



Flying Start Luton Activities

19 to 23 February 2024

(Half Term)

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

VENUE ADDRESSES

- Flying Start **Park Town** Centre, Bailey Street (LU1 3DU) ■
- Flying Start in **Pastures** Way Nursery, Pastures Way (LU4 0PE) ■
- Hockwell Ring Community Centre**, Mayne Ave (LU4 9LB) ■
- Farley Community Centre**, Delphine Close (LU1 5RE) ■
- St Francis Church**, Carteret Rd (LU2 9JZ) ■



MOST CENTRE SESSIONS COST £1 (Cash AND Card now accepted at some sessions)

New to Flying Start? Register here www.flyingstartluton.com/registration-form

More information will be available at: www.flyingstartluton.com

Check out our Social Media! Facebook: [@FSLuton](https://www.facebook.com/FSLuton) Twitter: [@FS_Luton](https://twitter.com/FS_Luton) and Instagram: [flyingstartluton](https://www.instagram.com/flyingstartluton)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play and Learn* for over 1s Time: 10am to 11am @ Park Town</p>	<p>Breastfeeding Café (Drop In) FREE for pregnant and BF parents Time: 9.30am to 11am @ Farley C/Centre</p>	<p>Sensory Play* for non walkers 3 months + Time: 10am to 11am @ Park Town</p>	<p>Parent Baby Self-Weighing (Drop In) FREE for under 2s Time: 9.30am to 11.30am @ St Francis</p>	<p>Parent Baby Self- Weighing (Drop In) FREE for under 2s Time: 9.30am to 11.30am @ Pastures</p>
	<p>Parent Baby Self-Weighing (Drop In) FREE for under 2s Time: 9.30am to 11am @ Farley C/Centre</p>	<p>Parent Baby Self- Weighing (Drop in) FREE for under 2s Time: 1pm to 3pm @ Hockwell</p>	<p>Early Days Postnatal Group (Drop In) for parents with 0 to 4 month old Time: 9.30am to 10.30am @ St Francis</p>	<p>Breastfeeding Café (Drop In) FREE for pregnant and BF parents Time: 9.30am to 11.30am @ Pastures</p>
	<p>Early Days Postnatal Group (Drop In) for parents with 0 to 4 month old Time: 9.30am to 10.30am @ Farley C/Centre</p>	<p>Early Days Postnatal Group (Drop In) for parents with 0 to 4 month old Time: 1.30pm to 2.30pm @ Hockwell</p>		<p>Early Days Postnatal Group (Drop In) for parents with 0 to 4 month old Time: 10am to 11am @ Pastures</p>
	<p>Play and Learn* for over 1s Time: 1.30pm to 2.30pm @ Hockwell</p>			<p>Baby Rhyme and Sign* for non walkers 3 months + Time: 10am to 10.45am @ Hockwell</p>

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

Please note: **OLDER SIBLINGS** are unable to join our baby groups- please find alternate childcare or activities suitable for all ages elsewhere.

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)

Available at venues when sessions are running! 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 here: www.flyingstartluton.com/healthy-start/



	ANTENATAL		BREASTFEEDING		BABY WEIGHING		BABIES		OLDER BABIES		OVER 1s		PARENT INFO		DADS
--	-----------	--	---------------	--	---------------	--	--------	--	--------------	--	---------	--	-------------	--	------