



# Flying Start Luton Activities

## 10 January to 11 February 2022

**\*BOOKING IS REQUIRED\***

Email: [flyingstart@eyalliance.org.uk](mailto:flyingstart@eyalliance.org.uk) Call: 01582 368245

### VENUES *(Please do not just turn up- booking is essential!)*

- Flying Start in **Foxcubs** Nursery on Runley Road (LU1 1TZ)
- Flying Start in **Park Town** Centre on Bailey Street (LU1 3DU)
- Flying Start in **Pastures** Way Nursery on Pastures Way (LU4 0PE)
- **Luton Library** Well & Wise Space, St Georges Square (LU1 2NG)

Enquire online at: <https://www.flyingstartluton.com/flying-start-parent-enquiry-form/>

All sessions are **FREE** unless otherwise stated. You will be sent online joining instructions after booking/ ahead of the session

More information will be available at: [www.flyingstartluton.com](http://www.flyingstartluton.com) and on Facebook: [@FSLuton](https://www.facebook.com/FSLuton) Twitter: [@FS\\_Luton](https://twitter.com/FS_Luton) and Instagram: [flyingstartluton](https://www.instagram.com/flyingstartluton)

**Healthy Start Vitamins** available at Park Town Monday to Thursday: 9am to 12pm and other venues when sessions running!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fussy Eating Parent Group Zoom Session</b> <i>for parents of under 5s</i> <b>Date:</b> 17 January <b>Time:</b> 10am to 11.30am	<b>Baby Sensory Group (£1)</b> <i>for non-walkers</i> <b>Every week</b> <b>Time:</b> 10am to 11am <b>@ Foxcubs</b>	<b>Baby Sensory Group (£1)</b> <i>for non-walkers</i> <b>Every week</b> <b>Time:</b> 10am to 11am <b>@ Park Town</b>	<b>Parent Baby Self-Weighing (15 min slots)</b> <i>for under 2s</i> <b>Every week</b> <b>Time:</b> 9.15am to 12pm <b>@ Luton Library</b>	<b>Parent Baby Self-Weighing (15 min slots)</b> <i>for under 2s</i> <b>Fortnightly</b> <i>7, 21 Jan 4, 18 Feb</i> <b>Time:</b> 9.15am to 12pm <b>@ Pastures</b>
<b>Toilet Training Parent Group Zoom Session</b> <i>for parents of 18 months+</i> <b>Date:</b> 24 January <b>Time:</b> 10am to 11.30am	<b>Parenting Puzzle 5 Week Zoom Course</b> <i>for parents of under 5s</i> <b>Dates:</b> 1 Feb to 8 March <b>Time:</b> 10am to 11.30am		<b>Keeping Baby Safe Workshop on Zoom</b> <i>for pregnant &amp; new parents (up to 6 months)</i> <b>Date:</b> 24 February <b>Time:</b> 12pm to 2pm	<b>Stay and Play (£1)</b> <i>for over 1s</i> <b>Fortnightly</b> <i>14, 28 Jan and 11 Feb</i> <b>Time:</b> 10am to 11am <b>@ Park Town</b>
<b>Sleep and Bedtime Routines Parent Group Zoom Session</b> <i>for parents of under 5s</i> <b>Date:</b> 31 January <b>Time:</b> 10am to 11.30am	<b>Starting Solids NEXT STEPS Parent Group Zoom Session</b> <i>for parents of 6 months+</i> <b>Date:</b> 15 February <b>Time:</b> 10am to 11.30am			<b>Starting Solids Parent Group Zoom Session</b> <i>for parents of 3 to 6 months</i> <b>Date:</b> 4 February <b>Time:</b> 10am to 11.30am

Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
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Timetable continued...

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>I am TWO Parent Group Zoom Session</b> for parents of 2 year olds <b>Date:</b> 7 February <b>Time:</b> 10am to 11.30am</p>	<p><b>Luton Bumps on Zoom (Fortnightly Q&amp;A group)</b> <i>for pregnant women</i> <b>Dates:</b> 11 and 25 January 8 and 22 February 8 and 22 March <b>Time:</b> 12.30pm to 1.30pm</p>			
<p><b>English language classes for Pregnancy (ESOL) 6 Week Course</b> for pregnant women &amp; partners <b>Dates:</b> 31 Jan to 7 March <b>Time:</b> 10.30am to 12pm @ Venue CYCD</p>	<p><b>HENRY Healthy Lifestyles 9 Week Parent Group Zoom Course</b> <i>for parents of under 5s</i> <b>Dates:</b> 1 Feb to 29 March <b>Time:</b> 1pm to 2.30pm</p>			
	<p><b>Keeping Baby Safe Workshop on Zoom</b> <i>for pregnant &amp; new parents (up to 6 months)</i> <b>Dates:</b> 18 January 12 April <b>Time:</b> 4pm to 6pm</p>			

Saturday
<p><b>Dad's Saturday Group</b> for men with under 8s <b>Last Saturday of each month</b> 29 January, 26 February and 26 March <b>Time:</b> 10am to 11.30am <b>@ Park Town</b></p>

Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
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