



Flying Start Luton Activities

19 April to 28 May 2022

BOOKING IS REQUIRED

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

VENUES *(Please do not just turn up unless stated!)*

- 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 and on Facebook: @FSLuton Twitter: @FS_Luton and Instagram: flyingstartluton

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

Monday	Tuesday	Wednesday	Thursday	Friday
Sing and Sign DROP IN <i>for parents of 6 to 18 months</i> Every Week (except Bank Hol) Time: 10am to 10.45am @ Foxcubs or Runley Rd Park <i>*You do not have to book this session- first come first served*</i>	Baby Sensory Group (£1) <i>for non-walkers</i> Every week Time: 10am to 11am @ Foxcubs	Baby Sensory Group (£1) <i>for non-walkers</i> Every week Time: 10am to 11am @ Park Town	Parent Baby Self- Weighing (15 min slots) for under 2s Every week Time: 9.15am to 12pm @ Luton Library	Parent Baby Self- Weighing (15 min slots) for under 2s Every Week Time: 10am to 12pm @ Pastures
	Luton Bumps on Zoom (Fortnightly Q&A group) <i>for pregnant women</i> Dates: 19 April, 3, 17 & 31 May Time: 12.30pm to 1.30pm	Keeping Baby Safe Workshop on Zoom for pregnant & new parents (up to 3 months) Date: 8 June Time: 12pm to 2pm		Stay and Play (£1) for over 1s Every Week Time: 10am to 11am @ Park Town
	Parent Puzzle 4 Week Group <i>for parents of under 5s</i> Dates: 26 April to 17 May Time: 12.45pm to 2.45pm @ Pastures	Starting Solids (Next Steps) Parent Group Zoom Session <i>for parents of 6 to 12 months</i> Date: 27 April Time: 1pm to 2.30pm		
	HENRY 8 Week Healthy Lifestyles Group on Zoom <i>for parents of under 5s</i> Dates: 3 May to 28 June Time: 1pm to 2.30pm	Childhood Illnesses Parent Group Zoom Session <i>for parents of under 5s</i> Date: 4 May Time: 1pm to 2.30pm		
	Music and Rhyme Time (£1) with Jolly Beans for under 5s Every week Time: 2pm to 2.45pm @ Park Town	Toilet Training Parent Group Zoom Session <i>for parents of over 18 months</i> Date: 11 May Time: 1pm to 2.30pm		



Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
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Subject to change. All information correct at time of publication – 31 March 2022

		Understanding Behaviour <i>for parents of over 2s</i> Date: 18 May Time: 1pm to 2.30pm		
		Fussy Eating Parent Group Zoom Session <i>for parents of 1 to 5 years</i> Date: 25 May Time: 1pm to 2.30pm		
		Starting Solids <i>for parents of over 3 to 6 months</i> Date: 8 June Time: 1pm to 2.30pm		
		Oral Health <i>for parents of over 2s</i> Date: 15 June Time: 1pm to 2.30pm		
		Sleep and Bedtime routines <i>for parents of under 5s</i> Date: 22 June Time: 1pm to 2.30pm		
		Pregnancy Club (6 Week Zoom Course) for pregnant women and partners Dates: 18 May to 22 June Time: 5.30pm to 6.30pm		
Saturday				
Pregnancy Club (3 Week Zoom Course) for pregnant women and partners Date: 23 April to 7 May Time: 9.30am to 11.30am				
Dad's Group for Men with Under 8 Dates: 23 April and 28 May Time: 10am to 11.30am @ Park Town				



Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
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