



Flying Start Luton Activities

6 June to 22 July 2022

BOOKING IS REQUIRED

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

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

- 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
Baby Rhyme and Sign <i>for parents of 6 to 18 months</i> Every Week Time: 10am to 10.45am @ Foxcubs	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
	Parent Puzzle 5 Week Group <i>for parents of 1 to 5 yrs</i> Dates: 14 June to 12 July Time: 10am to 11.30am	HENRY 8 Week Healthy Lifestyles Group on Zoom <i>for parents of 6 months to 5 yrs</i> Dates: 29 June to 17 August Time: 10am to 11.30am	ESOL for Pregnancy 6 Week Group <i>for pregnant women + partners</i> Dates: 9 June to 14 July Time: 10am to 11.30am	Stay and Play (£1) <i>for over 1s</i> Every Week Time: 10am to 11am @ Park Town
	Luton Bumps on Zoom (Fortnightly Q&A group) <i>for pregnant women</i> Dates: 14, 28 June and 12 July Time: 12.30pm to 1.30pm	Keeping Baby Safe Workshop on Zoom <i>for pregnant & new parents (up to 3 months)</i> Date/Time: 8 June- 12pm to 2pm and 20 July- 4pm to 6pm		
	Music and Rhyme Time (£1) with Jolly Beans <i>for under 5s</i> Every week Time: 2pm to 2.45pm @ Park Town	Starting Solids <i>for parents of over 3 to 6 months</i> Date: 8 June and 13 July 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		



	Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
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Subject to change. All information correct at time of publication – 19 May 2022

		Starting Solids (Next Steps) Parent Group Zoom Session <i>for parents of 6 to 12 months</i> Date: 29 June Time: 1pm to 2.30pm		
		Childhood Illnesses Parent Group Zoom Session <i>for parents of under 5s</i> Date: 6 July Time: 1pm to 2.30pm		
		Toilet Training Parent Group Zoom Session <i>for parents of over 18 months</i> Date: 20 July 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: 16 to 30 July Time: 9.30am to 11.30am				
Dad's Group for Men with children Under 8 Dates: 25 June and 23 July Time: 10am to 11.30am @ Park Town				

Flying Start are also working with Nurseries in Luton to run Stay and Play Sessions. Please see a separate Nursery Stay and Play timetable available here:
<https://www.flyingstartluton.com/whats-on-for-parents/flying-start-groups-services/>

Please note: There are many other community and private organisations running groups for parents with young families in Luton. We have listed some here:
<https://www.flyingstartluton.com/whats-on-for-parents/local-groups-services/>



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