



Flying Start Luton Activities

5 September to 21 October 2022

BOOKING IS REQUIRED

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

VENUES

- 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)
- Please do not just turn up- booking is required unless it says 'Drop In'!*

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 3pm and other venues when sessions running!

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Rhyme and Sign (£1) <i>for parents of 6 to 18 months</i> Every Week Time: 10am to 10.45am @ Foxcubs	Early Days (Drop In) <i>for under 1s</i> Every week (from October) Time: 9.45am to 11.15am @ Farley C/Centre (LU1 5RE)	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 (until October) Time: 9.15am to 12pm @ Luton Library	Parent Baby Self- Weighing (15 min slots) for under 2s Every Week Time: 9.30am to 12pm @ Pastures
	Baby Sensory Group (£1) <i>for non-walkers</i> Every week Time: 10am to 11am @ Foxcubs	Starting Solids Parent Group Zoom Session <i>for parents of 3 to 6 months</i> Date: 7 September Time: 1pm to 2.30pm	ESOL for Pregnancy 6 Week Group <i>for pregnant women + partners</i> Dates: 6 Oct to 10 Nov Time: 10am to 11.30am	Breastfeeding Café (Drop In) Every Week (from October) Time: 10am to 12pm @ Pastures
	Pregnancy Club 6 Week Group for young mums-to-be Dates: 4 Oct to 8 Nov Time: 12pm to 1pm @TOKKO (LU1 2QP)	Fussy Eating Parent Group Zoom Session <i>for parents of over 1s</i> Date: 14 September Time: 1pm to 2.30pm		HENRY 8 Week Healthy Lifestyles Group <i>for parents of 6 months to 5 yrs</i> Dates: 30 Sept to 25 Nov Time: 9.30am to 11.30am @ Pastures
	HENRY 8 Week Healthy Lifestyles Group on Zoom <i>for parents of 6 months to 5 yrs</i> Dates: 13 Sept to 8 Nov Time: 1pm to 2.30pm	Understanding Behaviour Parent Group Zoom Session <i>for parents of over 2s</i> Date: 21 September Time: 1pm to 2.30pm		Play and Learn (£1) for over 1s Every Week Time: 10am to 11am @ Park Town
	Parent Puzzle 5 Week Group <i>for parents of 1 to 5 yrs</i> Dates: 13 Sept to 11 Oct Time: 1pm to 2.45pm @ Pastures	Oral Health <i>for parents of over 2s</i> Date: 28 September Time: 1pm to 2.30pm		Parent Chat Drop in <i>for parents of under 5s</i> Every Week (from 16 Sept) Time: 10am to 11.30am @ Park Town



	Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
--	---------	-----------	--------------	---------------	--------------

Subject to change. All information correct at time of publication – 30 Aug 2022

	Music and Rhyme Time (£1) with Jolly Beans for under 5s Every week Time: 2pm to 2.45pm @ Park Town	Sleep and Bedtime routines for parents of under 5s Date: 5 October Time: 1pm to 2.30pm		Keeping Baby Safe Workshop for pregnant & new parents (up to 3 months) Date: 16 September Time: 12pm to 2pm
		Childhood Illnesses Parent Group Zoom Session for parents of under 5s Date: 12 October Time: 1pm to 2.30pm		Luton Bumps on Zoom (Fortnightly Q&A group) for pregnant women Dates: 9+23 Sept and 7+21 Oct Time: 12.30pm to 1.30pm
		Toilet Training Parent Group Zoom Session for parents of over 18 months Date: 19 October Time: 1pm to 2.30pm		
		Pregnancy Club (6 Week Zoom Course) for pregnant women and partners Dates: 24 August to 28 Sept Time: 5.30pm to 6.30pm		
Saturday				
Pregnancy Club (3 Week Zoom Course) for pregnant women and partners Date: 22 Oct to 5 Nov Time: 9.30am to 11.30am				
Dad's Group for Men with children Under 8 Dates: 24 Sept, 22 Oct, 26 Nov and 17 Dec Time: 10am to 11.30am @ Park Town				

SEE THE LATEST TIMETABLE ON OUR WEBSITE! PLEASE SCAN THE QR CODE ON THIS PAGE FOR EASY ACCESS:

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/>



Foxcubs	Park Town	Pastures Way	Luton Library	Online- ZOOM
---------	-----------	--------------	---------------	--------------

Subject to change. All information correct at time of publication – 30 Aug 2022