



Flying Start Luton Activities

9 to 28 May 2023

(Summer Term 1)

***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**
 Email: flyingstart@eyalliance.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 Please note: *Some groups are limited to one a week!*
 Check out our Social Media! Facebook: @FSLuton Twitter: @FS_Luton and Instagram: flyingstartluton

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

Available at Park Town, Monday to Friday 9am to 3pm
 ...and other venues when sessions running. Term Time Only! ***CASH ONLY***

Monday	Tuesday	Wednesday	Thursday	Friday
Parent Baby Self- Weighing (Drop In) <i>for under 2s</i> Every Week (except Bank Hol) Time: 9.30am to 11.30pm @ CYCD (LU4 8HZ)	Breastfeeding Café (Drop In) <i>for pregnant and parents of under 2s</i> Every Week Time: 9.30am to 11.30am @ Park Town	Parent Chat at Rhyme Time (Drop In) <i>for parents of under 5s</i> First Wednesday of the Month Time: 9.30am to 10.45am @ Leagrave Library (LU3 2NL)	Parent Chat at Rhyme Time (Drop In) <i>for parents of under 5s</i> Last Thursday of the Month Time: 10am to 10.30am @ Marsh Farm Library (LU3 3TL)	Parent Baby Self- Weighing (Drop In) <i>for under 2s</i> Every Week Time: 9.30am to 11.30am @ Pastures
Breastfeeding Café (Drop In) <i>for pregnant and parents of under 2s</i> Every Week (except Bank Hol) Time: 9.30am to 11.30am @ CYCD (LU4 8HZ)	Parent Baby Self-Weighing (Drop In) <i>for under 2s</i> Every week Time: 9.30am to 11.30am @ Farley C/Centre (LU1 5RE)	Sensory Play for Under 1s* <i>for non-walkers</i> Every week Time: 10am to 11am @ Park Town	Early Days Postnatal Group* <i>for under 1s</i> Every week Time: 10.30am to 11.30am @ Foxcubs	Breastfeeding Café (Drop In) <i>for pregnant and parents of under 2s</i> Every Week Time: 9.30am to 11.30am @ Pastures
Baby Rhyme and Sign* <i>for parents of 6 to 18 months</i> Every Week (except Bank Hol) Time: 10am to 10.45am @ Foxcubs	Early Days Postnatal Group (Drop In) <i>for under 1s</i> Every week Time: 10am to 11am @ Farley C/Centre (LU1 5RE)	Sensory Play for Under 1s* <i>for non-walkers</i> Every week Time: 10.30am to 11.30am @ CYCD (LU4 8HZ)	HENRY 8-Week Healthy Lifestyles Parent Groupon Zoom* <i>for parents of 6 months to 5 years</i> Dates: 4 May to 29 June Time: 1pm to 2.30pm	Early Days Postnatal Group (Drop In) <i>for under 1s</i> Every week Time: 9.30am to 11am @ Pastures
Keeping Baby Safe Workshop* <i>for pregnant & new parents (up to 3 months)</i> Date: 15 May Time: 10am to 12pm	Sensory Play for Under 1s* <i>for non-walkers</i> Every week Time: 10am to 11am @ Foxcubs	Toilet Training Parent Group Zoom* <i>for parents of over 18 months</i> Date: 10 May Time: 1pm to 2.30pm	Puzzle 4-Week Emotional Wellbeing Parent Group on Zoom* <i>for parents of 1 to 5 years</i> Dates: 15 June-13 July Time: 1pm to 2.30pm	Parent Chat (Drop In) <i>for parents of under 5s</i> Every Week Time: 10am to 11.30am @ Park Town
Play and Learn* for over 1s Every Week (except Bank Hol) Time: 10.15am to 11.15am @ Park Town	Sensory Play for Under 1s (Drop In) <i>for non-walkers</i> Every Week Time: 10am to 11am @ Pastures	Starting Solids Parent Group Zoom * <i>for parents of 3 to 6 months</i> Date: 17 May Time: 1pm to 2.30pm		Play and Learn* <i>for over 1s</i> Every Week Time: 10am to 11am @ Park Town
Early Days Postnatal Group* <i>for under 1s</i> Every week (except Bank Hol) Time: 1.30pm to 2.30pm @ Pastures		Mindful Tots* <i>for parents of over 2s</i> Every Week Time: 1.30pm to 2.15pm @ Foxcubs		
Saturday Dads Group (Drop In) <i>for Men with children Under 8</i> Dates: 20 May, 24 June and 22 July Time: 10am to 11.30am @ Park Town 			OTHER 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. 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/  <i>Notice: Some parenting workshops are available in video format on demand!</i>	