



Flying Start Luton Activities

9 November to 20 December 2021

BOOKING IS REQUIRED

Email: flyingstart@eyalliance.org.uk Call: 01582 368245

All sessions are **FREE** unless otherwise stated
 You will be sent online joining instructions after booking
 More information about courses and online booking will be available at:
www.flyingstartluton.com and on our Social Media:
 Facebook: @FSLuton Twitter: @FS_Luton Instagram: flyingstartluton
 Enquire about **Healthy Start Vitamins**- available soon at our venues!

Monday	Tuesday	Wednesday	Thursday	Friday
Luton Bumps on Zoom (rolling Q&A group) for pregnant women Time: 1pm to 2pm Dates: 15 & 29 Nov and 13 Dec	Baby Sensory Group for non-walkers Time: 10am to 11am @ Foxcubs- <u>LU1 1TZ</u> <i>Every week</i> £1 per family	Baby Sensory Group for non-walkers Time: 10am to 11am @ Park Town- <u>LU1 3DU</u> <i>Every week</i> £1 per family	Parent Baby Self-Weighing (15 min slots) for under 2 years Time: 9.15am to 12pm @ Luton Library- <u>LU1 2NG</u> <i>Every week from 4 Nov</i>	Parent Baby Self-Weighing (15 min slots) for under 2 years Time: 9.15am to 12pm @ Pastures- <u>LU4 OPE</u> <i>Every week from 5 Nov</i>
Stories & Songs on Zoom for under 5s Time: 2pm to 2.30pm Every week from 15 Nov Last session 20 Dec			Parenting Puzzle 5 Week Zoom Course for parents of under 5s Time: 10am to 11.30am Dates: 11 Nov to 9 Dec	Messy Play for 2 to 5 years Time: 10am to 11am @ Park Town- <u>LU1 3DU</u> Dates: 19 Nov and 10 Dec
			Starting Solids Parent Zoom Session for parents of 3 to 6 months Time: 10am to 11.30am Date: 9 Dec	Keeping Baby Safe Workshop on Zoom for expecting & new parents Time: 1pm to 3pm Date: 12 Nov
			Sleep and Bedtime Routines Parent Zoom Session for parents of under 5s Time: 1.30pm to 2.45pm Date: 25 Nov	

VENUES (PLEASE DO NOT JUST TURN UP- BOOKING IS REQUIRED):

- Flying Start Centre in Foxcubs Nursery on Runley Road (LU1 1TZ)
- Flying Start Centre in Park Town Centre on Bailey Street (LU1 3DU)
- Flying Start Centre in Pastures Way Nursery on Pastures Way (LU4 OPE)
- Luton Library Well and Wise Space, St Georges Square (LU1 2NG)



Parents in Person	Baby in Person	Online- Zoom
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All information correct at time of publication – 9 November 2021