



Flying Start Luton Activities

9 January to 10 February 2023

(Half Term 1)

***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**
 Email: flyingstart@evalliance.org.uk
 Call: 01582 368245

VENUES *Please do not just turn up unless it says (Drop In)!*

- 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)
- **Farley Community Centre** on Delphine Close (LU1 5RE)

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
 Check out our Social Media! Facebook: @FSLuton Twitter: @FS_Luton and Instagram: flyingstartluton

Healthy Start Vitamins (£2 Drops, £1 Tablets)

Available at Park Town, Mon to Thurs 9am to 3pm and Fri 9am to 12pm
 ...and other venues when sessions running! *Cash Only*

Monday	Tuesday	Wednesday	Thursday	Friday
Breastfeeding Café (Drop In) Every Week (from 23 Jan) Time: 9.30am to 11.30am @ CYCD (LU4 8HZ)	Parent Baby Self-Weighing (Drop In) for under 2s Every week Time: 9.15am to 11.15am @ Farley C/Centre (LU1 5RE)	Sensory Play for Under 1s (£1)* for non-walkers Every week Time: 10am to 11am @ Park Town	ESOL for Pregnancy (6 Week Zoom Course)* for pregnant women with limited English Dates: 2 Feb to 16 March Time: 10am to 11.30am	Parent Baby Self- Weighing (Drop In) for under 2s Every Week Time: 9.30am to 12pm @ Pastures
Baby Rhyme and Sign (£1)* for parents of 6 to 18 months Every Week Time: 10am to 10.45am @ Foxcubs	Early Days Postnatal Group (Drop In) for under 1s Every week Time: 9.45am to 11.15am @ Farley C/Centre (LU1 5RE)	Breastfeeding Café (Drop In) Every Week Time: 1pm to 3pm @ Park Town	HENRY Healthy Lifestyle Programme on Zoom- 8 week course* for parents of 6 months to 5 years Date: 12 Jan to 9 March Time: 12pm to 2.30pm	Breastfeeding Café (Drop In) Every Week Time: 9.30am to 11.30am @ Pastures
Keeping Baby Safe Workshop* for pregnant & new parents (up to 3 months) Date: 30 January Time: 10am to 12pm	Sensory Play for Under 1s (£1)* for non-walkers Every week Time: 10am to 11am @ Foxcubs	Starting Solids Parent Group Zoom Session* for parents of 3 to 6 months Date: 18 January Time: 1pm to 2.30pm	Keeping Baby Safe Workshop* for pregnant & new parents (up to 3 months) Date: 23 March Time: 4pm to 6pm	HENRY Healthy Lifestyle Programme 8 week course* for parents of 6 months to 5 years Date: 20 Jan to 17 March Time: 9.15am to 11.15am @ Pastures
	Baby Group (Drop In) for non-walkers Every Week (from 24 Jan) Time: 10am to 11am @ Pastures	Understanding Behaviour Zoom Session* for parents of over 2s Date: 25 Jan Time: 1pm to 2.30pm		Play and Learn (£1) (Drop In) for over 1s Every Week Time: 10am to 11am @ Park Town
	Parenting Puzzle for parents of 1 to 5 years Dates: 28 Feb to 21 March Time: 1pm to 3pm @ Pastures	Toilet Training Parent Group Zoom Session* for parents of 18 months to 3 years Date: 1 Feb Time: 1pm to 2.30pm		Parent Chat (Drop In) for parents of under 5s Every Week Time: 10am to 11.30am @ Park Town
	Music and Rhyme Time (£1) with Jolly Beans (Drop In) for under 5s Every week Time: 2pm to 2.45pm @ Park Town	Starting Solids Next Steps Zoom Session* for parents of 6 to 12 months Date: 22 Feb Time: 1pm to 2.30pm		Luton Bumps on Zoom* (Fortnightly Q&A group) for pregnant women Dates: 13+27 Jan, 10+24 Feb Time: 12.30pm to 1.30pm
		Mindful Tots (£1)* for parents of over 18 months Dates: 18 Jan to 8 Feb Time: 1.30pm to 2.15pm @ Foxcubs		
		Pregnancy Club (6 Week Zoom Course)* for pregnant women and partners Dates: 11 Jan to 15 Feb Time: 5.30pm to 6.30pm		
Saturday		OTHER		
Dad's Group* for Men with children Under 8 Dates: 28 Jan, 25 Feb and 25 March Time: 10am to 11.30am @ Park Town		SEE THE LATEST TIMETABLE ON OUR WEBSITE! PLEASE SCAN THE QR CODE:		
Pregnancy Club (6 Week Zoom Course)* for pregnant women and partners Dates: 11 to 25 March Time: 9.30am to 11.30am		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 on our website here: https://www.flyingstartluton.com/whats-on-for-parents/flying-start-groups-services/ Coming Soon: Parenting workshops will be available in video format on demand!		

