

# Flying Start West

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stay and Play for children under 5</b> Venue: Leagrave Time: 10am to 11.30am	<b>Stay and Play for children under 5</b> Venue: Dallow Time: 10am to 11.30am	<b>Henry Programme*</b> Venue: Pastures Way Nursery Time: 9.15am to 11.45am Call 01582 538336 to book	<b>Parenting Puzzle Course*</b> Venue: Dallow Time: 10am to 12 noon No Charge Call 01582 538336 to book	<b>Child Health Clinic <input type="checkbox"/></b> <b>for 0 to 5 years</b> Venue: Pastures Way Time: 9.15am to 10.45am No Charge
<b>Stay and Play for children under 5</b> Venue: Pastures Way Nursery Time: 10am to 11.30am	<b>Stay and Play for children under 5</b> Venue: Gill Blowers Mossdale Court Time: 10am to 11.30am	<b>Child Health Clinic <input type="checkbox"/></b> <b>for 0 to 5 years</b> Venue: Leagrave Time: 9.30am to 11am No Charge	<b>Stay and Play for children under 5</b> Venue: Pastures Way Nursery Time: 10am to 11.30am	<b>Take 5 Café for 0 to 6 months</b> Venue: Pastures Way Time: 9.30am to 10.30am No Charge
<b>Baby Massage*</b> Venue: Dallow Time: 1pm to 2pm Cost: £10 per course Call 01582 616604 to book		<b>Take 5 Café for 0 to 6 months</b> Venue: Leagrave Time: 9.30am to 10:30am No Charge	<b>Baby Massage*</b> Venue: Leagrave Time: 10.30am to 11.30am Cost: £10 per course	<b>Stay and Play for children under 5</b> Venue: Leagrave Time: 10am to 11.30am
<b>Think Baby for 0 to 12 months</b> Venue: Leagrave Time: 1pm to 2:30pm		<b>Starting Solids Workshop* <input type="checkbox"/></b> Venue: Leagrave Time: 10am to 11.30am Sessions on 23/1, 20/3 No Charge	<b>Getting to Know Your Baby- 3 week group for 0 to 3 months</b> Venue: Leagrave Time: 1pm to 2:30pm Start dates: 17/1 14/2 14/3	<b>Stay and Play for children under 5</b> Venue: Beechwood Time: 10am to 11.30am
<b>Stay and Play for children under 5</b> Venue: Foxdell Time: 1.30pm to 3pm		<b>Stay and Play for children under 5</b> Venue: Gill Blowers Mossdale Court Time: 10am to 11.30am	<b>Stay and Play for children under 5</b> Venue: Chaul End Centre Time: 1.30pm to 3pm	<b>Starting Solids Workshop* <input type="checkbox"/></b> Venue: Pastures Way Time: 10am to 11.30am 15 February No Charge

\* Booking Required

= Delivered in partnership with Cambridgeshire Community Services NHS Trust



**Luton**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stay and Play for children under 5</b> Venue: Beechwood Time: 1.30pm to 3pm		<b>Baby and Me ESOL Class for 0 to 6 months</b> Venue: Beechwood Time: 10am to 11am	<b>Stay and Play for children under 5</b> Venue: Dallow Time: 1.30pm to 3pm	<b>Baby Massage*</b> Venue: Pastures Way Time: 10.45am to 11.45am Cost: £10 per course Call 01582 616604 to book
		<b>Stay and Play for children under 5</b> Venue: Leagrave Time: 1pm to 2.30pm	<b>Bump to Babe* <input type="checkbox"/></b> <b>for 25+ weeks pregnant</b> Venue: Leagrave Time: 4pm to 6pm No Charge Call 01582 538356 to book	<b>Baby Massage*</b> Venue: Dallow Time 1.30pm to 2.30pm Cost: £10 per course Call 01582 616604 to book
		<b>Pregnancy Club*- First Wednesday of the month for women only</b> Venue: Dallow Time: 6pm to 8pm Dates: 6/2, 6/3 No Charge		<b>Stay &amp; Play for children under 5</b> Venue: Foxdell Time: 1.30pm to 3pm

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**\*Where booking is required please call 01582 616604 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/FlyingStartWestLuton](https://www.facebook.com/FlyingStartWestLuton)

## Venue addresses and contact information

### **Flying Start West Neighbourhood Hub**

**Address:** Dallow Road, Luton LU1 1LZ

**Contact:** 01582 616604

### **Beechwood Children's Centre**

**Address:** Beechwood Primary School,  
Linden Road, LU4 9RD

### **Chaul End Centre**

**Address:** 515 Dunstable Road, LU4 8QN

### **Foxdell Children's Centre**

**Address:** 30a Runley Road, LU11TZ

### **Gill Blowers Children's Centre**

**Address:** Mossdale Court, LU4 9JL

### **Leagrave Children's Centre**

**Address:** Strangers Way, LU4 9ND

### **Pastures Way Nursery School**

**Address:** Pastures Way, LU4 0PE

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