 Dunstable Road, LU4 8JL

**Contact:** 01582 393440

**Email us on:** [flyingstartcentral@luton.gov.uk](mailto:flyingstartcentral@luton.gov.uk)