



Flying Start Luton Activities

20 February to 31 March 2023

(Half Term 2)

***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)
 - CYCD**, 94-106 Leagrave Road (LU4 8HZ)

ALL CENTRE SESSIONS COST £1 *CASH ONLY*

New to Flying Start? Register here: <https://www.flyingstartluton.com/flying-start-parent-enquiry-form/>
 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. Term Time Only! ***CASH ONLY***

Monday	Tuesday	Wednesday	Thursday	Friday
Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week 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)	Parent Chat at Rhyme Time (Drop In) for parents of under 5s First Wednesday of the Month Time: 9.30am to 10.45am @ Leagrave Library (LU3 2NL)	Parent Chat at Rhyme Time (Drop In) for parents of under 5s Last Thursday of the Month Time: 10am to 10.30am @ Marsh Farm Library (LU3 3TL)	Parent Baby Self-Weighing (Drop In) for under 2s Every Week Time: 9.30am to 12pm @ Pastures
Baby Rhyme and Sign* 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)	Sensory Play for Under 1s* for non-walkers Every week Time: 10am to 11am @ Park Town	Early Days Postnatal Group* for under 1s Every week Time: 10.30am to 11.30am @ Foxcubs	Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week Time: 9.30am to 11.30am @ Pastures
Little Explorers* for 1 to 3 years Every Week Time: 10.15am to 11.15am @ Park Town	Sensory Play for Under 1s* for non-walkers Every week Time: 10am to 11am @ Foxcubs	Sensory Play for Under 1s* for non-walkers Every week Time: 10.30am to 11.30am @ CYCD (LU4 8HZ)	Keeping Baby Safe Workshop* for pregnant & new parents (up to 3 months) Date: 23 March Time: 4pm to 6pm	Parent Chat (Drop In) for parents of under 5s Every Week Time: 10am to 11.30am @ Park Town
Early Days Postnatal Group* for under 1s Every week Time: 1.30pm to 2.30pm @ Pastures	Baby Group (Drop In) for non-walkers Every Week Time: 10am to 11am @ Pastures	Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week Time: 1pm to 3pm @ Park Town		Play and Learn* for over 1s Every Week Time: 10am to 11am @ Park Town
ESOL for Pregnancy 6-Week Zoom * for pregnant women with limited English Date: 27 Feb to 3 April Time: 5.30pm to 7pm	Parenting Puzzle for parents of 1 to 5 years Dates: 28 Feb to 21 March Time: 12.45pm to 2.45pm @ Pastures	Starting Solids Next Steps Zoom Session* for parents of 6 to 12 months Date: 22 Feb Time: 1pm to 2.30pm		
	Music and Rhyme Time with Jolly Beans (Drop In) for under 5s Every week Time: 2pm to 2.45pm @ Park Town	Starting Solids Parent Group Zoom Session* for parents of 3 to 6 months Date: 8 March Time: 1pm to 2.30pm		
	Luton Bumps on Zoom* for pregnant women and partners Date: 21 Feb, 7 and 21 March Time: 7pm to 8pm	Mindful Tots* for parents of over 18 months Dates: 8 to 29 March Time: 1.30pm to 2.15pm @ Foxcubs		
Saturday		OTHER		
Dad's Group* for Men with children Under 8 Dates: 25 Feb and 25 March Time: 10am to 11.30am @ Park Town		 <p>SEE THE LATEST TIMETABLE ON OUR WEBSITE! PLEASE SCAN THE QR CODE:</p> 		
Pregnancy Club (6 Week Zoom Course)* for pregnant women and partners Dates: 11 to 25 March Time: 9.30am to 11.30am		<p>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/</p> <p><i>Coming Soon: More parenting workshops will be available in video format on demand!</i></p>		

Foxcubs | Park Town | Pastures Way | Farley CC | CYCD | Online- Zoom

Subject to change. All information correct at time of publication – 17 Feb 2023