



Flying Start Luton Activities

6 June to 23 July 2023

(Summer Term 2)

***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**
 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)
 - Hockwell Ring Community Centre**, Mayne Ave (LU4 9LB)
 - Farley Community Centre** on Delphine Close (LU1 5RE)
 - CYCD**, 94-106 Leagrave Road (LU4 8HZ)
 - St Francis Church**, Carteret Road (LU2 9JZ)
 - Chaul End Community Centre**, 515 Dunstable Road (LU4 8QN)
 - Bushmead Hub**, Hancock Drive (LU2 7SF)

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 Please note: Some groups are limited to one a week!
 Check out our Social Media! Facebook: @FSLuton Twitter: @FS_Luton and Instagram: flyingstartluton

MONDAY (from 12 June)

<p>Parent Baby Self- Weighing (Drop In) for under 2s Every Week Time: 9.30am to 11.30pm @ CYCD</p>	<p>Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week Time: 9.30am to 11.30am @ CYCD</p>	<p>Baby Rhyme and Sign* for parents of 6 to 18 months Every Week Time: 10am to 10.45am @ Foxcubs</p>	<p>Play and Learn* for over 1s Every Week Time: 10am to 11am @ Park Town</p>	<p>Parent Chat (Drop In) for parents of under 5s Every Week Time: 1pm to 3pm @ Hockwell</p>	<p>Early Days Postnatal Group* for under 1s Every Week Time: 1.30pm to 2.30pm @ Pastures</p>
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TUESDAY







<p>Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week Time: 9.30am to 11.30am @ Park Town</p>	<p>Parent Baby Self-Weighing (Drop In) for under 2s Every Week Time: 9.30am to 11.30am @ Farley C/Centre</p>	<p>Early Days Postnatal Group (Drop In) for under 1s Every Week Time: 10am to 11am @ Farley C/Centre</p>	<p>Sensory Play for Under 1s* for non-walkers Every Week Time: 10am to 11am @ Foxcubs</p>	<p>Sensory Play for Under 1s (Drop In) for non-walkers Every Week Time: 10am to 11am @ Pastures</p>
<p>Sleep and Bedtime Routines Workshop on Zoom* for parents of under 5s Time: 1pm to 2.30pm Date: 27 June</p>	<p>Play and Learn* for over 1s Every Week Time: 1.30pm to 2.30pm @ Hockwell</p>	<p>Keeping Baby Safe Zoom Workshop* for pregnant & new parents (up to 3 months) Time: 4pm to 6pm Date: 1 August</p>	<p>Birth and Baby Stuff 3 Week Course* for parents to be from 28 weeks Date: 4 to 18 July Time: 5pm to 7pm @ Park Town</p>	<p>Bump Early Pregnancy 3-Week Course* for parents-to-be in 1st/2nd trimester Time: 5.30pm to 6.30pm Dates: 13 to 27 June</p>

WEDNESDAY

<p>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)</p>	<p>Sensory Play for Under 1s* for non-walkers Every Week Time: 10am to 11am @ Park Town</p>	<p>Sensory Play for Under 1s* for non-walkers Every Week Time: 10.30am to 11.30am @ CYCD</p>	<p>Starting Solids Next Steps Workshop on Zoom* for parents of 6-12 months Time: 1pm to 2.30pm Date: 28 June</p>	<p>Understanding Behaviour Workshop on Zoom* for parents of over 2s Time: 1pm to 2.30pm Date: 12 July</p>
<p>Starting Solids Workshop on Zoom* for parents of 3-6 months Time: 1pm to 2.30pm Date: 19 July</p>	<p>Parent Baby Self- Weighing (Drop in) for under 2s Every Week Time: 1pm to 3pm @ Hockwell</p>	<p>Early Days (Drop in) for parents of under 1s Every Week Time: 1.30pm to 2.30pm @ Hockwell</p>	<p>Mindful Tots* for over 2s Every Week Time: 1.30pm to 2.15pm @ Foxcubs</p>	<p>Play and Learn* for over 1s Every Week Time: 1.30pm to 2.30pm @ Park Town</p>

	ANTENATAL		BREASTFEEDING		BABY WEIGHING		BABIES		OLDER BABIES		OVER 1s		PARENT INFO		DADS
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THURSDAY			
 <p>Parent Baby Self-Weighing (Drop In) for under 2s Every Week Time: 9.30am to 11.30am @ St Francis</p>	 <p>Early Days Postnatal Group (Drop In) for under 1s Every Week Time: 10am to 11am @ St Francis</p>	 <p>Keeping Baby Safe Zoom Workshop* for pregnant & new parents (up to 3 months) Time: 10am to 12pm Date: 29 June</p>	 <p>Bush Babies (Drop in*-£3.50- snack included) for under 5s Every Week from 15 June Time: 10am to 11.30am @ Bushmead Hub</p>
 <p>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)</p>	 <p>Early Days Postnatal Group* for under 1s Every Week Time: 10.30am to 11.30am @ Foxcubs</p>	 <p>Puzzle 4-Week Emotional Wellbeing Parent Group on Zoom* for parents of 1 to 5 years Dates: 15 June-13 July Time: 1pm to 2.30pm</p>	

FRIDAY					
 <p>Parent Baby Self- Weighing (Drop In) for under 2s Every Week Time: 9.30am to 11.30am @ Pastures</p>	 <p>Breastfeeding Café (Drop In) for pregnant and parents of under 2s Every Week Time: 9.30am to 11.30am @ Pastures</p>	 <p>Early Days Postnatal Group (Drop In) for under 1s Every Week Time: 10am to 11am @ Pastures</p>	 <p>Parent Chat (Drop In) for parents of under 5s Every Week Time: 10am to 11.30am @ Park Town</p>	 <p>Play and Learn* for over 1s Every Week Time: 10am to 11am @ Park Town</p>	 <p>Baby Rhyme and Sign* for parents of 6 to 18 months Every Week Time: 10am to 10.45am @ Hockwell</p>


SATURDAY	
 <p>Birth and Baby Stuff 1-Day Course* for parents to be from 28 weeks Date: 29 July Time: 9.30am to 3.30pm @ Chaul End</p>	 <p>Dads Group (Drop In) for Men with children Under 8 Dates: 24 June and 22 July Time: 10am to 11.30am @ Park Town</p>


SEE THE LATEST TIMETABLE ON OUR WEBSITE! PLEASE SCAN THE QR CODE:

Flying Start are also working with Nurseries in Luton to run Stay and Play Sessions. Separate timetable available on the same webpage:
<https://www.flyingstartluton.com/whats-on-for-parents/flying-start-groups-services/>
 Other community groups can be found here: <https://www.flyingstartluton.com/whats-on-for-parents/local-groups-services/>


Notice: Some parenting workshops are available in video format on demand! e.g. Toileting, Childhood Illnesses, Oral Health and Sleep/Bedtime Routines

FREE ONLINE PARENTING COURSES! Visit www.inourplace.co.uk and use access code **HATTERS** to register for free





Healthy Start Vitamins (£2 Drops, £1 Tablets or Free with HS Card) *CASH ONLY*
 Available at our Park Town Centre, Monday to Friday 9am to 3pm (Term-time)
 ...and other venues shown on other page when sessions are running there.
 You can apply for the Healthy Start Scheme to get them free at www.healthystart.nhs.uk
 You can see other locations such as Active Luton centres to collect from (with card facilities) here: www.flyingstartluton.com/healthy-start/



PARK TOWN	FOXCUBS	PASTURES	HOCKWELL	CYCD	FARLEY	ST FRANCIS	ONLINE	OTHER
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